

Weight Watchers Recipes

CATEGORIES

- APPETIZERS
- BEVERAGES/SMOOTHIES
- BREADS
- MUFFINS
- SAUCES/DRESSINGS
- BREAKFAST
- SALADS
- SANDWICHES/BURGERS/WRAPS
- PIZZA
- CROCKPOT
- SOUPS/STEWES/CHILI
- PASTA
- BEEF
- CHICKEN/TURKEY
- PORK
- MEXICAN
- ASIAN
- FISH/SEAFOOD
- VEGETABLES/SIDE DISHES
- SWEET TREATS

APPETIZERS / SNACKS

BAKED RAVIOLI

1 Point 36 Servings (1 Piece)
35 Calories <1 g. Fiber 1.5 g. Fat

FROM: WW Recipe Review Board
Courtesy of LSORRENT

1/2 c. Italian dry bread crumbs
1/4 c. grated Parmesan cheese
1/2 c. FF sour cream
1/4 c. skim milk
1 (9 oz.) package refrigerated cheese-filled ravioli
3/4 c. pasta sauce, warmed

Heat oven to 375°F.

Combine bread crumbs and cheese in medium bowl.

Combine sour cream and milk in small bowl. Dip ravioli in sour cream mixture, then in bread crumb mixture to coat evenly.

Place ravioli on nonstick baking sheet.

Bake for 12 to 14 minutes or until ravioli are crisp and lightly browned.

Serve immediately with pasta sauce.

PEPPERONI PIZZA ROLLS

3 Points 12 Servings (4 Wontons)
152 Calories 1 g. Fiber 2 g. Fat

FROM: WW Recipe Review Board
Courtesy of BECKYANNIE76

1 can (15 oz.) Contadina pizza sauce
1 c. FF shredded mozzarella cheese
51 turkey pepperoni slices, cut small
1 t. crushed red pepper
48 square wonton wrappers

Pre-heat oven to 350.

In a medium bowl, combine the pizza sauce, mozzarella cheese, pepperoni and red pepper.

Place a piece of foil dull side up on a baking sheet and spray with non-stick cooking spray.

Place 1 wonton wrapper on a flat surface and place 1/2 tablespoon of pizza mixture towards the edge of the wrapper closest to you.

Dip your finger in water and wet the remaining 3 edges.
Roll the wrapper starting with the edge closest to you towards the other side. Press the ends down with your fingers and fold the ends under.

PEPPERONI PIZZA ROLLS, continued...

Place on a baking sheet and continue until the sheet is full.

Spray the tops with cooking spray and bake for 15 minutes.

Flip each roll and continue baking for an additional 5-10 minutes or until golden brown on both sides.

The rolls will puff while baking, but flatten out as they cool. Allow to cool slightly before eating. The centers will be very hot.

Note: If you don't want to bake all of these at once, you can place the baking sheet onto the freezer until the rolls are completely frozen.

Once frozen, place the rolls into a zip lock freezer bag and leave in the freezer until your ready to bake.

When ready to bake, you can either thaw them out in the microwave or bake frozen. Additional baking time may be needed if frozen.

I don't suggest cooking them in the microwave; they will be doughy.

CRAB RANGOON

3 Points 4 Servings (3 Wontons)

4 oz. FF cream cheese

1 can or pouch (6 oz.) blue crab or imitation crab, drained

3 T. chives

12 items wonton wrappers

1/4 c. FF mayo

Preheat oven to 350. Spray muffin tins with Pam. Bring cream cheese to room temperature.

Mix cream cheese, mayo, chives, and drained crabmeat.

Fill each wonton wrapper and assemble as directed on package.

Bake for 8-10 minutes.

LIGHT CHEX MIX

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.

12 1-cup servings, 2 POINTS each

ROASTED RED PEPPER DIP

1/2 large can of roasted red peppers, drained
2 tsp. tomato paste
2 garlic cloves, minced
2 Tbsp. Balsamic Vinegar
2 tsp. Chili powder

Mix in food processor, and serve with low fat chips or crackers, great
change from salsa.

0 points for the dip

BAKED CRAB DIP

1 Point 6 Servings

8 oz. FF cream cheese
6 oz. Crabmeat
2 T. onion, chopped
1 T. skim milk
½ t. salt
¼ t. pepper
¼ t. Worcestershire sauce
Paprika
1 T. green onion, thinly sliced

Preheat oven to 375.

Combine all ingredients except green onion.

Spoon into baking dish. Sprinkle with paprika.

Bake 15 minutes or until heated through.

Sprinkle with green onions before serving.

HOT BEAN DIP

2 Points 15 Servings (1/2 Cup)

2 cans FF refried beans
1 pkt. taco seasoning
½ c. green onions, sliced
8 oz. FF sour cream
8 oz. RF cream cheese
1 small can green chiles, chopped
2 c. RF shredded cheddar cheese

Preheat oven to 350. Spray an 8"x8" baking dish with Pam.

Mix beans, seasoning, onions, sour cream, cream cheese, chiles, and 1 cup cheddar cheese.

Spoon into baking dish. Top with remaining cheese.

Bake 30 minutes or until hot and bubbly.

***Serve with baked tortilla chips for additional points.

BAKED ARTICHOKE DIP

3/4 cup nonfat cottage cheese

1 Tbsp. Flour

1 Tbsp. Lemon juice

1/8 tsp. White pepper (regular pepper works fine)

1/2 tsp. Crushed garlic

1 10oz package frozen artichoke hearts, thawed, or 1 14oz can artichoke hearts, drained

1/4 cup plus 2 Tbsp. Grated nonfat or reduced-fat Parmesan cheese

Put cottage cheese, flour, lemon juice, pepper, and garlic in a food processor or blender. Process until smooth. Add the artichoke hearts and all but 2 tablespoons of the Parmesan cheese. Process until the mixture is slightly chunky. Coat a small casserole dish with cooking spray. Put the artichoke mixture in the dish, top with the remaining Parmesan, and bake at 400 degrees for 25 minutes or until the edges are bubbly and the top is lightly browned. Serve hot with whole grain crackers, chunks of sourdough bread, or Pita chips.

Makes 2 cups. Serving size: 2 Tablespoons = 1 POINT

CROCKPOT HOT ARTICHOKE DIP

2 Points 14 Servings (1/2 Cup)
120 Calories 4 g. Fiber 5 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

2 jars (14-3/4 oz. each) marinated artichoke hearts, drained
1-1/2 c. FF mayo
1-1/2 c. FF sour cream
1 c. water chestnuts, chopped
1/4 c. grated Parmesan cheese
1/4 c. scallions, finely chopped

Cut artichoke hearts into small pieces.

Add mayo, sour cream, water chestnuts, cheese, and scallions.

Pour into crockpot. Cover; cook on high 1-2 hours, or on low 3-4 hours.

Serve with crackers or crusty French bread for additional points.

CROCKPOT SEAFOOD DIP

3 Points 12 Servings (1/4 Cup)
140 Calories 0 g. Fiber 3 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1 pkg. (8 oz.) FF cream cheese
1 pkg. (8 oz.) imitation crab flakes or sticks
2 T. onion, finely chopped
4-5 drops hot sauce
¼ c. walnuts, finely chopped
1 t. paprika

Blend cream cheese, crab, onion, and hot sauce.

Spread in slow cooker. Sprinkle with nuts and paprika.

Cook on low 3 hours.

BEVERAGES / SMOOTHIES

MOCK WENDY'S FROSTY

1 c. skim milk
2 T. FF SF Instant Chocolate Pudding Mix
1 T. Vanilla
2 T. FF Cool Whip
8 Ice Cubes

Put all ingredients in blender. Blend until ice chunks are all broken up.

For a thicker shake, place in freezer 5-10 minutes.

CROCKPOT WASSAIL PUNCH

3 Points 18 Servings (1 Cup)
140 Calories .5 g. Fiber 0 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

2 quarts apple cider
2 c. orange juice
2 c. pineapple juice
½ c. lemon juice
1/3-1/2 c. sugar, according to your taste preference
12 whole cloves
4 cinnamon sticks

Combine all ingredients in crockpot. Mix well.

Cover. Cook on low 2-3 hours.

Remove cloves and cinnamon sticks before serving.

OCEAN SUNRISE

Makes 1 drink

FROM: WW Recipe Review Board
Courtesy of donna1408

Juice of 1 lime
3 T. cranberry juice
3 T. tequila
Crushed ice

Put all ingredients in a cocktail shaker; shake well.

Pour into a goblet or wine glass.

CHOCOLATE CARAMEL SMOOTHIE

4 Points

Counts as 2 Milks if you use milk instead of water

1 pkt. WW Chocolate Smoothie

8 oz. skim milk

5-10 ice cubes

1 WW Chocolate Caramel Mini Bar

Blend smoothie mix, milk, and ice cubes. Chop bar, stir into smoothie.
Freeze 30 minutes.

BANANA PASSION FRUIT SMOOTHIE

1 Serving 5 Points w/ Oil
 4 Points without Oil

FROM: WW Recipe Review Board
Courtesy of WHEELERELIZABETH

1 small banana
1 Dannon Light and Fit Peach Passion Fruit Smoothie
1 c. skim milk
½ c. Blue Bunny FF SF vanilla ice cream
1 t. of your favorite flavor-less healthy oil
8 ice cubes

Mix all ingredients; blend until smooth.

BANANA SMOOTHIE

2 Points 2 Servings (8 oz.)

FROM: WW Recipe Review Board
Courtesy of XHEATHER20X

8 oz. 2% milk
3 ice cubes
2 T. FF Cool Whip
1 pkt. WW French Vanilla Smoothie mix
1/4 large banana

Combine all ingredients in blender, blend until smooth.

BANANA BERRY SMOOTHIE

3 Points 1 Serving

1 c. frozen mixed berries
½ medium banana, peeled and chunked
¼ c. unsweetened apple juice
4 ice cubes

Blend all ingredients on highest blender setting until smooth.

CINNAMON APPLE SMOOTHIE

3 Points 2 Servings

148 Calories 2 g. Fiber 1 g. Fat

FROM: www.halfmysize.com

1 c. milk

1 c. vanilla yogurt

1 small apple

1/2 t. cinnamon

Handful of ice cubes

Wash and peel apple. Remove seeds, and cut into cubes.

Add all ingredients to blender, and blend for one minute.

STRAWBERRY SMOOTHIE

3 Points 1 Serving

1 c. fresh or unsweetened frozen strawberries
1 can A & W Diet Cream Soda
8 oz. FF vanilla yogurt

Blend together until smooth.

PURPLE MONSTROSITY FRUIT SMOOTHIE

1 Point 5 Servings
89 Calories 1.7 g. Fiber .4 g. Fat

FROM: www.prevention.com
Courtesy of Michelle

2 frozen bananas, skins removed and cut in chunks
½ c. frozen blueberries
1 c. orange juice
1 t. honey (optional)
1 t. vanilla extract (optional)

Place bananas, blueberries, and juice in blender. Puree. Add honey and/or vanilla to taste.

***Liquid can be adjusted according to thickness of smoothie you prefer.

BREADS

RED LOBSTER CHEESE BISCUITS

2 Points per biscuit

Biscuits:

2 c. Reduced-Fat Bisquick

$\frac{3}{4}$ c. FF Buttermilk

1 c. FF cheddar cheese

Topping:

2 T. FF margarine

$\frac{1}{4}$ t. parsley flakes

1 t. garlic powder

Preheat oven to 400 degrees.

Mix biscuit ingredients together. For muffins, spray tins with Pam. For drop biscuits, spray cookie sheet with Pam.

Bake 16-20 minutes. ***Check at 16 minutes.

Melt topping ingredients in microwave. Brush on biscuits immediately after removing them from oven.

CHEESY CRESCENTS

2.5 Points 8 Servings

1 T. FF half & half
1 t. garlic, minced
¼ t. dill weed
2 oz. FF cream cheese
1 can RF crescent rolls

Mix all ingredients except crescent rolls in food processor or blender until smooth.

Open crescent triangles, and spread 1 t. cheese on each; roll up.

Bake as directed on package.

CROCKPOT PARMESAN GARLIC QUICK BREAD

3 Points 8 Servings
120 Calories 0 g. Fiber 2 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1-1/2 c. RF buttermilk baking mix
2 egg whites
1/2 c. skim milk
1 T. minced onions
1 T. sugar
1-1/2 T. garlic powder
1/4 c. RF Parmesan cheese

Combine baking mix, egg whites, milk, onions, sugar, and garlic powder in a mixing bowl.

Spray crockpot with Pam.

Spoon dough into crockpot.

Sprinkle dough with Parmesan cheese.

Cook on high 1 hour.

MUFFINS

APPLE CARROT MUFFINS

1/2 cup unsweetened apple sauce
1/2 cup apples, diced
1 tsp. cinnamon
1/8 tsp. cloves
2 eggs or 1/2 cup Egg Beaters
6 Tbsp. Flour
1 tsp. baking powder
2/3 cup powdered milk
1/4 cup Splenda
1 tsp. vanilla
1/2 cup carrots, grated

Mix all ingredients. Spray 12 muffin cups with cooking spray. Divide batter evenly between muffin cups. Bake at 350 degrees for 25 minutes.

12 muffins, 1 POINT each

APPLE-WALNUT MUFFINS

3 Points 12 Servings
139 Calories .9 g. Fiber 4.1 g. Fat

FROM: www.prevention.com
Courtesy of Ann

1-1/2 c. flour
2 t. baking powder
1 t. baking soda
1/2 t. ground cinnamon
1/4 t. salt
1/2 c. buttermilk
3 T. vegetable oil
1/4 c. brown sugar
1 egg
1/2 c. apple, peeled, cored, and chopped
1/2 c. raisins

Preheat oven to 400. Grease a 12-cup muffin tin.

In a medium bowl, combine flour, baking powder, baking soda, cinnamon, and salt.

In a large bowl, stir together buttermilk, oil, brown sugar, and egg. Stir in the flour mixture just until combined. DO NOT OVERMIX.

Stir in apples and raisins.

Divide the batter evenly among muffin cups, filling them about two-thirds full.

Bake 12-15 minutes or until toothpick inserted into the center of a muffin comes out clean.

Cool on a rack for 5 minutes. Remove from the rack to cool completely before removing muffins from tin.

BANANA BLUEBERRY MUFFINS

2 Points 12 Servings
122 Calories 3.3 g. Fiber .5 g. Fat

FROM: www.prevention.com
Courtesy of Elemmire

2 c. whole wheat flour
1/3 c. brown sugar
½ t. ground cinnamon
2 t. baking powder
1 t. baking soda
1-1/2 c. mashed bananas
4 egg whites
1 t. vanilla extract
1 c. fresh blueberries

Preheat oven to 350. Lightly grease a 12-cup muffin tin.

In a large bowl, mix flour, brown sugar cinnamon, baking powder, and baking soda.

In a separate bowl, combine bananas, egg whites, and vanilla extract.

Mix the banana mixture into flour mixture until smooth. Fold in blueberries.

Spoon batter into prepared muffin tin.

Bake 16 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

BANANA CHOCOLATE CHIP MUFFINS

1 Point

1 box Angel Food cake mix
1-1/3 c. mashed bananas (approx. 3 bananas)
1 c. water
½ c. mini chocolate chips

Preheat oven to 350 degrees.

Spray a muffin tin with non-stick cooking spray and set aside.

In a medium bowl, combine banana and water with a hand mixer

Blend in cake mix. Stir in chocolate chips.

Fill each tin with ¼ c. batter.

Bake 12-14 minutes or until lightly browned.

BANANA CHOCOLATE CHIP MINI-MUFFINS

1 cup low fat vanilla yogurt
1/2 cup skim milk
1/2 cup uncooked quick oats
1/2 tsp. vanilla
1 egg, beaten
1 large banana, mashed
1/2 cup brown sugar
1 1/4 cup flour
1/2 tsp. baking soda
2 tsp. baking powder
1/2 tsp. salt
1/2 cup mini chocolate chips

Preheat oven to 375. Combine yogurt, milk, oats, vanilla, egg and banana.

Set aside for 5 minutes to soften. In separate bowl, stir together brown sugar, flour, baking soda, baking powder and salt. Stir flour mixture into yogurt mixture to moisten. Add chips. Do not beat, will be thick. Spoon by heaping teaspoons into mini-muffin tins. Bake until golden brown, about 15-18 minutes.

Makes 36 mini-muffins at 1 point each.

BUTTER CRUMB CINNAMON MUFFINS

3 Points 24 Servings

NOTE: For water, use measurement directed on cake mix packaging.

Cake:

1 box white cake mix

½ c. Egg Beaters

1-1/3 T. butter sprinkles, (Molly McButter or Butter Buds)

Streusel:

2/3 c. dark brown sugar

1 T. cinnamon

2 T. Splenda

Preheat oven to 350 degrees.

Combine all cake ingredients. Mix 2 minutes with electric mixer.

Line 24 muffin cups with paper liners. Fill each about ½ full.

For streusel, combine all ingredients in a small bowl. Stir with a fork until well-blended. Sprinkle 2 t. into each muffin cup; use a fork to swirl into batter just slightly.

Bake 10-12 minutes, until lightly browned.

CHOCOLATE CHIP PUMPKIN MUFFINS

1.5 Points for 2 mini muffins
2 Points for regular-size muffin

1 box chocolate cake mix, dry
1 can (15 oz.) solid pack pumpkin
½ c. water
¾ c. mini chocolate chips
2 egg whites (optional, for firmer muffins)

Preheat oven to 350 degrees.

Spray muffin tin with Pam.

Fill each cup 2/3 full.

Bake 18-20 minutes for mini muffins.
Bake 20-23 minutes for regular muffins.

PUMPKIN MUFFINS

2 Points 12 Muffins

1 spice cake mix, dry
1 can (15 oz.) solid-pack pumpkin
1 egg white

Combine ingredients.

Spoon into muffin tins.

***Mini chocolate chips, raisins, or nuts may be added for additional points.

MIMI'S GIANT WHOLE-WHEAT BANANA-STRAWBERRY MUFFINS

4 Points 12 Servings
213 Calories 4 g. Fiber 5.9 g. Fat

FROM: www.prevention.com
Courtesy of MIMI28

2 eggs
½ c. unsweetened applesauce
¼ c. vegetable oil
¾ c. packed brown sugar
1 t. vanilla extract
3 bananas, mashed
2 c. whole wheat flour
1 t. baking soda
1 T. ground cinnamon
1 c. frozen sliced strawberries

Preheat oven to 375. Grease 12 large muffin tin cups, or line with paper liners.

In a large bowl, whisk together eggs, applesauce, oil, brown sugar, vanilla, and bananas.

In a separate bowl, combine flour, baking soda, and cinnamon. Stir into banana mixture until moistened. Stir in the strawberries until evenly distributed throughout batter.

Spoon batter into muffin cups until completely filled.

Bake for 20 minutes, or until the tops of the muffins spring back when pressed lightly.

Cool before removing from muffin tins.

CARROT CAKE MUFFINS

3 Points 14 Servings
164 Calories 3 g. Fiber 0 g. Fat

FROM: WW Recipe Review Board
Courtesy of PMTHOMPY

1 box Angel Food cake mix
2 t. cinnamon
1 pkg. (1 oz.) Jello SF instant butterscotch pudding mix
1 c. shredded carrots
1 can (15 oz.) crushed pineapple in juice, undrained
1 can (15 oz.) pure pumpkin
1/2 c. raisins

Preheat oven to 350. Spray muffin tin with Pam.

Mix cake mix, cinnamon, pudding mix, carrots, pineapple, and pumpkin.

Fold in raisins if using.
Spoon ½ cup batter into each muffin well.

Fill any unused wells with water.

Bake 50-60 minutes or until toothpick inserted in the middle comes out clean.

Cool completely on a wire rack.

NUTTY FRUIT MUFFINS

3 Points 12 Servings
151 Calories 2 g. Fiber 4.7 g. Fat

FROM: www.prevention.com
Courtesy of Rodale

1-3/4 c. whole grain pastry flour
1-1/2 t. baking powder
1-1/2 t. ground cinnamon
1/2 t. baking soda
1/4 t. salt
1 c. FF vanilla yogurt
1/2 c. brown sugar
1 egg
2 T. canola oil
1 t. vanilla extract
1/2 c. crushed pineapple in juice, drained
1/3 c. raisins
1/4 c. grated carrots
1/4 c. chopped walnuts

Preheat oven to 400. Spray a 12-cup muffin tin with Pam.

In a large bowl, combine flour, baking powder, cinnamon, baking soda, and salt.

In a medium bowl, combine yogurt, brown sugar, egg, oil, and vanilla extract. Stir into the flour mixture just until blended.

Stir in pineapple, raisins, carrots, and walnuts. Divide the batter equally among muffin cups.

Bake 20 minutes, or until a toothpick inserted in the center of a muffin comes out clean.

Cool on a rack for 5 minutes. Remove from the rack to cool completely before removing muffins from tin.

SAUCES and DRESSINGS

ITALIAN VINAIGRETTE

0 Points 2 T. = 1 Serving

FROM: WW Recipe Review Board
Courtesy of CHRISSE65

1/4 c. fresh lemon juice
1/4 c. red wine vinegar
1/4 c. white wine
1 t. each basil and oregano
1/2 t. each dry mustard and onion powder
1 clove garlic, minced
1 T. chopped chives
1 t. thyme
1/2 t. rosemary

Shake and serve.

BALSAMIC DRESSING

0 Points 2 T. = 1 Serving

FROM: WW Recipe Review Board
Courtesy of CHRISSE65

3/4 c. water
1/4 c. balsamic vinegar
3 t. capers
2 t. Dijon mustard
1 t. each tarragon, thyme, fresh basil, and chopped parsley

Shake and serve.

FAT FREE RANCH DRESSING

1 Point 2 T. = 1 Serving

FROM: WW Recipe Review Board
Courtesy of CUTIEPATUTIE

½ c. FF sour cream
½ c. FF buttermilk
½ t. dried parsley flakes
¼ t. black pepper
¼ t. salt
1/8 t. garlic powder
1\8 t. onion powder
Pinch dried thyme

Combine all ingredients in a bowl and whisk until smooth.

Makes 1 cup.

GARDEN DILL DRESSING

1 Point 2 T. = 1 Serving

FROM: WW Recipe Review Board
Courtesy of CHRISSE65

1/2 c. FF cottage cheese
1/2 c. FF plain yogurt
2 T. fresh dill, minced
1 T. parsley, minced
1/2 t. Dijon mustard
1 T. fresh lemon juice.

Blend and serve.

FRENCH DRESSING

1 Point 2 T. = 1 Serving

FROM: WW Recipe Review Board
Courtesy of CHRISSE65

1/4 c. lemon juice
1/4 c. ketchup
1/4 c. red wine vinegar
2 T. sugar
1 T. fresh chives, chopped
1 T. fresh parsley, minced
1 T. onion, minced
1 clove garlic, crushed
1/2 t. dry mustard
1/4 t. paprika
Dash salt and pepper

Shake and serve.

RUSSIAN DRESSING

1 Point 2 T. = 1 Serving

FROM: WW Recipe Review Board
Courtesy of CHRISSE65

1/3 c. FF mayo
1-1/2 c. FF cottage cheese
2 T. skim milk
1/3 c. tomato juice
2 T. onion flakes
1 T. chopped parsley.

Blend in blender and serve.

THOUSAND ISLAND DRESSING

0 Points 2 T. = 1 Serving

FROM: WW Recipe Review Board
Courtesy of CHRISSE65

3/4 c. cottage cheese
2 T. skim milk
1/2 c. tomato juice
1 T. dill pickle, chopped
2 t. onion flakes
2 t. green pepper, minced
2 packets Equal or Splenda

Blend and serve.

THOUSAND ISLAND DRESSING

1 Point 2 T. = 1 Serving

FROM: WW Recipe Review Board
Courtesy of CUTIEPATUTIE

1 c. FF sour cream
1/2 c. chili sauce
2 T. pimiento-stuffed olives, stuffed
2 T. green bell pepper, finely chopped
1 T. onion, chopped
1 t. pimiento, minced

Blend all ingredients well and refrigerate.

Makes 2 cups.

CHIPOTLE DRESSING

<1 Point 2 T. = 1 Serving

FROM: WW Recipe Review Board
Courtesy of CUTIEPATUTIE

1 c. FF sour cream
¼ t. onion powder
¼ t. paprika
1 packet artificial sweetener
2 T. chili sauce
1 t. Worcestershire sauce
4 T. chipotle peppers in adobe sauce, minced
2 T. green pepper, finely chopped
2 T. onion, finely chopped
1 T. lemon juice
FF milk

Mix all ingredients, except for milk, in blender until smooth.

Add milk according to consistency you prefer.

Cover and chill for 2 hours.

***Use less milk for a dip or sandwich spread dressing.

***Use more milk for a salad dressing.

TGIF HONEY MUSTARD DRESSING

1 Point per 1 Tablespoon

½ c. FF sour cream
½ c. FF mayo
½ c. FF plain yogurt
2 T. vinegar
2 T. mustard
¼ c. honey
¼-½ t. paprika for color

Mix and chill.

LIGHT HONEY MUSTARD DRESSING

2 Points for whole recipe

¼ c. FF mayo
1 T. honey
1 T. Dijon mustard, or more to taste

Whisk ingredients together. Chill at least 1 hour.

Pour over salad, or use as a dip.

TERIYAKI SAUCE/MARINADE

¼ freshly chopped scallions
1 t. fresh ginger
3-4 chopped garlic cloves
¼ c. low-sodium soy sauce
½ c. pineapple juice

Bring to a boil, but don't boil over. This will help caramelize sauce.

McDONALD'S BIG MAC SAUCE

Each serving: 49 calories, 0 fiber, 3 g. fat
Makes 2/3 cup or about 4 servings

1/3 c. FF mayo
2 t. dill pickle relish
2 t. ketchup
2 t. sugar
2 t. yellow mustard
1 T. + 1 t. finely chopped white onion

In a small bowl, combine mayo, relish, ketchup, sugar and mustard. Stir to blend well.

Cover and refrigerate for up to 1 month.

Stir in onion just before serving.

LAUGHING COW ALFREDO SAUCE

2 Points 2 Servings

3 wedges light Laughing Cow Garlic & Herb cheese
½ c. 1% milk or FF half & half
1 T. RF Parmesan cheese
½ T. Molly McButter or Butter Buds
½ t. garlic powder

In a medium saucepan, combine all ingredients over low heat.

Cook on low until cheeses are melted and sauce is velvety smooth, about 20 minutes.

Serve immediately over cooked pasta or baked potato.

BREAKFAST

ZIPLOC OMELETS

Everyone writes their name on a quart-size Ziploc Freezer bag with permanent marker. (I didn't use freezer bags and I had no problem, but another poster said hers burst, so she only uses freezer bags now).

Crack 2 eggs (large or extra-large) into the bag (don't use more than 2). Shake to combine them.

Put out a variety of ingredients such as: ham, cooked turkey bacon, cheese, onion, green pepper, tomato, cooked hash browns, salsa, etc.

Each person adds prepared ingredients of choice to their bag and shake.

***Make sure not to put too much "filling" in your omelet or the egg will not be able to cook completely. Get all of the air out of the bag and zip it up.

Place the bags into rolling, boiling water for exactly 13 minutes.

You can usually cook 6-8 omelets in a large pot. For more, make another pot of boiling water.

Open the bags and the omelet will roll out easily.

Nice to serve with fresh fruit and coffee cake; everyone gets involved in the process and a great conversation piece.

PANCAKES

FROM: WW Recipe Review Board
Courtesy of SHANNERA

3 Points without Splenda
4 Points with Splenda

3 Servings (3 Pancakes)

1 1/2 cups Heart Smart Bisquick Mix
1 1/4 cups Diet Sprite
1/4 cup Eggbeaters
1/2 cup Splenda (optional)

Mix all ingredients. Pour 4" circles onto hot griddle or skillet.

Note: Freeze well.

CREAMED CORN PANCAKES

1 16oz can creamed corn
3 heaping tablespoons of flour
1 egg
1 tsp. baking powder

Combine all ingredients. Spray a skillet with cooking spray and heat. Pour 1/4 cup corn batter onto the hot skillet. Fry until golden brown. Turn over and brown other side. Salt lightly and serve.

2 pancakes = 2 POINTS

BREAKFAST TORTILLA WRAP FOR ONE

3 Points

177 calories 2 g. fiber 3 g. fat

1 slice turkey bacon, chopped
2 T. chopped red or green pepper
1/8 t. salt
1/8 t. ground cumin
1/8 t. crushed red pepper
1/4 c. egg substitute
2 T. chopped tomato
Few dashes hot sauce
1 warmed 8" FF tortilla

Cook bacon in medium nonstick skillet on medium heat until crisp. Add green/red pepper, salt, cumin, and crushed red pepper. Cook for 3 minutes.

Add egg substitute; cook and stir 2 minutes or till done. Stir in tomato and hot sauce.

Spoon mixture into warmed tortilla; roll up.

SOUTHWESTERN BREAKFAST BURRITOS

5 Points per 2 burritos 1 serving

For 2 burritos: 296 calories 20 g. fiber 4 g. fat

2/3 c. Simply Potatoes Southwest Style Hash Browns

½ c. Southwestern Style Egg Beaters

2 Whole Wheat Low Fat Tortillas

Salt and Pepper to taste

Spray a small skillet with Pam; heat over medium heat. Once the skillet is hot, add hash browns and heat through.

Pour egg beaters over potatoes and cook 10-15 seconds. Stir well, adding salt and pepper if desired.

Continue cooking until eggs are done to your liking.

Heat tortillas in microwave 10-15 seconds. Divide egg mixture between two tortillas. Roll up.

FAUX EGG MCMUFFIN

1/4 cup Egg Beaters (or 3 egg whites) = 1 point

Small English muffin = 2 points

Kraft 2% sharp cheddar cheese = 1 point

1 slice lean Canadian bacon = .5

Press the slice of Canadian bacon down into a small microwave-safe cup or bowl. Pour the Egg Beaters over. Cover loosely with a piece of plastic wrap. Microwave on high for about 1 minute or until the egg foams up and gets solid. (It will look like it's exploding out of the cup, which is why you need the plastic wrap. But the plastic wrap should be loose so steam can escape.) Remove the plastic wrap and put the cheese slice on top of the egg, folding the corners in to make it fit. Toast the English muffin. Run a spoon around the edge of the egg to loosen and plop onto the muffin bottom. Top with the muffin top.

1 serving, 4.5 POINTS

SAUSAGE, EGG AND CHEESE MUFFINS

2 Points per muffin

106 Calories < 1g. Fiber 4 g. Fat

FROM: www.halfmysize.com

6 oz. Jimmy Dean 50% Less Fat Pork Sausage

1 can (7.5 oz) Pillsbury Buttermilk Biscuits

½ c. egg substitute

¼ c. FF shredded cheddar cheese

Preheat oven to 350.

Crumble and cook sausage in a skillet until browned.

Spray a 12-cup muffin tin with Pam. Line muffin cups with biscuits, pressing up sides to cover.

Evenly divide sausage between muffin cups. Pour egg substitute over sausage, dividing evenly among muffin cups. Sprinkle each with cheese.

Bake in oven for about 20 minutes or until biscuits are done. Serve immediately.

IMPOSSIBLY EASY BREAKFAST CASSEROLE

8 Servings = 7 Points

12 Servings = 4 Points

FROM: www.halfmysize.com

2 c. extra-lean ham, diced

½ c. onion, diced

½ c. green pepper, diced

4 c. frozen hash browns or 1 pkg. Simply Potatoes Southwest Style Hash Browns

2 c. RF shredded cheddar cheese

1 c. RF Bisquick

2 c. skim milk

1 c. egg substitute

Preheat oven to 400 degrees. (375 if using dark pan).

Spray 9" x 13" baking dish with Pam.

Spread potatoes evenly over the bottom of pan.

Mix ham, onions, green pepper, and 1 cup of cheese. Spread over potatoes.

In a small bowl, combine milk, egg substitute and Bisquick; pour over potatoes.

Bake uncovered for 40 minutes or until the center is set.

Remove from oven. Sprinkle remaining 1 cup cheese over top. Let stand 5 minutes.

FARMER'S BREAKFAST CASSEROLE

5 Points 12 Servings

3 c. frozen shredded hash brown potatoes
1/4 c. shredded cheese
1 c. diced fully cooked ham or Canadian bacon
1/4 c. sliced green onion
1 c. liquid egg substitute (or 4 eggs, beaten)
1 can (12 oz.) FF evaporated milk
1/4 t. pepper
1/8 t. salt

Preheat oven to 350.

Spray 2 qt. baking dish with Pam.

Arrange potatoes evenly in bottom of dish. Sprinkle with cheese, ham, & onion.

In medium bowl, combine eggs, milk, pepper & salt. Pour over potato mixture.

Bake, uncovered, for 40-45 minutes, or until center appears set.

Let stand 5 minutes before serving.

POTATO BRUNCH CASSEROLE

1 cup egg substitute

1 cup skim milk

1 pkg. Simply Hash Browns (not frozen, found in the refrigerator section sometimes near the eggs)

8 oz Velveeta Light, thinly sliced

7 oz Butterball Fat-Free Turkey Smoked Sausage (1/2 package)

Spray an 8x8 pan with cooking spray. Layer potatoes, smoked sausage, and cheese. Mix egg substitute and milk. Add salt and pepper to taste. Pour egg mixture over hash brown layers. Bake at 350 for 40 minutes.

9 servings, 3 POINTS each

CROCKPOT BREAKFAST

5 Points 8 Servings
250 Calories 3 g. Fiber 3 g. Fat

FROM: www.aimeesadventures.com

1 bag (28 oz.) frozen O'Brien hash browns, thawed slightly
1/2 c. onion, diced
1 lb. lean ham, diced
2 c. FF shredded cheddar cheese
1 c. skim milk
3 c. Egg Beaters
1/2 t. salt
1 t. pepper

Spray crockpot with Pam. You will make three layers.

Place 1/3 of the potatoes into the bottom of the crockpot, followed by 1/3 of the onions, 1/3 of the ham and 1/3 of the cheese. Repeat this step two more times, ending with the layer of cheese.

Beat together the egg substitute, milk, salt and pepper; pour over the layers in the crockpot.

Cover and cook on low for 9-10 hours overnight.

Cut into 8 wedges when ready to serve.

BAKED OATMEAL

2 cups oatmeal
1 1/2 tsp. baking powder
1 cup skim milk
1 whole egg plus 1 egg white (or 1/4 cup egg substitute)
1/2 cup applesauce
1/4 cup brown sugar
1/4 cup raisins
1/4 tsp. cinnamon
1 tsp vanilla extract

Mix Oatmeal and baking powder. Add remaining ingredients and mix well. Pour in sprayed 9" pie pan or casserole dish or sprayed muffin tins. Bake for 45 minutes at 350 degrees.

6 servings, 3 POINTS each (or 12 muffins, 1.5 points each)

CROCKPOT OVERNIGHT APPLE OATMEAL

5 Points 4 Servings
240 Calories 4 g. Fiber 6 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

2 c. 2% or skim milk
2 T. honey, or ¼ c. brown sugar
1 T. margarine
¼ t. salt
½ t. ground cinnamon
1 c. dry rolled oats
1 c. apples, chopped
½ c. raisins, optional
¼ c. walnuts, chopped
½ c. FF half-and-half

Spray inside of crockpot with Pam.

In a mixing bowl, combine all ingredients except half-and-half. Pour into crockpot.

Cover. Cook on low overnight, ideally 6-8 hours.

Stir in the half-and-half just before serving.

CROCKPOT BREAKFAST APPLE COBBLER

4 Points 8-10 Servings
210 Calories 6 g. Fiber 5 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

8 medium-sized tart apples
½ c. sugar
2 T. fresh lemon juice
1-2 t. grated lemon rind
Dash of ground cinnamon
¼ c. butter, melted
1-1/2 c. natural FF cereal mixed with fruit and nuts

Spray inside of crockpot lightly with Pam.

Core, peel, and slice apples. Place in crockpot.

Add sugar, lemon juice, rind, and cinnamon.

Mix cereal and butter together.

Add to ingredients in slow cooker. Mix thoroughly.

Cover. Cook on low 6 hours or on high 2-3 hours.

***This can be served with skim milk for breakfast.

***This makes a great dessert served with FF frozen yogurt.

MINI CINNAMON ROLLS

2 Points per Roll

FROM: WW Recipe Review Board
Courtesy of THEPERKYBLONDE

2 T. packed dark sugar
1 t. cinnamon
1 t. unsalted butter, melted
1 (11 oz.) tube refrigerated breadsticks

FROSTING:

1/4 c. powdered sugar
1-1/2 t. reduced fat cream cheese
1/4 t. vanilla extract

Preheat oven to 375. Spray a 9"x13" baking pan with non-stick spray.

Combine the brown sugar, cinnamon, & butter in a small bowl; set aside.

Separate the breadsticks into 12 strips. Sprinkle the tops with the brown sugar mixture. Roll each one into a spiral, pressing to seal the ends. Arrange in the baking pan about 1" apart.

Bake until lightly golden, 15-18 minutes. Cool on a rack 10 minutes.

To prepare the frosting, combine powdered sugar, cream cheese, & vanilla in a small bowl, adding a few drops of water if needed to make a smooth, spreadable glaze. Drizzle over the tops of the warm rolls & let stand a few minutes to set. Serve warm.

**SALADS / MAIN DISH SALADS /
SIDE DISH SALADS / FRUIT SALADS**

BAJA SHRIMP SALAD

1/2 pound 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.

2 servings, 4 POINTS each

DELI CRAB SALAD

6 oz. imitation crab meat
2 Tbsp. light mayo
Chopped green onion or chives
1/2 to 1 tsp. mustard
1/4 cup fat free sour cream
onion powder (to taste)
salt and pepper (to taste)
1 cup cooked macaroni noodles

Cook noodles and measure out 1 cup. Run cold water over the noodles to chill them. Mix the shredded or diced crab pieces with the pasta. Mix in green onions or chives. In a separate bowl, mix remaining ingredients. Pour sauce over pasta mixture and stir well. Put it in the fridge for a few hours or overnight to let the flavors blend.

2 big servings, 5 POINTS each

Tips: You can also add other things like chopped celery, and you can serve it on lettuce leaves to make it look fancy. The last time I made it, I used Trader Joe's Lemon Mayonnaise, which is kind of spicy, to add more zip. You could also use a sharp mustard.

SPAGHETTI SALAD

8oz package of thin spaghetti, cooked (about 4 cups)

1 can Rotel tomatoes

1 small can sliced black olives

1 small onion, chopped

1/2 green pepper, chopped

1/2 cup fat-free Italian salad dressing

Combine all ingredients and chill.

5 servings, 4 POINTS each

TEX MEX CHICKEN SALAD

4 Points 6 Servings (1 cup)

1-1/4 lb. BSCB, cooked and cubed into bite-size pieces

1/2 c. FF mayo

1/4 c. FF sour cream

1/2 t. cumin

1/4 t. chili powder

1 small red pepper, chopped

1 small green pepper, chopped

2 medium scallions, sliced

1 can (15 oz) corn, drained and rinsed

1 c. canned black beans, drained and rinsed

In a medium bowl, combine mayo, sour cream, cumin, and chili powder.

Stir in chicken, peppers, scallions and corn; mix well.

Gently fold in beans.

Cover and chill at least 2 hours.

SOUTHWESTERN CHICKEN BEAN SALAD

5 Points 4 Servings (1-1/2 c. salad + 1 T. sour cream)

2 medium scallions, chopped
½ medium red bell pepper, chopped
½ medium green bell pepper, chopped
1 can (15 oz) black beans
2 T. fresh lime juice
1 T. corn oil
8 oz. BSCB, cooked and chopped
4 T. reduced-sodium taco seasoning (about ½ pkg.)
¼ C. FF sour cream

Combine scallions, peppers, beans and corn in a large bowl; toss until well mixed.

Add lime juice and oil to bean mixture; toss to coat.

Add chicken, taco seasoning, and cilantro; toss.

Top with sour cream and serve.

CHICKEN SALAD

4 Points 4 Servings (1 cup)

1 lb. BSCB, cooked and cut into 1" cubes

½ c. celery, finely chopped

1/3 c. dill pickle, finely chopped

¼ c. FF mayo

2 T. FF sour cream

2 T. parsley

1 t. Dijon mustard

1 t. fresh lemon juice

Salt and pepper to taste

Mix all ingredients until well blended.

Chill at least 2 hours.

CRUNCHY CHICKEN SALAD

2.5 Points 4 Servings

6 oz. chicken breast, cooked and diced
1 small red pepper, diced
½ cucumber, diced
1 dill pickle, diced
15 small stuffed Spanish olives, halved
3 T. FF mayo
1 T. mustard
¼ t. each garlic powder, onion powder, paprika and dill

Mix all ingredients.

CHINESE CHICKEN SALAD

4 Points 4 Servings (2 cups)

4 c. packaged coleslaw mix (shredded cabbage and carrots)
2 large seedless tangerines, peeled, segments divided
9 oz. BSCB, cooked and chopped
½ c. radishes, sliced
1/3 c. tangerine juice, freshly squeezed or store bought
2 T. FF honey mustard dressing
1 small jalapeno, seeded and minced
1 T. vegetable oil
¼ t. salt

Place slaw, tangerines, chicken, and radishes in a large salad bowl; set aside.

Combine remaining ingredients and pour over salad; toss to coat.

***CHINESE CHICKEN SALAD WITH
CREAMY SOY DRESSING***

4 Points 4 Servings (1-1/4 cup)

½ c. FF mayo
1 T. low-sodium soy sauce
1 t. ginger
1 lb. BSCB, shredded (3 cups)
½ c. snow peas, cut in half lengthwise on a diagonal
½ c. red bell pepper, diced
½ c. carrots, shredded
¼ c. scallions

Whisk mayo, soy sauce, and ginger together in a large bowl until blended.

Add chicken, snow peas, peppers, carrots and scallions; toss to mix and coat.

Serve immediately in lettuce cups, or cover and refrigerate up to one day.

CHICKEN APPLE CRUNCH SALAD

4 Points 4 Servings (1 cup)
207 calories 1 g. fiber 4.5 g. fat

2 c. BSCB, cubed
1 c. Granny Smith apples, chopped
½ c. celery, chopped
¼ c. raisins
2 T. green onions, chopped
1/3 c. FF mayo
1 T. FF sour cream
1 t. fresh lemon juice
Salt and pepper to taste
1/8 t. cinnamon

Combine chicken, apples, celery, raisins, and green onions in large bowl.

Combine mayo and remaining ingredients, stirring well with a whisk.

Add mayo mixture to chicken mixture, tossing well to coat.

SANTA FE SALAD WITH CHILI-LIME DRESSING

2 Points 8 Servings (2 c. salad + 1-1/2 T. dressing)

1/3 c. FF mayo
3 T. cilantro, finely chopped
3 T. water
1 medium scallions, minced
1-1/2 T. fresh lime juice
2 t. sugar
½ t. chili powder
1 can black beans, rinsed and drained
1-1/2 c. frozen corn, thawed
2 c. grape tomatoes
1 medium red bell pepper, cut into thin strips
8 c. romaine lettuce, cut into thick shreds

To make dressing, whisk mayo, cilantro, water, scallion, lime juice, sugar and chili powder together in a small bowl until smooth. Transfer to a jar or a plastic container with a tight-fitting lid and refrigerate until ready to use.

In a large bowl or food storage container, layer remaining ingredients in order listed. Cover and refrigerate. (Storing this salad in layers instead of tossing it immediately and keeping the dressing separate helps to keep the salad fresh; it can be stored up to 4 days in the refrigerator.)

To serve, spoon salad ingredients into a bowl, shake dressing and then drizzle over salad; toss.

BROCCOLI SALAD

3/4 cup nonfat mayonnaise
3 Tablespoons sugar
1 tablespoon red wine vinegar
1 head broccoli
1 small red onion
6 slices bacon -- cooked and chopped
1/4 cup pecans

Cut broccoli (including stem) into small pieces and blanch in boiling water for 3 minutes. Rinse with cold water and let drain. Finely chop red onion. Mix first 3 ingredients in bowl until well combined. Add broccoli and onions. Refrigerate 2 hours. Before serving add bacon and pecans.

6 servings, 2 POINT each

Tip: Use Gwaltney lower-fat bacon. Look for the green box.

BLACK BEAN AND CORN SALAD

2 Points 4 Servings

FROM: WW Recipe Review Board
Courtesy of MAMAWDEBBIE45

2 ears corn, each about 7 inches long
1 can black beans, drained
1/2 diced red onion
1/2 diced red bell pepper
1/2 cup coarsely chopped cilantro
3 T. fresh lime juice (or more, to taste)
Several squirts of jalapeno hot sauce, to taste (optional)

Cut corn kernels off of cob. Add them to a pot of boiling water for 3 minutes. Drain and let cool.

Combine corn, black beans, red onion, red bell pepper, cilantro, lime juice and hot sauce. Chill to allow flavors to meld.

***Serve on a bed of lettuce with pita wedges for a lunch full of protein.

SNOW PEAS and JICAMA SALAD

1/4 medium jicama, peeled and cut into matchsticks (about 1 cup)
1 cup snow peas, cut into thin strips
2 medium carrots, shredded
1 cup romaine lettuce, coarsely shredded
3 Tbsp red wine vinegar
2 Tbsp low-sodium soy sauce
2 Tbsp water
4 tsp honey
1/4 tsp toasted sesame oil (I use regular salad oil)
1 tsp sesame seed

In a salad bowl, combine jicama, snow peas, carrots and lettuce. Toss gently.

In a cup, stir together vinegar, soy sauce, water, honey and oil. Pour over salad, toss, and sprinkle with the sesame seeds. 1 cup per serving.

4 POINTS whole recipe

This isn't very low points (except compared to the original recipe), but it's delicious!

BLACK EYED-PEA SALAD

2 Points 12 Servings (3/4 Cup)
141 Calories 7 g. Fiber 1 g. Fat

FROM: WW Recipe Review Board
Courtesy of ROSADANA

1 lb. dry black-eyed peas
1 cc. FF Italian salad dressing
1/2 c. onion, chopped
2 c. green pepper, chopped
1 c. sweet red pepper, chopped
3/4 c. green onions, finely chopped
1/2 c. seeded jalapeno peppers, finely chopped * (optional)
1/4 c. minced fresh parsley
3 garlic cloves, minced
1/2 t. salt
1/8 t. hot pepper sauce

Place peas in a Dutch oven or soup kettle; add water to cover by 2 inches. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse peas, discarding liquid. Return peas to pan; cover with water. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until tender.

Drain peas and place in a large bowl. Add salad dressing and onion; toss to coat. Cover and refrigerate until cool.

Add the remaining ingredients; toss gently.

INDIAN SUMMER SALAD

FROM: WW Recipe Board
Courtesy of AUTUMNHOUR

4 Points 6 Servings
3 Points 8 Servings

4 c. fresh corn, cooked and drained
½ c. red onion, chopped
1 c. celery, sliced
1 c. tomatoes, diced
¼ c. green pepper, chopped
1 sprig fresh dill

Avery Island Dressing

¼ c. extra-virgin olive oil
¼ c. vinegar
1 t. sugar
½ t. salt
½ t. paprika
½ t. dry mustard
¼ t. Tabasco sauce

Combine corn, celery, tomatoes, green pepper and dill.

Combine dressing ingredients. Shake well to combine.

Pour dressing over all. Let marinate 1 hour before serving.

CHEESY SOUTHWESTERN POTATO SALAD

3 Points 8 Servings

2 lbs. Yukon Gold potatoes, cubed

¾ c. FF mayo

¼ c. chopped cilantro

3 T. white vinegar

1 chipotle chile in adobo sauce, seeded and chopped

1 t. ground cumin

2/3 c. each chopped onions, diced zucchini, halved cherry tomatoes and diced green peppers

1 can (11 oz.) Mexi-corn, drained (corn w/ red & green peppers)

1 c. RF shredded Monterey Jack or Mexican cheese blend

In saucepan, bring potatoes and enough salted water to cover to a boil. Cook 15 minutes more. Drain; rinse with cold water.

In a bowl, combine mayo, cilantro, vinegar, chile, and cumin.

Add potatoes and remaining ingredients; toss to coat.

Chill 1 hour.

CREAMY POTATO SALAD

2 Points 8 Servings

WW Recipe Review Board
Courtesy of BHODGES 2

2 lbs. potatoes, boiled, cooled, and cubed
1 c. celery, chopped
2 hard-boiled eggs, chopped
½ c. green onions
1/2 c. FF mayo
1 c. FF plain yogurt
1 T. vinegar
1 T. mustard
Salt and pepper to taste
¼ c. green onions

Boil potatoes, cool slightly and cut into cubes.

Mix mayo, yogurt, vinegar, mustard, salt and pepper in a bowl.

Add potatoes, celery and onion; toss. Stir in eggs.

Cover and refrigerate at least 4 hours to blend flavors and chill.

POTATO SALAD

3 Points 7 Servings (1/2 cup)
153 calories 2 g. fiber 4 g. fat

2/3 c. FF mayo
3 T. skim milk
1/4 c. bacon bits
1 t. dried parsley flakes
1/4 t. pepper
18 oz. potatoes, cooked, peeled, and chopped (weigh after cooking)
3/4 c. celery, finely chopped
1/4 c. onion, finely chopped
2 hard boiled eggs, chopped
1 t. mustard
Salt and pepper to taste

In a small bowl, combine the mayo, skim milk, bacon bits, parsley, salt and pepper. Set aside.

In a large bowl, combine potatoes, celery, and onion. Add eggs. Mix gently to combine.

Stir in mayo mixture. Cover and refrigerate overnight.

Gently stir again just before serving.

SEVEN LAYER SALAD

6-8 servings

1 head lettuce
6-8 hard-boiled eggs
1 bunch green onions, chopped
1/2 c. celery, chopped
1/2 c. green peppers, chopped
1 (10 oz.) pkg. frozen peas, thawed
4 oz. RF shredded cheese

DRESSING

1 c. FF mayo
1 c. FF sour cream
1 (7/8 oz.) pkg. Hidden Valley ranch dressing mix

Tear lettuce into a large glass bowl.

Layer all salad ingredients in order given (start with eggs).

Prepare dressing and spread over top of salad, covering completely all the way to edges to seal salad.

Sprinkle shredded cheese over dressing.

Cover with plastic wrap and refrigerate until serving.

CRUNCHY PEA SALAD

1.5 Points 4 Servings (1 cup)

2 c. frozen green peas, thawed
1 c. water chestnuts, sliced and quartered
1 c. celery, thinly sliced
½ c. green onions, chopped
¼ c. FF mayo
¼ c. FF sour cream
Salt to taste

Combine peas, water chestnuts, celery and onions in a small bowl.

Combine mayo and sour cream in another bowl; mix well.

Add mayo mixture to peas.

Toss to coat.

PEA SALAD

2 Points per ½ c. serving

2 c. frozen green peas, thawed
½ c. celery, thinly sliced
¼ c. onion, thinly sliced
¼ c. FF mayo
¼ c. FF sour cream
3 hard boiled eggs, chopped
½ c. FF shredded cheddar cheese
¼ c. shredded carrots

Combine mayo and sour cream in large bowl.

Add all other ingredients. Mix well.

Add salt and pepper to taste.

Chill at least 2 hours.

***Moisten with a drop of skim milk, if needed, before serving.

CHILI CORN SALAD

5 Points 10 Servings

6 Points 8 Servings

2 cans (15 oz. each) corn, drained

1/2 c. FF mayo

1 c. RF shredded cheddar cheese

1 pkg. Hidden Valley ranch mix, dry

6 oz. Chili Cheese Fritos, crushed

Combine drained corn, mayo, cheese, and dry ranch mix.

Chill at least 2 hours.

Top with crushed Fritos right before serving.

GUILTLESS EGG SALAD

3 Points 1 Serving (3/4 cup)
135 calories 1 g. fiber 5 g. fat

FROM: www.aimeesadventures.com

3 large hard-boiled eggs
1 T. minced celery
1 t. pickle relish
1 t. green onion, minced
2 T. FF mayo
2 t. mustard
Salt and pepper to taste
½ t. dill weed, optional

After peeling boiled eggs, remove the yolks from 2 of the eggs and discard.

Mash the eggs with a fork until fluffy.

Mix in remaining ingredients.

Serve chilled on lettuce, or on bread, crackers, etc. for additional points.

FRUIT SALAD PUDDING

3 Points per 1-cup serving 10 Servings
176 Cal. 1 g. Fat 1 g. Fiber

1 can (8 oz.) pineapple tidbits in juice
2 cans (11 oz.) mandarin oranges in light syrup (keep syrup)
1 can (20 oz.) crushed pineapple in juice (keep juice)
1 jar (14.5 oz.) maraschino cherries, in water
1 8-oz. container FF Cool Whip
1 c. fat-free sour cream
2 (1 oz.) pkg. SF instant white chocolate pudding mix

Drain all fruit, but keep the juice from the oranges and pineapple. Pour juices into medium bowl.

Add pudding mix to juice and blend w/ a hand mixer until smooth.

Stir in sour cream and drained fruit. Fold in Cool Whip.

Refrigerate until ready to serve.

CARAMEL APPLE SALAD

3 Points per 1-cup serving

4 medium Granny Smith apples
1 can (14.5 oz.) pineapple tidbits
1 small box FF sugar-free butterscotch pudding
8 oz. FF Cool Whip

Combine juice from pineapple with pudding; set aside

Peel and chop apples into "tidbit" sized pieces.

Add pineapple and mix well; set aside.

Add Cool Whip to the pudding mixture; mix well.

Combine all ingredients; mix well. Chill.

***Keeps well in refrigerator up to 3 days.

APPLE SALAD WITH PEANUT BUTTER DRESSING

3 Points 4 Servings

2 medium apples, coarsely chopped
1 cup celery, chopped
¼ c. raisins
2 T. natural peanut butter
1 c. RF vanilla yogurt

Place the peanut butter in a small microwaveable bowl; heat 10-15 seconds to soften.

Combine peanut butter and yogurt, mixing well.

In another bowl, combine the apples, celery, and raisins. Pour dressing over salad and toss to mix.

FESTIVE FRUIT SALAD

2 cups non-fat vanilla yogurt
1 20oz can pineapple chunks in juice, drained
2 10oz cans mandarin oranges
4 large bananas, sliced
1/4 cup flaked coconut
1 cup miniature marshmallows

First make yogurt cheese. Put a layer of cheesecloth into a sieve or funnel and put over a bowl. Pour yogurt into the cheesecloth. Let it drain in the refrigerator over night. The creamy mixture that remains is called yogurt cheese. There should be about 1 cup.

In a large bowl, combine the fruits and marshmallows. Add the yogurt cheese and toss to mix. Cover the salad and chill 1 to 3 hours before serving.

12 servings (2/3 cup each), 1.5 POINTS

SUNSHINE FRUIT SALAD

1 can mandarin oranges

1 can pineapple chunks

1 small package sugar-free, fat-free vanilla or banana cream pudding mix

Do not drain fruit and use the pudding mix dry. Combine all ingredients and blend well. Chill about 1 hour.

3 POINTS per cup.

GRAPE SALAD

2 Points per ½ cup serving 12 Servings

FROM: www.aimeesadventures.com

4 oz. FF cream cheese
4 oz. FF sour cream
½ c. Splenda
1 t. vanilla extract
3 c. green grapes
3-1/2 c. red grapes
¼ c. brown sugar
1 oz. pecans, finely chopped

In a medium bowl, combine sour cream, cream cheese, Splenda, brown sugar and vanilla. Mix until smooth.

Stir in grapes. Combine well.

Refrigerate until ready to serve.

Just before serving, stir in pecans or sprinkle on top.

FRESH STRAWBERRY SALAD

8 Servings

2 pkg. (3 oz. each) SF strawberry Jello
2 c. hot water
1-1/2 c. cold water
1 pkg. (8 oz.) FF cream cheese, softened
1/2 c. finely chopped nuts
1 pint fresh strawberries, lightly sugared

Pour hot water over Jello and stir well to dissolve completely. Add cold water and mix well.

Shape cream cheese into balls, using 1 tsp for each.

Roll in chopped nuts and place evenly spaced in a 9-inch ring mold.

Cover with strawberries and pour the cooled Jello over cheese balls and strawberries.

Chill for several hours until gelatin is set.

BURGERS / SANDWICHES / WRAPS

JUICY HAMBURGERS

5 Points 4 Servings

1 lb. extra lean ground beef (7% fat)
1 T. Worcestershire sauce
2 t. minced garlic
½ t. salt
¼ t. pepper
4 reduced-calorie hamburger buns

Coat a large griddle, nonstick skillet, or grill with Pam. Preheat to medium high.

In a large bowl, combine beef, Worcestershire sauce, garlic, salt and pepper. Mix well and shape into 4 patties, about 1" thick. (Do not overhandle meat to retain juiciness).

Place burgers on hot griddle, skillet or grill and cook 5 minutes per side for medium, or longer until desired doneness.

Serve burgers on buns with your favorite zero point toppings.

TACO BURGERS

7 Points 4 Servings

8 slices RF or FF cheddar cheese slices
¾ lb. ground round
1-1/2 T. reduced-sodium taco seasoning
½ c. black beans, drained and rinsed
4 Light hamburger buns
4 tomato slices
1 c. shredded lettuce
½ c. salsa

Combine beef, taco seasoning, and beans. Mix well.

Divide mixture into 4 equal portions, shaping them into ½" thick patties.

Coat a large nonstick skillet with Pam; place over medium heat until hot.

Add patties and cook 4 minutes on each side, or until done.

Top each patty with 2 cheese slices; cover and cook 2 minutes or until cheese melts.

Place one patty on bottom half of each bun; top with tomato, lettuce and 2 T. salsa.

Top with remaining bun half.

CLASSIC BURGERS WITH HORSERADISH AND RED ONION

363 Cal 2 g. Fiber 10 g. Fat

1 tablespoon horseradish
1/2 teaspoon Worcestershire sauce
1/2 cup fat free mayonnaise
Salt and pepper to taste
1 pound lean ground beef sirloin
1 red onion, sliced
4 onion rolls

In a small bowl, combine the horseradish, Worcestershire sauce and mayonnaise. Season to taste with salt and pepper. (This can be made in advance and stored in the refrigerator for up to 3 days.)

Shape the ground sirloin into 4 patties, about 1/2-inch thick. Season the patties with salt and pepper.

Cook the patties on both sides until the burgers are just cooked through, about 5 minutes per side.

Toast the onion rolls if desired.

Serve the burgers with sliced red onion and horseradish sauce on the toasted onion rolls.

RANCH BURGERS

6 Points 8 Servings

1-1/4 lb. extra-lean ground beef or turkey
1/2 pkt. Hidden Valley Original Ranch Dressing
1/2 c. RF shredded cheddar cheese
1 t. salt
1/4 t. pepper

Combine all ingredients in large bowl and mix well.

Shape mixture into 8 patties. Grill over medium high heat until no longer pink inside or cook in a skillet sprayed with Pam.

BLACK BEAN BURGERS

2 cans (15-oz. each) black beans, drained well
6 green onions, finely chopped
1/2 c. red bell pepper, finely chopped and seeded
1/4 c. chopped fresh cilantro
2 large garlic cloves, minced
1-1/2 T. jalapeno pepper, minced and seeded
2 t. ground cumin
1 large egg
1 c. + 2 T. yellow cornmeal
2 T. olive oil
FF Sour cream
Salsa

Place drained beans in large bowl. Using hand masher, mash beans coarsely.

Mix in green onions, bell pepper, cilantro, garlic, jalapeño and cumin. Season to taste with salt and pepper. Mix in egg and 2 tablespoons cornmeal.

Place remaining 1 cup cornmeal in small dish. Drop heaping 1 tablespoon of bean mixture into cornmeal; turn to coat.

Flatten into 1/2-inch-thick cake. Repeat with remaining bean mixture and cornmeal, forming 18 cakes.

Heat olive oil in heavy large skillet over medium heat.

Working in batches, fry bean cakes until firm and crisp.

Serve warm with sour cream and salsa.

CHEESEBURGER NESTS

8 Points 4 Servings (3 Muffins)

FROM: WW Recipe Review Board
Courtesy of JENOWARE

8 oz. extra-lean ground beef
12 slices high-fiber bread
1 small onion, chopped
3 T. seasoned bread crumbs
1 egg
2 clove garlic cloves, minced
1/4 t. black pepper
1/4 c. barbecue sauce
1/3 c. FF shredded cheddar cheese

Preheat oven to 350. Spray 12-cup muffin tin with nonstick cooking spray.

Cut crusts off bread slices and place one in each muffin cup, pressing firmly to mold into shape of the cup.

In medium bowl, combine beef, chopped onion, egg, minced garlic, and pepper. Spoon evenly into the bread-lined muffin cups. Top each with barbecue sauce and sprinkling of cheese.

Bake until the beef is cooked through and browned, about 30 minutes.

SUPER PATTY MELTS

6 Points 4 Servings
300 calories 3 g. fiber 12 g. fat

1 lb. extra-lean ground beef
2 T. FF mayo
3 T. FF Italian salad dressing, divided
1 large onion, sliced
8 slices point-friendly whole grain bread
4 slices FF or RF American cheese

Preheat oven to 400 degrees.

Mix meat and mayo; shape into 4 patties.

Heat 1 t. of the Italian dressing in large nonstick skillet.

Add onions; cook 10 minutes on medium-high heat. Remove from skillet.

Add patties; cook 5 minutes on each side or until desired doneness is reached.

Brush one side of each bread slice with Italian dressing.

Spray baking sheet with Pam.

Place 4 bread slices, dressing side down. Top with cheese, onion, and hamburger patties. Cover with remaining bread slices, dressing side up.

Bake 20 minutes, turning sandwiches after 10 minutes.

ROAST BEEF AND RED PEPPER SANDWICHES

7 Points 4 Servings
344 calories 2 g. fiber 13 g. fat

1 T. FF mayo
1 T. Dijon mustard
1-2 t. prepared horseradish
2 6-7" bread shells, such as Boboli
10 oz. thinly sliced cooked roast beef
¼ c. roasted red bell peppers, cut into ¼" strips
2 oz. thinly sliced Monterey Jack cheese
2 c. fresh watercress

Combine mayo, mustard and horseradish in a small bowl.

Carefully split both Boboli bread shells in half using a serrated knife to make 4 whole circles.

For each sandwich, spread cut size of bread with mayo mixture. Top with remaining ingredients and fold in half, or roll wrap style.

EASY CHEESE STEAK

3 Points 1 Serving

FROM: www.aimeesadventures.com

1 oz. lean roast beef, chipped or thinly sliced
1 wedge Laughing Cow cheese
¼ c. onion
¼ c. green or red pepper
1 light hot dog bun

Spray a small skillet with Pam.

Cook the bell pepper and onion over medium-low heat until tender.

Add roast beef and cheese to the skillet. Use a spatula to break up the cheese.

Cook and stir until cheese is melted and beef is hot.

Pile meat, cheese, and veggies on bun.

Add FF mayo, mustard or any other toppings for additional points.

***Bun can be toasted in 250 degree oven, if preferred.

RHONDA'S HAM & CHEESE PITA

1 small pita
1 oz. lean deli ham, thinly sliced
1 oz. RF cheese

Preheat oven to 325.

Slice pita in half.

On one inside half, spread mustard. On other inside half, spread FF mayo.

Stuff with ham and cheese.

Wrap pita in foil.

Bake 12-15 minutes or until heated through and ches

CAJUN CHICKEN WRAPS

3 Points 4 Servings

3 T. Cajun seasoning
1 T. flour
1 t. paprika
12 oz. BSCB, cut into strips
4 medium FF flour tortillas
½ small onion, finely chopped
2 c. mixed baby greens
4 t. FF mayo
1-1/2 t. fresh lemon juice
½ t. Cajun seasoning

Combine 3 T. Cajun seasoning, flour, and paprika.

Season chicken with salt and pepper; dredge in seasoning mixture.

Coat a large, nonstick pan with Pam.

Over medium-high heat, add chicken to pan and sauté until cooked through, about 1-2 minutes per side. Remove chicken from heat and set aside.

Combine mayo, lemon juice, and ½ t. Cajun seasoning for dressing.

On each tortilla, spread 1 t. dressing, and add onion slices and greens.

Top with chicken pieces (2 per tortilla) and wrap.

SANTA FE WRAPS

4 Points 6 Servings

16 oz. RF cream cheese
1 c. RF sour cream
1 can (4.5 oz.) green chiles, chopped
1 can (4.5 oz.) olives, chopped
1 c. RF shredded Mexican cheese
2 T. salsa
½ c. green onions
1 c. spinach
4 La Tortilla Factory 99% FF Burrito-Style Flour Tortillas

Mix cream cheese and sour cream.

Stir in remaining ingredients.

Spread mixture onto tortillas and roll up.

Slice into equal pieces.

CHICKEN TORTILLA WRAPS

2 Points 4 Servings

1 lb. BSCB
1 c. FF chicken broth
4 soft RF or FF flour tortillas
½ c. FF cream cheese with garden vegetables or chives, softened
¼ t. garlic powder
1/8 t. salt
¼ t. cayenne pepper, optional
1-1/3 c. coleslaw mix
¼ c. green bell pepper, finely chopped

Add chicken and broth to large nonstick skillet.

Bring to a boil. Cover; reduce heat.

Simmer 8-10 minutes or until chicken is done. Drain; cool slightly. Shred chicken or cut into thin strips.

Spread each tortilla with cream cheese to within ½" inch of edges.

Sprinkle evenly with seasonings.

Top evenly with chicken, slaw mix and chopped bell pepper.

Press lightly to flatten. Fold up bottom edge, then roll tightly to form wrap.

Wrap in plastic wrap and chill until serving.

PIZZA

RHONDA'S BBQ CHICKEN PIZZA

1 Flat Out Light Wrap, any flavor
¼ c. BBQ sauce
2 oz. BSCB, cooked, shredded or diced
2 T. red onion, finely chopped
2 T. black olives, chopped
½ c. RF shredded cheddar cheese

Preheat oven to 350.

Spray top of Flat Out wrap with Pam or spritz of olive oil. Bake for 8-10 minutes. Remove from oven.

Spread BBQ sauce on top of wrap. Sprinkle cheese, chicken, red onion, and olives on top of sauce.

Bake 10-12 minutes or until cheese is melted.

***Add avocado for additional points.

CROCKPOT

CROCKPOT TURKEY

2-3 lbs. boneless turkey breast
4 medium potatoes, sliced
4 medium carrots, sliced
1 can French onion soup, undiluted

Place potatoes and carrots in bottom of slow cooker.

Add turkey.

Pour onion soup on top.

Cook on low 6-8 hours.

CROCKPOT "ROTISSERIE" CHICKEN

1 whole roasting chicken
4 Potatoes
Seasonings

Wrap potatoes in foil. Place in bottom of crockpot.

Lightly spray chicken with Pam. Season as desired.

Place chicken, breast side down, on top of potatoes.

Cook on HIGH 4 hours.

***Onions, carrots, or any other veggies can be added.

CROCKPOT SOUR CREAM SALSA CHICKEN

4 skinless boneless chicken breast halves (3 oz each)
1 package reduced-sodium taco seasoning mix (someone suggested using 1/2 package)
1 cup salsa
2 tablespoons cornstarch (someone said this wasn't necessary)
1/4 cup light sour cream

Spray the crockpot with cooking spray. Add the chicken breasts. Sprinkle with Taco Seasoning. Top with salsa. Cook on low for 6-8 hours. When ready to serve, remove the chicken from the pot. Place about 2 T cornstarch in a small amount of water. Stir well. Stir the cornstarch mixture into salsa sauce. Stir in 1/4 cup of sour cream.

4 servings, 4 POINTS each

CROCKPOT CHICKEN PAPRIKASH

4 Points 4 Servings (1-1/2 cup each)

1 c. mushrooms, coarsely chopped
1 small onion, chopped
1 small garlic clove, minced
1 small red pepper, diced
1 t. paprika
¾ t. salt
½ t. pepper
½ c. canned chicken broth
1 lb. BSCB
1 T. flour
½ c. FF sour cream

Coat a nonstick skillet with Pam; heat.

Add mushrooms, onion, garlic and pepper; sauté 5 minutes.

Stir in paprika, salt and pepper; cook 30 seconds more.

Spoon mixture into slow cooker; add chicken broth.

Cut each chicken breast into 4 long strips; add to slow cooker.

Cover and cook on low 5-6 hours.

Stir together flour and sour cream in a cup; stir into chicken mixture. (Stir flour into sour cream to prevent curdling).

Cover and cook on low until the mixture is thick and hot, about 10 minutes more.

CROCKPOT SMOTHERED BUTTERMILK CHICKEN

5 Points 4 Servings

1 lb. BSCB
3 medium carrots, sliced
1/3 c. onion, chopped
1/2 c. water
2 T. light butter or margarine
1/4 t. salt
1/4 t. pepper
1 bay leaf
1 pkg. roasted chicken gravy mix
1/3 c. buttermilk
2 t. flour
1 c. frozen peas

In a 4-6 quart crockpot, combine chicken, carrots, onion, water, butter, salt, pepper, and bay leaf. Mix well.

Cover. Cook on low 6-8 hours or on high 3-4 hours.

About 20 minutes before serving, stir gravy mix into crockpot. Remove and discard bay leaf.

In a measuring cup, blend buttermilk and flour until smooth. Stir flour mixture and peas into crockpot. Mix well.

Cover, increase heat to high. Cook an additional 20-25 minutes or until peas are cooked.

***Serve with rice, biscuits, or mashed potatoes for additional points.

CROCKPOT CHICKEN STROGANOFF

5 Points 6 Servings
237 calories 1 g. fiber 4 g. fat

FROM: www.aimeesadventures.com

6 4-oz. Boneless Skinless Chicken Breasts
1 can FF cream of chicken soup
16 oz. FF sour cream
1 (1 oz) envelope dry onion soup mix

Spray crockpot with Pam.

Place chicken in bottom of slow cooker.

Combine soup, sour cream and onion soup mix. Pour over chicken.

Cook on low 6-7 hours.

Serve over rice or noodles for additional points.

CROCKPOT GARLIC CHICKEN

3 Points 4 Servings

147 Calories 1.5 g. fat 1 g. fiber

16 oz. BSCB

1 t. salt

2 t. paprika

2 t. lemon pepper

1 large onion, sliced

10 cloves garlic (about 1 medium bulb), unpeeled

Mix together salt, pepper and paprika. Rub over both sides of chicken.

Place onion in slow cooker. Place chicken breast on top of onion.

Place garlic on chicken.

Cover and cook on low for 4-6 hours or until juices run clear.

CROCKPOT BARBECUED CHICKEN

4 Points 6 Servings

170 Calories .5 g. Fiber 4.5 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1 lb. frying chicken, cut up and skin removed

1 can (10-3/4 oz.) tomato soup

3/4 c. onion, chopped

1/4 c. vinegar

3 T. brown sugar

1 T. Worcestershire sauce

1/2 t. salt

Place chicken in crockpot.

Combine remaining ingredients and pour over chicken, making sure that all pieces are covered.

Cover. Cook on low 6-8 hours.

CROCKPOT BARBECUED CHICKEN BREASTS

4 Points 8 Servings
170 Calories 3 g. Fat .5 g. Fiber

FROM: "Fix it and Forget it Lightly" Cookbook

8 BSCB
1 can (8 oz.) low-sodium tomato sauce
1 can (8 oz.) water
2 T. brown sugar
2 T. prepared mustard
2 T. Worcestershire sauce
¼ c. cider vinegar
½ t. salt
¼ t. pepper
Dash of garlic powder
Dash of oregano
3 T. onion, chopped

Spray inside of crockpot with Pam.

Place chicken in crockpot, overlapping as little as possible.

Combine remaining ingredients. Pour over chicken.

Cover. Cook on low 6-8 hours or on high 3-4 hours.

***To thicken the sauce a bit, remove the lid during the last hour of cooking.

CROCKPOT CREAMY CHICKEN ITALIANO

4 Points 6 Servings
204 calories 0 g. fiber 4 g. fat

www.aimeesadventures.com

6 4-oz. BSCB
1 pkg. dry Italian salad dressing mix
¼ c. water
8 oz. FF cream cheese, softened
1 can FF cream of chicken soup

Place chicken in crockpot.

Combine Italian dressing mix and water. Pour over chicken.

Cover and cook on low 3 hours.

Combine cheese and soup; mix well. Pour over chicken.

Cover and cook on low 1 hour longer.

Serve over noodles or rice for additional points.

CROCKPOT CREAM CHEESE DRUMSTICKS

5 Points 6 Servings (2 drumsticks with sauce)
248 calories 0 g. fiber 6 g. fat

FROM: www.aimeesadventures.com

12 skinless chicken drumsticks
1 pkg. Zesty Italian Salad Dressing mix
Salt and pepper to taste
2 T. FF margarine or spread
1 can FF cream of chicken soup
8 oz. FF cream cheese, cubed
½ c. water

Spray crockpot with Pam.

Place drumsticks in bottom of crockpot. Sprinkle with salt, pepper and Italian dressing mix.

Cover and cook on low 6-7 hours.

About an hour before serving, combine margarine, soup, cream cheese and water in medium saucepan. Cook over medium heat until smooth. Pour cream cheese mixture over chicken.

Cover and continue cooking 45-60 minutes longer. Stir well before serving.

Serve with rice or noodles for additional points.

CROCKPOT TUSCAN CHICKEN

4 Points 10 Servings
253 Calories 8 g. Fiber 1 g. Fat

FROM: www.halfmysize.com

1 lb. BSCB, cut into 1" pieces
1 can (15 oz.) red kidney beans, rinsed and drained
1 can (15 oz.) tomato sauce
1 can (29 oz.) Italian-style stewed tomatoes
1 can (4-1/2 oz.) sliced mushrooms, drained
1 med. green bell pepper, diced
1/2 c. onion, diced
1/2 c. celery, diced
4 cloves garlic, minced
1 c. water
1 t. dried Italian seasoning
12 oz. uncooked whole wheat spaghetti, broken into pieces

Place all ingredients except spaghetti in crockpot.

Cover and cook on LOW 4 hours or until vegetables are tender.

Turn to HIGH. Stir in spaghetti; cover. Stir again after 10 minutes. Cover and cook about 30 minutes, or until pasta is tender.

CROCKPOT CHEESY CHICKEN SPAGHETTI

6 Points 12 Servings (1 cup)

FROM: www.halfmysize.com

16 oz. dry spaghetti
1 lb. 2% Velveeta
1 can (12.5 oz) chicken breast, drained and flaked
1 can FF cream of chicken soup
1 can FF cream of mushroom soup
½ c. water
1 small onion, diced
1 medium green pepper, diced
Salt and pepper to taste

Cook spaghetti according to package directions; drain.

Spray slow cooker with Pam.

Mix all ingredients in slow cooker.

Cook on low 2-3 hours. Stir again just before serving.

CROCKPOT CHICKEN AND VEGETABLE CASSEROLE

3 Points 8 Servings
190 Calories 4 g. Fiber 4 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

8 BSCB halves
2 c. potatoes, peeled and quartered
3-4 carrots, peeled and cut into chunks
1 onion, chopped
1 rib celery, chopped
1 c. frozen lima beans
1-1/3 c. water
½ t. salt
¼ t. black pepper
1 can FF cream of chicken soup

Rinse chicken. Pat dry. Place in slow cooker.

Add potatoes, carrots, onion, celery, lima beans, water, salt, and pepper.

Pour soup over all.

Cover. Cook on low 3-4 hours.

***Any combination of vegetables will work in this recipe.

CROCKPOT CHICKEN AND RICE

- 1 (10 3/4 oz) can Healthy Request Cream of Chicken Soup
- 1 (1oz) package dry onion soup mix
- 2 cups water
- 2 cups (6oz) uncooked instant rice
- 16 oz chicken breast, skinned and boned and cut into 36 pieces
- 1 cup sliced canned mushroom, drained
- 1/8 tsp black pepper

Spray a slow cooker with cooking spray. Combine in the crockpot the chicken soup, dry onion soup mix, water and uncooked rice. Stir in the chicken, mushrooms and pepper. Cover and cook on LOW for 6 to 8 hours. Gently stir just before serving.

6 servings (1 cup), 3 POINTS each

CROCKPOT CHICKEN AND RICE

3 Points 6 Servings

140 Calories .5 g. Fiber 4 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1 can FF cream of chicken soup

1 pkg. dry onion soup mix

1 c. long grain rice, uncooked

6 oz. boneless, skinless chicken breast tenders

¼ t. black pepper

Combine all ingredients in slow cooker.

Cook on low 5-6 hours.

Stir occasionally.

CROCKPOT CHEESY CHICKEN AND RICE CASSEROLE

4 Points 8 Servings
200 Calories 2 g. Fiber 2.5 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1 c. long grain rice, uncooked
3 c. water
2 t. low-sodium chicken bouillon granules
1 can FF cream of chicken soup
2 c. BSCB, cooked, cubed
¼ t. garlic powder
1 t. onion salt
1 c. FF shredded cheddar cheese
1 pkg. (16 oz.) frozen broccoli, thawed

Combine all ingredients except broccoli in crockpot.

Cook on low 5-6 hours or on high 2-3 hours.

Add broccoli. Cook one hour longer.

***If casserole is too runny as the end of cooking time nears, remove lid from slow cooker for 15 minutes while continuing to cook on high.

CROCKPOT CHICKEN JAMBALAYA

7 Points 6 Servings
370 Calories 4 g. Fiber 7 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1 lb. BSCB, uncooked, cubed
3 c. FF chicken broth
¾ c. water
1-1/2 c. uncooked brown rice
4 oz. RF smoked turkey sausage, diced
½ c. celery, thinly sliced
½ c. onion, chopped
½ c. green pepper, chopped
2 t. Cajun seasoning
2 garlic cloves, minced
1/8 t. hot pepper sauce, optional
1 bay leaf
1 can (14-1/2 oz.) no-salt diced tomatoes, undrained

In a large nonstick skillet, sauté chicken 2-3 minutes.

Stir together remaining ingredients in slow cooker.

Add sautéed chicken.

Cover. Cook on high 6 hours.

CROCKPOT EASY CHICKEN A la KING

6 Points 6 Servings
280 Calories 2 g. Fiber 7 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1-1/2 lbs. BSCB, uncooked
1 can FF cream of chicken soup
3 T. flour
1/4 t. black pepper
1 pkg. (9 oz.) frozen peas and onions, thawed and drained
2 T. pimentos, chopped
1/2 t. paprika

Cut chicken into bite-sized pieces. Place in slow cooker.

Combine soup, flour, and pepper. Pour over chicken. DO NOT STIR.

Cover. Cook on high 2-1/2 hours or on low 5-1/2 hours.

Stir in peas and onions, pimentos, and paprika.

Cover. Cook on high 20-30 minutes.

CROCKPOT CHICKEN AND DUMPLINGS

8 Servings

204 calories 2 g. fiber 2 g. fat

1 lb. BSCB, cubed

2 cans FF cream of chicken soup

¼ c. onion, finely diced

2-1/2 c. water

1 can (7.5 oz) Pillsbury buttermilk biscuits

1 chicken bouillon cube

1 lb. red potatoes

½ lb. Carrots

Combine all ingredients except biscuits in slow cooker.

Cover and cook on low 5-6 hours.

30 minutes before serving, tear each biscuit into 4 pieces.

Add to crockpot; stir gently.

Turn crockpot setting to high. Cook an additional 30 minutes or until biscuits are fluffed up and cooked through.

CROCKPOT CHICKEN TOSS

6 Points 5 Servings (1 cup)
299 calories 5 g. fiber 7 g. fat

FROM: www.aimeesadventures.com

1-1/2 lbs. BSCB, cut into bite-sized pieces
½ c. real bacon bits
1 can FF cream of chicken soup
¼ c. skim milk
1 t. vinegar
¼ c. flour
2 cans (14.5 oz) green beans, drained
Pepper to taste

Spray slow cooker with Pam.

Place chicken in slow cooker.

In a medium bowl, mix bacon bits, soup, milk, vinegar, flour and pepper.
Pour over chicken and stir.

Stir in green beans.

Cover and cook on low 4-6 hours.

Serve over rice or noodles; add additional points.

CROCKPOT CHICKEN & RANCH POTATOES

5 Points 5 Servings (1 cup)
242 calories 2 g. fiber 3 g. fat

20 oz. potatoes, peeled and cut into small cubes
½ pkg. dry ranch salad dressing mix
1 lb. BSCB, cubed
1 can FF cream of chicken soup
¼ c. FF sour cream
¼ c. onion, finely chopped
Salt and pepper to taste

Spray slow cooker with Pam.

Mix all ingredients and place in crockpot.

Cook on low 6-8 hours or on high 4-6 hours.

CROCKPOT CREAMY CHICKEN & RED POTATOES

8 Points

20 oz. red potatoes, chunked
8 oz. FF cream cheese
1 can cream of potato soup
1 pkg. Hidden Valley dry ranch mix
12 oz. BSCB, cut into strips

Place potatoes in crockpot.

In bowl, beat together cream cheese, soup, and ranch dressing mix.

Stir in chicken.

Cover and cook on low 8 hours, or until potatoes are tender.

If possible, stir once after 5-6 hours.

Stir well before serving.

CROCKPOT BRUNSWICK STEW

2 large onions, chopped
6 BSCB
2 cans (15 oz each) creamed corn
1 can (28 oz) crushed tomatoes
1 bottle (12 oz) chili sauce (not cocktail sauce)
1 can (14 oz) chicken broth
¼ c. Worcestershire sauce
2-4 T. RF margarine, cut up
2 T. cider vinegar
2 t. dry mustard
½ t. salt
½ t. pepper
½ hot sauce

Place onion in crockpot.

Place chicken over onion.

Add remaining ingredients.

Cook on high 4 hours or low 5-6, till chicken is tender.

Remove chicken, shred, and return to stew.

CROCKPOT SAUSAGE AND CHICKEN STEW

9 Points 4 Servings (1-1/2 cup)

½ lb. RF smoked sausage, cut into ¼" slices
1 lb. BSCB, cut into bite size strips
½ c. carrot, thinly sliced
1 small onion, thinly sliced, separated into rings
1 can (16 oz) baked beans, undrained
2 T. brown sugar
1 t. dry mustard
½ c. ketchup
1 T. vinegar
2 c. frozen green beans, thawed

Combine all ingredients except beans.

Place in slow cooker.

Cook on low 6-8 hours or until chicken is no longer pink.

Ten minutes before serving, increase crockpot setting to high. Stir in green beans and cook for 10 minutes.

CROCKPOT PIZZA

8 Servings

320 Calories 3 g. Fiber 8 g. Fat

1 lb. extra-lean ground beef
2 small onions, chopped
1 can (14 oz.) FF pizza sauce
1 can (14 oz.) spaghetti sauce
1 t. garlic powder
1-1/4 t. pepper
1 t. Italian seasoning
12 oz. dry kluski noodles

Brown ground beef and onions in a nonstick skillet.

Add onions, pizza sauce, spaghetti sauce, and seasonings.

Boil noodles according to directions on package. Drain.

Layer half of meat mixture in bottom of crockpot. Spoon in noodles. Top with remaining meat mixture.

Cook on low 1-1/2 hours if ingredients are hot when placed in crockpot. If sauce and noodles are room temperature or have been refrigerated, cook on high 2 hours.

***I only used 8 oz. noodles, which was enough. I think 12 oz. would be way too much.

CROCKPOT PIZZA

8 Servings

360 Calories 3 g. Fiber 8 g. Fat

FROM: "Fix it and Forget it Lightly"

1 T. olive oil

1-1/2 lbs. very lean ground turkey

1/4 c. chopped onions

1 jar (28 oz.) FF spaghetti sauce

1 can (4.5 oz) sliced mushrooms

1-1/2 t. Italian seasoning, more or less according to your taste preferences

1 pkg. (12 oz) wide egg noodles, slightly undercooked

2 c. FF shredded mozzarella cheese

2 c. RF shredded cheddar cheese

In a large skillet, cook turkey and onions in olive oil until no longer pink.
Drain.

Stir in spaghetti sauce, mushrooms, and Italian seasoning.

Spray slow cooker with Pam. Spread 1/4 meat mixture in bottom of pot.

Cover with 1/3 noodles. Top with 1/3 cheeses.

Repeat layers twice.

Cover. Cook on low 3 hours. Do not overcook.

CROCKPOT GIAMBOTTA

1 lb. BSCB
6 frozen Italian RF chicken sausages (about 6 g. fat each)
½ pkg. frozen bell pepper strips
4-5 medium potatoes, cubed
1 c. frozen peas
1 large onion, cut into strips
4 T. chopped garlic
1 jar spaghetti sauce

Combine all ingredients except peas.

Cook on low 7-8 hours.

Add peas during last 30 minutes of cooking time.

CROCKPOT STEAK FAJITAS

12 Servings

250 Calories 2 g. Fiber 7 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1-1/2 lbs. beef flank steak

1 can (15 oz.) diced tomatoes w/ garlic and onion, undrained

1 jalapeno pepper, seeded and chopped

2 garlic cloves, minced

1 t. ground coriander

1 t. ground cumin

1 t. chili powder

½ t. salt

2 medium onions, sliced

2 medium green peppers, julienned

2 medium red bell peppers, julienned

2 t. cornstarch

1 T. water

12 6" FF flour tortillas, warmed

¾ c. FF sour cream

¾ c. salsa

Slice steak thinly into strips across grain. Place in slow cooker. Add tomatoes, jalapeno, garlic, coriander, cumin, chili powder, and salt.

Cover. Cook on low 7 hours.

Add peppers and onions. Cook 1-2 hours longer, or until meat is tender.

Combine cornstarch and water until smooth. Gradually stir into slow cooker.

Cover. Cook on high 30 minutes or until slightly thickened.

Using a slotted spoon, spoon about ½ cup of meat mixture down center of each tortilla.

Add 1 T. sour cream and 1 T. salsa to each.

Fold bottom of tortilla over filling and roll up.

CROCKPOT ENCHILADAS

6 Points 6 Servings

1 lb. FROZEN BSCB
12 small corn tortillas
1 can (15 oz) black beans
1 can (15 oz) diced tomatoes
1 can (10 oz) chile verde sauce
3 oz. FF cream cheese
2 oz. Monterey jack or pepper jack cheese, grated
½ c. onion
4 t. taco seasoning mix
1 can FF cream of chicken soup

Combine all ingredients except cheeses and tortillas. Place in crockpot and cook 8 hours.

30 minutes before serving, add cream cheese.

Preheat oven to 350-375 degrees.

Spray 9"x13" baking dish with Pam. Tear tortillas into halves and layer in dish.

Spoon crockpot chicken mixture over tortillas. Top with jack cheese.

Bake 20 minutes till bubbly and cheese is melted.

Let set 10 minutes before serving.

CROCKPOT MEXICAN CHICKEN

5 Points 4 Servings

4 BSCB
1 can black beans
1 can corn
1 pkg. taco seasoning mix
1 c. salsa
8 oz. FF cream cheese

Place chicken, beans, corn, salsa and seasoning in crockpot.

Cook on low 6-8 hours.

One hour before serving, place cream cheese in crockpot.

Stir well before serving.

CROCKPOT CHICKEN TACO FILLING

3 Points 4 Servings (1/2 cup)
169 calories 1 g. fiber 3 g. fat

FROM: www.aimeesadventures.com

1 pkt. taco seasoning
1 c. chicken broth
1 lb. BSCB

Spray crockpot with Pam.

Dissolve taco seasoning into chicken broth.

Place chicken in crockpot and pour broth on top.

Cover and cook on low 6-8 hours.

With 2 forks, shred the chicken into bite-size pieces.

Use in tacos, burritos, tostadas, taco salads, nachos, etc.

To freeze, place shredded meat with juices into freezer bags. Press out air and seal.

***Recipe can be doubled so you can eat one meal and have extra to freeze.

CROCKPOT PINEAPPLE CHICKEN

4 Points 6 Servings

6 BSCB

Paprika to taste

Pepper to taste

1 can (20 oz) pineapple chunks or tidbits, drained

2 T. Dijon mustard

2 T. soy sauce

1 clove garlic, minced

Arrange chicken in bottom of crockpot. Sprinkle with pepper and paprika.

In small bowl, combine drained pineapple, mustard, and soy sauce.

Pour over chicken. Add garlic.

Cover and cook on low 6-8 hours or on high 3-4 hours.

CROCKPOT ORIENTAL CHICKEN

4 Points 6 Servings

FROM: www.halfmysize.com

1-1/2 lb. BSCB, cubed
1 c. carrots, sliced
6 green onions, including tops, sliced
1/2 c. low-sodium soy sauce
1/4 c. rice wine vinegar
1/4 c. sesame seeds
1 T. ground ginger
1/2 t. salt
1 t. sesame oil
16 oz. frozen broccoli florets

Combine all ingredients except broccoli in crockpot.

Cover and cook on low 5-6 hours.

Stir in broccoli and cook 30-45 minutes longer.

Serve over rice, for additional points.

CROCKPOT SWEET & SOUR CHICKEN

6 Points 6 Servings (1 cup)

2 lbs. BSCB

$\frac{3}{4}$ c. apricot spreadable fruit

1 (8 oz) bottle Kraft Free Catalina Salad Dressing

1 envelope dry onion soup mix

Spray crockpot with Pam.

Mix all ingredients together and place into crockpot.

Cook on low 6-8 hours.

Serve over rice or noodles for additional points.

CROCKPOT SWEET & SOUR CHICKEN

From www.halfmysize.com

5 Points 4 Servings
267 calories 2 g. fiber 1.5 g. fat

1 lb. BSCB, cubed
5 oz. sweet & sour sauce
¼ t. garlic powder
¼ t. onion powder
1 can (8 oz) pineapple chunks in juice, drained (reserve ¼ c. juice)
2 T. brown sugar
16 oz. bag frozen stir-fry vegetables

Spray crockpot with Pam.

Place chicken in crockpot; season with garlic and onion powder.

Mix sweet & sour sauce, pineapple, brown sugar and reserved ¼ c. pineapple juice. Pour over chicken.

Cover and cook on low 6-7 hours.

Add frozen vegetables during last 30 minutes of cooking and cook on high.

Serve over rice for additional points.

CROCKPOT PORK CHOPS

4 Points 6 Servings

6 pork loin chops
1 onion, chopped
3 T. ketchup
1 can FF cream of chicken soup
2 T. Worcestershire sauce

In non-stick skillet, brown pork chops.

Place in slow cooker.

Mix all other ingredients. Pour over chops.

Cook on low 4-5 hours.

Serve over rice for additional points.

CROCKPOT DIET COKE PORK

5 Points

4 3-oz. pork chops
1 can FF cream of mushroom soup
1 can Diet Coke
2 T. reduced-sodium soy sauce

Mix soup, coke and soy sauce. Pour into crockpot.

Place chops in mixture and stir well.

Cook on high 4-6 hours.

CROCKPOT BARBECUE PORK

3 Points 8 Servings (1/4 cup)
129 calories 0 g. fiber 3 g. fat

1-1/2 lbs. pork tenderloin, cut into small pieces
1/2 c. diet Coke
1 c. barbecue sauce
1 c. onion, chopped
1/4 t. pepper

Spray crockpot with Pam.

Place all ingredients in crockpot; mix well.

Cook on high 5-6 hours or low 7-9.

Stir well to break up pieces; shred by pressing fork down on meat.

If you like a thicker sauce, remove lid during the last 30 minutes of cooking.

Serve on buns or baked potatoes for additional points.

CROCKPOT PORK AND THREE BEAN STEW

5 Points 10 Servings (1 cup)

1 medium onion, chopped
2 medium garlic cloves, minced
1 c. carrots, chopped
1 T. medium-hot chili powder
1 t. oregano
1 small jalapeno, chopped
Salt and pepper, to taste
2 lb. lean pork tenderloin, cut into 1" cubes
1 can black beans, drained and rinsed
1 can kidney beans, drained and rinsed
1 can pinto beans, drained and rinsed
1 c. canned tomato puree
1 can (29 oz) diced tomatoes with green pepper, celery and onion, undrained
6 oz. canned tomato paste

Combine onion, garlic, carrots, chili powder, oregano, jalapeno, salt and pepper in 5-qt. or larger slow cooker.
Stir well.

Add remaining ingredients, and stir well again.

Cook on high 6-8 hours.

***Start cooking the chili at a high setting so the ingredients quickly reach a safe temperature, then reduce the heat to low after 3-4 hours if preferred.

CROCKPOT KIELBASA-BEAN SOUP

3 Points 8 Servings (1 heaping cup)

4 cans (14.5 oz ea) FF chicken broth
16 oz. RF smoked sausage or kielbasa
1 can black beans, rinsed and drained
1 can pinto beans, rinsed and drained
4 medium carrots, sliced
3 medium celery stalks, chopped
1 large onion, chopped
1 t. thyme
1 can (14 oz) canned diced tomatoes, undrained

Cut sausage in half lengthwise, then slice.

Mix all ingredients except tomatoes in a 5-6 qt. crockpot.

Cook on low 6-8 hours.

Stir in tomatoes; cover and cook on high about 15 minutes longer.

CROCKPOT PEKING PORK CHOPS

5 Points 6 Servings

6 pork chops, about 1" thick
¼ c. brown sugar
1 t. ground ginger
½ c. soy sauce
¼ c. ketchup
1-2 cloves garlic, mashed
Salt & pepper, to taste

Trim excess fat from pork chops.

Place chops in crockpot.

Combine rest of ingredients and pour over chops.

Cook on low 4-6 hours or until meat is tender.

CROCKPOT SWEET & SOUR PORK

5 Points 8 Servings

1 can (16 oz) crushed pineapple in juice
1 can (16 oz) tomato sauce
¼ c. tomato paste
½ c. onion, diced
½ c. green pepper, diced
½ c. packed brown sugar
¼ c. apple cider vinegar
2 T. Worcestershire sauce
1 clove garlic, minced
2 lb. lean pork tenderloin

Place pork in slow cooker.

Mix all other ingredients and pour over pork.

Cook on low 8-10 hours or until meat is tender.

CROCKPOT PEPPERONCINI BEEF

9 Points 8 Servings

3-1/2 lbs. beef roast
1 pkg. Good Seasons Italian salad dressing mix
1 jar (16 oz.) pepperoncini peppers
1 can (15 oz.) beef broth

Place roast in slow cooker.

Mix salad dressing, peppers and beef broth. Pour over roast.

Cook on low 8-10 hours.

SERVING SUGGESTION: Shred meat and serve on 1-point buns. Top meat with FF mozzarella cheese. Add points for bun and cheese.

***This recipe is quite spicy. Reduce the amount of peppers (or use mild banana peppers instead of pepperoncinis) if you prefer a milder dish.

Leftovers: Spread tortillas with FF refried beans. Top with beef/peppers and cheese. Fold over and pan-fry until golden brown. Serve with FF sour cream and salsa.

CROCKPOT "TO DIE FOR" ROAST

8 Points 8 Servings

4 lbs. lean beef round
1 pkg. Hidden Valley Ranch dressing mix, dry
1 pkg. Good Seasons Italian salad dressing mix, dry
1 pkg. reduced-sodium brown gravy mix, dry
1 can reduced-sodium beef broth

Place veggies in slow cooker. Place meat on top.

Blend dry mixes into beef broth. Pour over meat/veggies.

Cook on low 8-10 hours.

***Serve over rice or mashed potatoes for additional points.

***Potatoes, carrots, and onions can be added to slow cooker for additional points. Place veggies on bottom of slow cooker; place meat on top. Cover with mixes/broth.

CROCKPOT PEPSI POT ROAST

12 Servings

170 Calories 0 g. Fiber 7 g. Fat

FROM: "Fix it and Forget it Lightly"

3-lb. pot roast

2 cans Healthy Request cream of mushroom soup

1 envelope dry onion soup mix

2 bottles (16 oz. each) diet cola

Place meat in slow cooker.

In large bowl, combine mushroom soup, dry onion soup mix, and soda.
Pour over roast.

Cover. Cook on high 6 hours or on low 8-10 hours.

CROCKPOT CHEESEBURGERS

5 Points 10 Servings (1/2 cup)

1-1/2 lb. lean ground beef

½ t. garlic salt

½ t. pepper

8 oz. Light Velveeta

2 T. skim milk

1 c. onion, chopped

In skillet, brown ground beef with garlic and pepper. Drain.

Combine cooked meat and remaining ingredients in crockpot.

Mix well and cook on low 2-3 hours.

Serve on buns or over mashed potatoes for additional points.

***Another one of my favorites.

Rhonda

CROCKPOT HUNGARIAN GOULASH

90 Calories .5 g. Fiber 2.5 g. Fat
2 Points 10 Servings

FROM: "Fix it and Forget it Lightly" Cookbook

1 lb. extra-lean ground beef
1 large onion, sliced
1 clove garlic, minced
½ c. ketchup
2 T. Worcestershire sauce
1 T. brown sugar
1 to 1-1/2 t. salt
2 t. paprika
½ t. dry mustard
1 c. water
¼ c. flour
¼ c. cold water

Place meat in slow cooker. Cover with onions.

Combine garlic, ketchup, Worcestershire sauce, sugar, salt, paprika, mustard, and 1 cup water. Pour over meat.

Cook on low 5-6 hours.

Dissolve flour in ¼ c. cold water. Stir into meat mixture.

Cook on high 10-15 minutes, or until slightly thickened.

Serve over rice or noodles for additional points.

CROCKPOT HEARTLAND SCALLOP

5 Points 6 Servings (1 Cup)
255 Calories 2 g. Fiber 7 g. Fat

FROM: WW Recipe Review Board
Courtesy of ROSANADANA

1 lb. extra-lean ground beef or turkey
1/2 c. onion, chopped
1 small can (8 oz.) creamed corn
1 can FF cream of chicken soup
1 bag (20 oz.) frozen hash browns

In a large skillet sprayed with butter-flavored cooking spray, brown meat and onion. Spoon into crockpot.

Add corn and soup. Mix well to combine.

Stir in potatoes.

Cover and cook on LOW for 2-4 hours. Mix well before serving.

CROCKPOT 8-LAYER DISH

With Turkey: 5 Points 8 Servings
250 Calories 4 g. Fiber 6 g. Fat

With Beef: 6 Points 8 Servings
298 Calories 4 g. Fiber 11 g. Fat

4 medium-large potatoes, thinly sliced
1 onion, thinly sliced
2 cans (15 oz. each) corn, drained
¼ c. water
1 lb. extra-lean ground beef or turkey
1 can FF cream of mushroom soup

Layer 1: ¼ of the potatoes and ½ of the onion
Layer 2: 1 can corn
Layer 3: ¼ of the potatoes
Layer 4: ½ of the onion
Layer 5: ¼ of the potatoes
Layer 6: 1 can corn, water
Layer 7: Ground beef/turkey, remaining potatoes
Layer 8: Soup

DO NOT STIR!!!

Cook on low 6-8 hours or on low 4-6 hours.

CROCKPOT BEEF & CORNBREAD CASSEROLE

7 Points 8 Servings

1 lb. lean ground beef
1 can (15 oz) corn, partially drained
1 c. yellow cornmeal
½ t. baking soda
1 t. salt
¼ c. canola oil
1 c. skim milk
2 large eggs
½ c. salsa
8 oz. FF cheese, any kind
1 medium onion, chopped
1 can (4 oz) green chiles

In nonstick skillet brown meat.

Spray crockpot with Pam.

In medium bowl, combine corn and a bit of juice, cornmeal, baking soda, salt, oil, milk, eggs, and salsa.

Pour half of mixture into crockpot.

Layer cheese, onion, garlic, chiles and ground beef on top of cornmeal mixture.

Cover with remaining cornmeal mixture.

Cook on low 6 hours.

CROCKPOT BEEF STEW

7 Points 4 Servings (1-1/2 Cup)

1 lb. beef stew meat
1/4 c. flour
1/2 t. salt
1/2 t. pepper
1-1/2 c. beef broth
1 t. Worcestershire sauce
1 clove garlic
1 bay leaf
1 t. paprika
3 medium potatoes, sliced
28 baby carrots, sliced lengthwise
1 large onion, chunked
2/3 c. peas

Place meat in crockpot. Mix flour, salt and pepper. Sprinkle over meat. Stir to coat meat, making sure all surfaces of meat are covered.

Add remaining ingredients except peas. Mix well.

Cook on low 7-9 hours or on high 4-6 hours.

Stir in peas; cook one hour longer.

CROCKPOT COWBOY STEW

7 Points 6 Servings

1-1/4 lb. lean beef stew meat
4 potatoes, unpeeled, cubed
1 c. onion
1 can (28 oz) baked beans

Mix beef, potatoes, and onion in slow cooker.

Spread beans over beef mixture.

Cover and cook on low 8 hours.

Variations: Omit potatoes and serve beef/onion/beans over baked
potatoes or rice.

***This is one of my favorites...pure comfort food. Rhonda

CROCKPOT PEPPER STEAK

6 Points

1-1/2 lbs. flank steak, thinly sliced
1 large onion, cut into wedges
2 bell peppers, any color, sliced
2 T. reduced-sodium soy sauce
2 T. sesame oil
1 T. brown sugar
3 cloves garlic, minced

Spray crockpot with Pam.

Mix all ingredients and place in crockpot.

Cook on low 8-10 hours.

Serve over rice or noodles for additional points.

CROCKPOT MACARONI & CHEDDAR CHEESE

7 Servings

170 Calories 0 g. Fiber 4.5 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

2-1/2 c. skim milk

1 egg, beaten

1 t. salt

Dash pepper

3 c. RF cheddar cheese, shredded or cubed

1 pkg. (8 oz.) elbow macaroni, cooked al dente

Combine all ingredients except macaroni in slow cooker.

Cook on high for 1 hour.

Add macaroni. Cook on low 4 hours longer.

***CROCKPOT MACARONI, CHEDDAR,
& PARMESAN CHEESE***

8 Servings

190 Calories 0 g. Fiber 1.5 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1 pkg. (8 oz.) elbow macaroni, cooked al dente
1 can (13 oz.) FF evaporated milk
1 c. skim milk
2 large eggs, slightly beaten
4 c. FF sharp cheddar cheese, grated, divided
¼ t. salt
1/8 t. pepper
¼ c. FF Parmesan cheese

Spray inside of slow cooker with Pam.

Combine lightly cooked macaroni, evaporated milk, skim milk, eggs, 3 c. cheddar cheese, salt, and pepper.

Top with remaining cheddar and Parmesan cheeses.

Cover. Cook on low 3 hours.

CROCKPOT VEGETABLE MEDLEY

2 Points 8 Servings

120 Calories 4 g. Fiber .5 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

4 c. potatoes, peeled and diced
1-1/2 c. frozen corn
4 medium-sized tomatoes, seeded and diced
1 c. carrots, sliced
1/2 c. onion, chopped
3/4 t. salt
1/2 t. sugar
3/4 t. dill weed
1/4 t. pepper
1/2 t. dried basil
1/4 t. dried rosemary

Combine all ingredients in slow cooker.

Cover. Cook on low 5-6 hours, or until vegetables are tender.

SOUPS / STEWS / CHILI

BROCCOLI WILD RICE SOUP

2 Points 10 Servings (1 cup)

5 c. water or FF chicken broth
1 (6 oz) pkg. Uncle Ben's Original Long Grain Wild Rice Mix
2 carrots, sliced
1 can FF cream of chicken soup
1-1/2 c. skim milk or FF half & half
8 oz. FF cream cheese, cubed
Salt and pepper to taste
1 pkg. (10 oz) frozen chopped broccoli

In a large saucepan, combine the water or broth and rice mix with the contents of the seasoning packet; add carrots, and bring to a boil.

Reduce heat and simmer for 20 minutes.

Add soup, milk or half & half, cream cheese, salt and pepper; stir until cheese is melted.

Add broccoli.

Cook over medium-low heat for 5-10 minutes or until broccoli and rice are tender.

***I had trouble getting the cream cheese to melt when I added the whole block. Now I cut off tiny chunks and stir it gradually into the soup. It's time consuming, but well worth it.

CHICKEN CORN SOUP

6 Points Serves 6
298 calories 2 g. fiber 4 g. fat

2 slices bacon
1 lb. BSCB, cubed
1 medium onion, chopped
1 red bell pepper, diced
1 large potato, diced
1 c. frozen corn
2 cans (16 oz each) FF chicken broth
½ c. flour
2 c. skim milk
4 oz. Velveeta, diced
½ t. salt
Pepper to taste

In a Dutch oven, cook bacon until crisp. Remove bacon from pan.

Add chicken, onion and bell pepper. Cook over medium heat until tender. Add potatoes.

Stir in broth and bring to boil. Simmer, covered, for 20 minutes. Stir in corn.

Blend flour and milk in a bowl, then gradually stir it into the pot. Increase heat to medium and cook until thickened, stirring constantly.

Add cheese and stir until melted and well blended. Add salt and pepper to taste.

CHICKEN ENCHILADA SOUP

5 Points 6 Servings

8 oz. chicken, cooked and chopped
1 t. garlic
½ c. diced onion
4 c. FF chicken broth
3 c. water, divided
1 can enchilada sauce
5 oz. Light Velveeta
1 t. salt
1 t. chili powder
1 c. cornmeal
1 can kidney beans (15 oz.), drained

Saute onions and garlic over medium heat for about 2 minutes or until onion begins to become translucent.

Add chicken broth.

Combine cornmeal with 2 cups water in a medium bowl; whisk until well-blended. Add to pot with onions.

Add remaining water, enchilada sauce, beans and spices to pot and bring mixture to a boil.

Shred chicken into small, bite-sized pieces and add it to the pot.

Reduce heat and simmer 30-40 minutes or until thick.

Right before serving, add cheese. Mix until melted.

*** Soup can also be made in slow cooker.

FIESTA SOUP

2 Points 8 Servings

1 can (16 oz) FF refried beans
1 can (14 oz) FF chicken broth
1 can (5 oz) FF chicken
1 can (11 oz) corn with liquid
1 can (15 oz) black beans, rinsed and drained
1 c. chunky salsa

Combine all ingredients in a saucepan.

Bring to a boil over medium heat.

Reduce heat to low and simmer 10-20 minutes.

REFRIED BEAN SOUP

1 Point 10 Servings (1 cup)
110 calories 6 g. fiber 0 g. fat

FROM: www.aimeesadventures.com

2 (14.5 oz) cans diced tomatoes with green chiles
2 cloves garlic, minced
1 c. onion, finely chopped
2 (16 oz) cans FF refried beans
3 c. FF chicken broth, divided

Combine tomatoes, garlic, onion and 1 cup broth in a large pan; boil for 5 minutes, stirring often.

Stir in beans and broth; simmer over low heat for 20 minutes, stirring often.

LENTIL ONE-POT CASSEROLE

6 Points 4 Servings (1 cup)

6-3/4 oz. dry lentils, about 1 cup, rinsed

½ c. uncooked brown rice

2 c. carrots, shredded

3 c. water

1 envelope dry onion soup mix, reduced-sodium preferred

1 t. dried basil

1 t. garlic powder

1 t. olive oil

Make sure lentils are rinsed well.

Place all ingredients in a large pot. Bring to a boil.

Reduce heat, cover and cook until rice is done, about 20 minutes.

STORMY WEATHER BEAN SOUP

4 Points 6 Servings (1 cup)
236 calories 9 g. fiber 2 g. fat

FROM: www.aimeesadventures.com

2 c. water
1 cup (6 oz.) 97% FF ham, finely diced
¾ c. chopped onion
1 c. shredded carrots
½ c. red pepper, finely chopped
½ c. celery, finely chopped
1 can (16 oz) Great Northern beans, rinsed and drained
1 can (16 oz) pinto beans, rinsed and drained
1 can (14.5 oz) stewed tomatoes, undrained
2 c. tomato juice
½ t. dried minced garlic
1 t. chili seasoning
1 t. dried parsley flakes
1 T. lemon juice

In a large saucepan, combine water, ham, onion, carrots and celery.

Bring mixture to a boil. Lower heat and simmer 15-20 minutes or until vegetables are tender, stirring occasionally.

Add beans, undrained tomatoes, and tomato juice. Mix well to combine.

Stir in garlic, chili seasoning, parsley, and lemon juice. Cover and continue simmering 15-20 minutes longer, stirring occasionally.

CROCKPOT BABY BUTTER BEAN SOUP

1 Point 4 Servings

4 Points 2 Servings

110 Calories 5 g. Fiber .5 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1 pkg. (10 oz.) frozen baby butter beans
2 chicken bouillon cubes
1-1/2 c. boiling water
2/3 c. carrots, very thinly sliced
1/4 c. onion, chopped
1/4 c. celery, chopped
1/4 c. green pepper, chopped
Dash of dried basil
Dash of dried thyme
Black pepper to taste

Cook baby butter beans as directed on package. Drain.

Dissolve bouillon cubes in boiling water. Cool.

Combine butter beans and broth in blender. Blend until smooth.

Pour into slow cooker. Add remaining ingredients.

Cover. Cook on low 4-6 hours or on high 2-3 hours.

CROCKPOT PASTA E FAGIOLI SOUP

6 Points 8 Servings (1-1/2 Cups)
312 Calories 4 g. Fiber 4 g. Fat

FROM: WW Recipe Review Board
Courtesy of ALW102

1 lb. extra-lean ground beef
1 small onion, diced
1 c. carrot, julienned
3 stalks celery, chopped
2 cloves garlic, minced
2 cans (14 oz. each) diced tomatoes
1 can (15 oz.) red kidney beans (with liquid)
1 can (15 oz.) great northern beans (with liquid)
1 can (11 oz.) tomato sauce
1 can (12 oz.) can of V-8 juice
1-1/2 tsp salt
1 t. each black pepper and dried oregano
1/2 t. dried thyme
8 oz. pasta (DO NOT PUT PASTA IN CROCKPOT)

Brown the ground beef in large sauce pan; drain.

Add onion, carrot, celery and garlic. Simmer for 10 minutes.

Spoon meat and veggies into crockpot. Add remaining ingredients, except pasta. Stir well.

Cover and cook on low 4-6 hours.

Cook pasta as directed on package. Just before serving, add to soup.

CROCKPOT CHEESEBURGER SOUP

6 Points 6 Servings
240 Calories .5 g. Fiber 11 g. Fat

1 lb. ground turkey
1 c. onion, chopped
½ c. green pepper, chopped
2 ribs celery, chopped
1 can (20 oz.) FF beef broth
1 c. skim milk
2 c. water
2 T. flour
8 oz. RF shredded cheddar cheese

Brown turkey in nonstick skillet. Spoon into slow cooker.

Add vegetables.

Heat broth, milk, and water in same skillet used for browning the turkey. Sprinkle flour on top of liquid. Stir until smooth. Boil 3 minutes.

Pour into slow cooker.

Cover. Cook on low 6 hours.

Add cheese. Cover and cook 2-3 hours longer.

WAGON WHEEL BEEF SOUP

5 Points 8 Servings (1-1/2 cups)

3 c. uncooked wagon wheel pasta
3/4 lb. extra-lean ground beef
1 c. chopped onion
1/2 t. dried oregano
1 (26 oz.) bottle/can low fat pasta sauce
1 can (16 oz.) can red kidney beans, undrained
2 cans (14 oz. each) less-sodium beef broth

Bring 2 quarts of water to a boil in a large Dutch oven. Add pasta, and cook 7 minutes or until done. Drain. Rinse under cold water; drain and set aside.

Coat skillet with cooking spray; place over medium-high heat. Add beef and onion; cook until beef is browned, stirring to crumble. Drain well, and return beef mixture to pan.

Add cooked pasta, oregano, and remaining ingredients. Cook over medium-high heat until thoroughly heated.

***When I make this, I simmer the soup WITHOUT the pasta for about 20-30 minutes to really blend the flavors. I add the cooked pasta at the very end.

I found this recipe in its original form to be bland, so I add chili powder, cumin, green pepper, or whatever else comes to mind as I'm making it. It's even better reheated the next day. I add FF sour cream to it when I reheat it. After my additions it's become one of my favorite WW recipes.

CLASSIC BEEF CHILI

4 Points 6 Servings (1 cup)

WW Recipe Review Board
Courtesy of DEBD3360

1 lb. extra-lean ground beef
2 garlic cloves, finely chopped
2 T. chili powder
1 t. ground cumin
1 can (28 oz.) crushed tomatoes
1 can (15 oz.) red kidney beans (drained & rinsed)
1 sweet onion, chopped
1/4 c. canned diced chilies
2 T. tomato paste

In a large nonstick skillet cook beef & garlic over medium heat, stirring with a wooden spoon to break up meat, until browned. Drain.

Add chili powder and cumin; stir. Stir in tomatoes, beans, onion, chiles, and tomato paste.

STOVETOP: Simmer for 30 minutes.

CROCKPOT: Cook 4-5 hours on low.

CROCKPOT HOT TEXAS CHILI SOUP

3 Points per 1-1/2 Cup Serving

1 can red or kidney beans
6 oz. extra lean ground beef
3 c. canned stewed tomatoes
2 c. tomato soup
1-1/2 c. onions, chopped
1 c. canned green chiles, rinsed, drained and chopped
1 T. + 2 t. chili powder (more if hotter is desired)
1-1/2 t. ground cumin
1 t. paprika
1 t. oregano
1/4 t. hot pepper sauce
2 c. water

In a 3-quart slow cooker, combine all ingredients.

Cook on low 4 hours or on high 2 hours.

CROCKPOT BROWN SUGAR CHILI

5 Points 8 Servings
240 Calories 4 g. Fiber 6 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1 lb. extra-lean ground beef
½ c. brown sugar
2 T. prepared mustard
1 medium sized onion, chopped
2 cans (14 oz. each) kidney or red beans
2 c. low-sodium tomato juice
½ t. salt
¼ t. pepper
1 t. chili powder

Brown ground beef and onion in a nonstick skillet over medium heat. Stir in brown sugar and mustard.

Combine all ingredients in slow cooker.

Cover. Cook on HIGH 2-3 hours. If possible, stir several times during cooking.

PIZZA CHILI

3 Points 8 Servings

1 lb. ground turkey
1 can kidney beans, drained and rinsed
1 can pizza sauce
1 can Italian stewed tomatoes
1 can tomato sauce
1-1/2 c. water
12 pc. turkey pepperoni
1/2 c. green pepper, chopped
1/4 c. onion, chopped
1 t. pizza seasoning or Italian seasoning
RF shredded mozzarella cheese, optional

In a large saucepan, brown turkey over medium heat; drain.

Stir in all remaining ingredients except cheese.

Bring to a boil. Reduce heat; simmer uncovered 30 minutes or until chili reaches desired thickness.

Top with cheese for additional points.

1-POINT CHILI

1 Point 20 Servings (1 cup)

3 cloves garlic, minced
1 large onion, chopped
2 cans (28 oz each) diced tomatoes
2-3 medium zucchini, diced
2-3 medium summer squash, diced
1 can black beans
30 oz. FF chicken, beef, or vegetable broth
4 medium celery stalks, diced
2 bell peppers, diced
¾ oz. chili seasoning mix
1 t. ground cumin
1 T. Italian seasoning
3 T. Worcestershire sauce

Spray nonstick skillet with Pam.

Set over medium-high heat. Saute garlic and onion about 5 minutes.

Place all ingredients in large pot. Mix sautéed garlic and onion in.

Simmer for 60 minutes.

***If you like a thicker chili, puree 2 cups of zero point veggies to a thick paste and add to pot.

2-POINT CHILI

2 Points 20 Servings (1 Cup)

10 oz. extra lean ground turkey
1 medium onion, diced
2 cans (28 oz. each) diced tomatoes
2 medium zucchini, diced
2 medium yellow squash, diced
1 can (15 oz.) black beans, rinsed and drained
2 cans (15 oz. each) FF beef broth
4 celery stalks, diced
2 green peppers, diced
1 pkg. chili seasoning mix

Spray a large non-stick skillet with Pam and set over medium-high heat.
Add the turkey and onion, and sauté until browned, about 5 minutes.

Transfer to a large pot and add remaining ingredients.

Simmer until veggies are tender, about 30 minutes.

TACO SOUP

2 Points Serving Size=1 cup

1 lb. lean ground turkey or beef, browned and drained
1 can black beans
1 can kidney beans
1 can pinto beans
2 cans corn, drained
1 can diced tomatoes
1 can Rotel tomatoes (or regular)
1 envelope taco seasoning
1 envelope ranch dressing mix
2 c. water

Mix all ingredients and simmer at least 30 minutes.

CROCKPOT: Cook on low 6-8 hours.

TACO SOUP

- 1 lb ground round beef
- 1 large onion, chopped
- 1 package taco seasoning mix
- 1 package Hidden Valley Ranch Dressing mix
- 1 16oz can pinto beans
- 1 16oz can hot chili beans
- 1 16oz can whole kernel corn
- 1 16oz can stewed tomatoes
- 1 16oz can diced tomatoes and chilis (i.e. Rotel mild)

Brown the beef and the onion together. Drain the grease. Stir everything together in a large pot and heat through.

1 cup = 4 POINTS

CROCKPOT CHICKEN TACO SOUP

3 Points per 1-Cup Serving

FROM: WW Recipe Review Board
Courtesy of BUFFY1956

3 FROZEN chicken breasts
1 pkg. ranch dressing mix
1 pkg. taco seasoning mix
1 medium onion, diced
1 can Rotel tomatoes
1 can black beans, UNdrained
1 can cannelloni or any white beans, UNdrained
1 can kidney beans, UNdrained
1 can vegetarian baked beans
1 can corn

Put everything in crockpot in order listed.

Do not drain or rinse beans.

DO NOT STIR.

Cook on low for 6 to 8 hours.

Take chicken out and shred with two forks. Put chicken back in and stir well before serving.

WHITE CHICKEN CHILI

3 Points 15 Servings (1 cup)
168 calories 6 g. fiber 1 g. fat

FROM: www.aimeesadventures.com

2 boxes (9 oz. each) boxes Tyson frozen diced chicken breasts, thawed,
OR 16 oz. BSCB, cooked and diced
5 c. salsa
49 oz. FF chicken broth
3 cans (15 oz. each) Great Northern beans, drained
1 t. cumin
1 t. garlic powder

Place all ingredients in large pot.

Bring to a boil, and simmer 45 minutes.

CHICKEN CHIPOTLE CHILI

5 Points 6 Servings

2 t. olive oil
1 c. onion, finely chopped
1 t. cumin
5 c. cooked Great Northern beans
2 c. FF chicken broth
1 chipotle chili in adobo sauce
2 c. BSCB, cooked and diced

Heat oil in nonstick saucepan over medium heat.

Add onion; sauté until soft.

Add cumin, beans, and broth to pan.

Remove seeds from chili; chop chili.

Add chopped chili and 2 t. adobo sauce to bean mixture; bring to a boil.

Reduce heat; simmer 15 minutes.

Blend 1 cup bean mixture in a blender or food processor until smooth.

Return puree to pan; add chicken.

Cook 5 minutes or until thoroughly heated.

CHEESY VEGETABLE SOUP

3 Points 10 Servings (1 cup)
136 calories 2 g. fiber 5 g. fat

3 cans (14 oz) cans FF chicken broth
2 (1 lb. each) bags frozen California mixed vegetables
1 (10.5 oz) can tomatoes with green chilies
10 oz Velveeta Light, cubed

Mix all ingredients except cheese. Boil until veggies are tender.

Turn heat down to simmer. Use a stick blender to blend until desired texture is reached. This will make the soup creamier.

Add cheese and cook until cheese is melted.

CROCKPOT TORTILLA CHEESE SOUP

2 Points 8 Servings (1 cup)

- 1 can FF cream of mushroom soup
- 2 c. salsa
- 1 can FF chicken broth
- 1 can Nacho Cheese or Pepper Jack soup
- 1 can (5 oz.) chicken breast or 5 oz. BSCB
- 1 c. skim milk
- 1 ounce of light Velveeta Cheese

Combine all ingredients. Cook on low 2-4 hours.

CREAMY SWEET POTATO SOUP

4 Points 4 Servings

2 large sweet potatoes, baked, cooled, peeled and chopped
1-1/2 c. FF chicken broth
1 T. reduced-calorie margarine
1 T. flour
1/4 t. ginger
1 c. FF evaporated milk
1 T. chopped pecans

Preheat oven to 400 degrees.

Pierce potatoes in several places with a fork. Bake for 45 minutes. Remove from oven and allow to cool. When cool, remove and discard skin; chop potatoes.

Combine potatoes and 3/4 c. broth in a blender or food processor; blend or process until smooth. Set potato mixture aside.

Melt margarine in a medium-size saucepan; stir in flour and ginger. Add milk. Cook, stirring, until slightly thickened and bubbly, about 5 minutes.

Cook 1 minute more, then stir in potato mixture and remaining 3/4 c. broth. Cook, stirring, until heated through, about 5 minutes more.

Pour into 4 serving bowls and sprinkle each with 3/4 teaspoon of pecans.

SWEET POTATO CORN CHOWDER

2 Points 6 Servings (1 cup)
157 calories 4 g. fiber .4 g. fat

1 lb. sweet potatoes, peeled and cubed
1 c. chopped celery (about 4 stalks)
1 small onion, finely chopped
3 c. FF chicken or vegetable broth
1 can (14 oz) creamed corn
½ c. chopped carrots (optional)

In a Dutch oven or soup kettle, sauté celery and onion in Pam.

Add all remaining ingredients except corn; bring to a boil over medium heat.

Reduce heat; cover and simmer for 25-30 minutes, or until potatoes and carrots, if using, are tender.

Mash with potato masher until you are happy with the consistency.

Return all to kettle, add corn, and heat through.

***For a less chunky soup, process soup in a blender or food processor in batches until smooth.

CREAM OF POTATO SOUP

6 Points 8 Servings (2 cups)
327 calories 5 g. fiber 1 g. fat

FROM: www.aimeesadventures.com

5 lbs. potatoes, peeled and cut into large pieces
5 cans (14.5 oz each) FF chicken broth
¼ c. FF margarine spread
½ c. chopped onion
¼ c. flour
1/8 t. pepper
2 c. skim milk
2 c. FF shredded cheddar cheese

Boil potatoes in broth. Do not drain.

When potatoes are tender, mash them with a potato masher.

Melt butter in small pot. Add onions and sauté until lightly browned.

Mix flour and pepper. Add milk. Heat and stir until mixture boils and thickens.

Add to soup mix. Stir in cheese and heat until cheese melts.

LOADED BAKED POTATO SOUP

6 Points 6 Servings
305 calories 3 g. fiber 2 g. fat

FROM: www.3fatchicks.com

4 large baking potatoes, baked and cooled
½ c. reduced-calorie margarine
½ c. flour
6 c. skim milk
1 t. salt
2 t. pepper
1 medium onion, chopped
2 green onions, chopped
4 sliced cooked bacon, crumbled
6 oz. light sour cream

Cut baked and cooled potatoes into ½" cubes.

Melt margarine in large pan over low heat and add flour, stirring until smooth. Cook one minute, stirring constantly.

Over medium heat gradually add milk and stir constantly until mixture thickens and bubbles.

Add potatoes, salt, pepper, onions and bacon. Cook until thoroughly heated and onions are soft.

Soup will thicken more as potatoes soften. Add sour cream and stir before serving.

RICH CHICK POTATO SOUP

5 Points Servings 6
229 calories 2 g. fiber 4 g. fat

FROM: www.3fatchicks.com

1-1/4 lb. potatoes
1 c. diced celery
½ c. diced onion
1 can (12 oz) evaporated skim milk
1 c. skim milk
4 oz. reduced-fat sharp cheddar cheese
2 T. flour
2 t. margarine
½ c. FF sour cream
4 c. FF chicken broth
Salt and pepper to taste

Peel all potatoes, and dice all except for one. Grate that one potato by hand or with a processor.

Cook celery, onion and grated potatoes in chicken broth. Boil for 5 minutes, then add diced potatoes. Cook until potatoes are tender.

Add evaporated milk and ½ c. skim milk. Stir flour into remaining skim milk until smooth.

Turn heat down to medium and cook until soup thickens.

Lower heat again and add cheese, margarine and sour cream. Heat until cheese melts, stirring occasionally.

***Do not allow soup to boil; milk products will separate.

AMAZING POTATO SOUP

1 can FF cream of celery soup
1 can FF cream of mushroom soup
8 oz. FF sour cream
3 cans diced or sliced potatoes

Combine all ingredients. Simmer 20-30 minutes.

OPTIONAL: Top with FF cheese and fresh chives for additional points.

QUICK AND EASY POTATO SOUP

3 Points 6 Servings (2 cups)
175 calories 3 g. fiber 4 g. fat

FROM: www.aimeesadventures.com

1 bag (28 oz.) frozen O'Brien hash browns
4 cans (14.5 oz each) FF chicken broth
1 pkg. (2.75 oz) Pioneer brand country gravy mix (I can't find Pioneer in my area; I use any RF or FF mix)

Spray a 6-qt. pot with Pam.

Saute potatoes over medium high heat for 10 minutes, stirring gently until thawed.

Add broth, turn heat to high and bring to a boil.

Prepare gravy mix according to package directions. Add to potatoes and broth.

Cover and simmer 20-30 minutes.

***When I make this, instead of sautéing the potatoes, I boil them in the chicken broth. I make the gravy separately, then stir it into the chicken/potatoes. Simmer 20-30 minutes.

CHEESY MASHED POTATO SOUP

4 Servings @ 5 Points

6 Servings @ 3 Points

1 medium onion, chopped
2 medium carrots, chopped
3/4 t. salt
1/2 t. pepper
1/2 t. paprika
1/2 t. dry mustard
1 lb. red potatoes, cut into 1/2" cubes
29 oz. FF vegetable broth
1/2 c. FF half & half
8 oz. FF shredded cheddar cheese

Coat a nonstick medium pot with Pam and set over medium heat. Cook onions until they just begin to color, about 5 minutes.

Add carrots, salt, pepper, paprika and mustard, stirring to mix. Cook until carrots begin to soften, about 2 minutes.

Add potatoes, broth and half-and-half. Increase heat and bring to a boil, then reduce heat to simmer. Cook until potatoes are tender, about 20 minutes.

Add cheese, a little at a time, and stir to melt.

Puree in batches in a blender or food processor. For a chunkier soup, use a potato masher instead.

CREAMY CORN SOUP

4 Servings

181 calories 4 g. fiber 2.5 g. fat

1 can (15 oz) creamed corn

1 can (11 oz) regular corn

2 c. water

½ t. basil

1/8 t. garlic powder

8 oz. light sour cream

In medium saucepan, combine all ingredients except sour cream. Bring to a boil. Reduce heat and simmer 5 minutes.

Stir in sour cream and cook just until thoroughly heated. Do not boil.

CROCKPOT DOUBLE CORN AND CHEDDAR CHOWDER

4 Points 6 Servings
200 Calories 2 g. Fiber 7 g. Fat

FROM: "Fix it and Forget it Lightly" Cookbook

1 T. butter or margarine
1 c. onion, chopped
2 T. flour
2-1/2 c. FF reduced-sodium chicken broth
1 can (16 oz.) creamed corn
1 c. frozen corn
1/2 c. red bell pepper, finely chopped
1/2 t. hot pepper sauce
3/4 c. RF shredded cheddar cheese

In saucepan on top of stove, melt butter or margarine. Stir in onions and sauté until wilted.

Stir in flour. When well mixed, whisk in chicken broth. Stir frequently over medium heat until broth is thickened.

Pour into slow cooker. Mix in remaining ingredients except cheese.

Cook on low 4-1/2 hours. About an hour before the end of cooking time, stir in cheese until melted and well blended.

CROCKPOT BEEF AND BLACK BEAN SOUP

3 Points 10 Servings

FROM: WW Recipe Review Board
Courtesy of MARYALISHA

1 lb. extra-lean ground beef
2 cans (14.5 oz. each) FF chicken broth
2 cans (15 oz.) black beans
1 can (15 oz.) diced tomatoes
2 cups salsa
2 medium stalks celery, chopped
3 medium carrots, chopped
5 medium scallion, chopped
2 cloves garlic minced
1-1/2 c. cooked white rice
1 T. Splenda
1-1/2 t. dried basil
1/2 t. salt
1/2 t. oregano
1/2 t. chili powder

In a non-stick skillet brown beef, drain.

Place beef in crockpot. Add chicken broth, tomatoes, salsa, celery, carrots, scallions, garlic, splenda and seasonings.

Cook on high 1 hour. Reduce to low and cook 4-5 hours.

Add black beans and rice and cook on low 1 hour.

BLACK BEAN SOUP

3 Points 6 Servings

From: Weight Watchers Community Recipe Board

1 medium onion, chopped
29 oz. FF chicken broth
1 can black beans, drained and rinsed
1 can (11 oz) Green Giant Mexicorn, with peppers, drained
1 can (7 oz) canned tomatoes with green chiles
8 oz. salsa
½ uncooked white rice

In medium saucepan over moderate heat, cook onion in broth about 15 minutes. Drain and rinse black beans. Drain corn.

Add all ingredients to saucepan.

Simmer about 45 minutes, until rice is cooked. Serve warm.

***Add FF cheese and/or FF sour cream before serving, if desired, for additional points.

CORN, RED PEPPER, AND BLACK BEAN SOUP

2 Points 9 Servings (3/4 cup)

From: WW Recipe Review Board
Courtesy of FallLeaves1

1 T. light butter
1 medium onion, thinly sliced
2 medium red bell peppers, seeded and chopped
16 oz. vegetable broth
16 oz. frozen corn
1/2 t. cumin
1 can (14 oz.) black beans, drained and rinsed
1 c. RF sour cream

Melt butter in saucepan over medium heat. Add peppers and onion; cook until tender, about 5 minutes.

Add vegetable broth, corn, and cumin. Bring to a boil.

Cover; reduce heat and simmer 20 minutes or until corn is tender.

Pour into a blender or food processor; blend until smooth.

Pour into a sieve set over saucepan; press mixture with a spatula to extract all liquid. Discard pulp.

Whisk in sour cream until evenly blended, then stir in black beans. Reheat, but do not boil.

Serve with dollops of sour cream, if desired, for additional points.

BUTTERNUT SQUASH SOUP WITH CUMIN

2 Points 8 Servings (1 cup)
117 calories 5.2 g. fiber 2 g. fat

1 T. olive oil
3 medium onions, peeled and sliced (about 3 cups)
3 lbs. butternut squash, peeled and cut into 2" cubes (about 8 cups)
4 c. FF chicken or vegetable broth
1 t. salt
1-2 t. cumin
½ t. pepper
1.5 t. dry thyme

Peel and chop the onions and squash. (Frozen pre-peeled squash is very convenient for this recipe).

In a large soup kettle or Dutch oven, heat the oil over medium heat and stir in onions. Cover, reduce heat, and braise for 15 minutes, checking that onions don't burn.

Add squash + ½ cup of the broth to onions. Sprinkle with salt, pepper, cumin, and thyme; cover the pot. Braise for another 15 minutes, stirring occasionally so vegetables do not burn.

Add remaining broth; bring to a boil and cover. Reduce heat and simmer for 30 minutes or until squash is tender.

Puree soup in a blender or food processor in batches.

Reheat soup and adjust salt and cumin, if desired, to taste. Serve hot with croutons or a dollop of sour cream for additional points.

ITALIAN / PASTA

PASTA PRIMAVERA

2 cups broccoli florets
1 can low-fat Cream of Chicken soup
1 large carrot, cut into match stick slices
1/2 cup fat-free milk
1/4 nonfat Parmesan cheese topping
1 garlic clove, minced
1/8 tsp pepper
3 cups cooked spaghetti

In a large saucepan, combine all of the ingredients except the spaghetti. Cook uncovered over medium heat until the veggies are tender, about 12 to 15 minutes. Stir in cooked spaghetti. Heat thoroughly.

4 servings, 4 POINTS each

LAUGHING COW GARLIC BUTTER SPAGHETTI

8.5 Points 1 Serving

2 oz. No Yolks Noodles, uncooked (1-1/2 c. cooked)
1 T. RF margarine
1 T. RF Parmesan cheese
1 clove garlic, diced
3 T. onion, chopped
½ c. tomato, chopped
2 wedges Laughing Cow Light cheese, sliced
Crushed red pepper flakes, optional

Cook noodles according to package directions. Drain.

While noodles are cooking, spray a medium skillet with Pam. Lightly sauté garlic and onion. Add margarine; melt.

Add pasta to garlic/butter mixture; stir. Add Laughing Cow cheese, tossing so that all pasta is covered with cheese and butter.

Add Parmesan cheese, tomato, and red pepper flakes.

***Chicken can be added to this for additional points.

CHEESY CHICKEN SPAGHETTI

7 Points 4 Servings (1 cup)
375 calories 6 g. fiber 8 g. fat

FROM: WW Recipe Review Board
Courtesy of WWQUEEN31

6 oz. whole wheat spaghetti or fettuccine
1 can (6 oz) 99% FF canned chicken breast in water
1 can (14.5 oz) diced tomatoes with green chiles, drained
½ c. onion, chopped
½ c. green pepper, chopped
4 oz. Light Velveeta, cubed
1 can FF cream of chicken soup
Salt and pepper to taste

Preheat oven to 350.

Break strands of spaghetti into 3 sections and cook according to package directions.

Spray a medium pot with Pam. Cook onion and green pepper over medium heat until tender.

Add drained tomatoes, soup, cheese, chicken, salt and pepper. Cook until cheese has melted.

Stir in cooked spaghetti and mix well.

Spray an 8"x8" baking dish with Pam. Pour mixture into baking dish.

SKILLET CHICKEN AND SPAGHETTI

5 Points 6 Servings

5 oz. uncooked whole-wheat pasta

3 c. spaghetti sauce

10 oz. BSCB, cooked and cubed

½ c. onion, chopped

3 oz. part-skim mozzarella cheese

Cook pasta and set aside.

In a skillet, cook onion until tender.

Add chicken to onion.

Pour spaghetti sauce over chicken and onion; stir. Heat till sauce is hot.

Add half mozzarella cheese and stir until blended.

Add pasta and top with remaining mozzarella.

CHEESY CHICKEN STUFFED SHELLS

8 jumbo pasta shells
1 1/2 cups tomato sauce
2 egg whites, lightly beaten
1 1/2 cups reduced-fat Ricotta cheese
1 small skinless chicken breast, cooked and cubed (good use of leftover chicken)
1 cup frozen chopped spinach, thawed and with extra water squeezed out
1 tsp. garlic powder
1 Tbsp. Italian seasoning
1 cup reduced-fat mozzarella cheese, shredded
2 Tbsp. Parmesan cheese, grated

Preheat oven to 350. Cook the pasta shells in boiling water. Drain and rinse under cold water to stop them cooking further. Coat a 13x9 inch pan with cooking spray. Spread 1/2 cup of tomato sauce over the bottom of the pan.

For the filling, in a large bowl stir together the egg whites, Ricotta cheese, cubed chicken, spinach, garlic powder, and the Italian seasoning. Stir in 1/4 cup mozzarella cheese and 1 Tbsp. Parmesan cheese. Spoon the filling into the shells and place the filled shells in a single layer in the baking dish. Spread the remaining tomato sauce on top of the shells. Sprinkle the shells with the remaining cheeses. Bake about 30 minutes.

2 shells per serving, each serving 8 points

PIZZITI

6 Points 9 Servings

16 oz. ziti
1 container (15 oz.) part-skim ricotta cheese
6 oz. RF Parmesan cheese
12 slices turkey pepperoni
2 T. olive oil
1 small onion, chopped
2 clove garlic cloves, chopped
1 bell pepper, chopped
1 cup mushrooms, chopped
1 t. black pepper
1 t. salt
1 t. oregano or Italian seasoning
1/2 t. crushed red pepper flakes

Bring a pot of water to a boil. Add pasta.

While waiting for water to boil, combine ricotta, Parmesan cheese, and pepperoni in a large bowl. Set aside.

Heat olive oil in a large skillet over medium heat. Saute onion, garlic, green pepper, and mushrooms 6-8 minutes, or until tender. Season with salt & pepper.

Stir in tomatoes and tomato sauce. Reduce heat and simmer.

Add a ladle of past water to the cheese/pepperoni mixture just before draining pasta

Drain pasta. Toss with cheese/pepperoni mixture.

Pour pasta into baking dish. Top evenly with sauce.

Sprinkle with mozzarella, oregano, and crushed red pepper. Top with a layer of mozzarella, oregano and red pepper flakes.

***This recipe is very versatile. You can use RF Italian sausage instead of pepperoni, and add whatever pizza ingredients you prefer.

PIZZA CUPS

80 Calories .1 g. Fiber 3.8 g. Fat

FROM: WW Recipe Review Board
Courtesy of KMWATKINS1020

1 can RF biscuit dough
1-1/4 c. pizza sauce
5 oz. RF shredded mozzarella cheese
1/4 c. onions, chopped
1/4 c. green bell pepper, chopped
20 slices turkey pepperoni

Preheat oven to 375.

Spray muffin tin with Pam.

Flatten biscuits between palms. Pat onto bottom and up sides of muffin tin.

Spoon 2 T. pizza sauce into each cup.

Sprinkle onions and green peppers into each cup.

Bake 15 minutes, or until biscuits are brown and cheese is bubbly.

BEEF / MAIN DISHES / CASSEROLES / STOVE-TOP DINNERS

MINI BBQ MEAT LOAVES

2 Points 12 Servings

¼ c. onion, chopped
1/3 c. seasoned bread crumbs
1/2 c. K.C. Masterpiece BBQ Sauce, divided
1 lb. extra-lean ground beef (7% or less fat)
1 egg

Preheat oven to 350 degrees.

Mix onion, bread crumbs, egg, and ¼ c. BBQ sauce.

Use an ice cream scoop to fill 12 muffin cups.

Pour remaining BBQ sauce on top of each meatloaf.

Bake 30-45 minutes.

MINI MEAT LOAVES

4 Servings

255 calories 1 g. fiber 7.9 g. fat

1-1/2 T. Dijon mustard

1/4 c. ketchup

1 lb. extra-lean ground beef

3/4 c. onion, finely chopped

1/4 c. seasoned bread crumbs

1/2 t. salt

1/2 t. oregano

1/8 t. pepper

1 large egg, lightly beaten

Preheat oven to 400.

Combine ketchup and mustard, stirring well with a whisk. Reserve 2-1/2 T. ketchup mixture.

Combine remaining ketchup mixture, beef, and all remaining ingredients in a large bowl, stirring to combine.

Divide beef mixture into 4 equal portions. Shape each portion into a 4"x 2-1/2" loaf.

Spray jelly roll pan with Pam. Place meat loaves on pan.

Spread about 2 T. reserved ketchup mixture evenly over each loaf.

Bake 25 minutes or until done.

MAMA'S MEATLOAF

1 cup chopped onion
1 cup chopped green pepper
3 Tbsp. minced parsley
1 tsp. pepper
3/4 tsp. salt
1 large egg, beaten
1 slice white bread, torn into small pieces (or 1/3 cup bread crumbs)
1 1/2 pounds ground round
1/3 cup ketchup

Preheat oven to 350. Combine the onion, green pepper, parsley, ground pepper, salt, egg, and bread crumbs until the crumbs are moist. Crumble beef over the onion mixture and stir until just blended. Pack the mixture into a 9x5 loaf pan coated with cooking spray. Spread ketchup over the top of the meatloaf. Bake at 350 for 1 hour or until meat loaf registers 160 on a meat thermometer. Let stand in the pan for 10 minutes. Remove the loaf from the pan and cut into slices.

6 servings, 5 POINTS each

I use an 8x4 inch pan to make it in order to get a taller loaf shape. This is the meatloaf I make most often. I like it because it's just me and DH and this is a small recipe.

DELUXE MEATLOAF

2 eggs lightly beaten (or 6 egg whites)
1 cup seasoned bread crumbs
1 1/2 cups seasoned bread crumbs
1 16oz can kidney beans, rinsed and drained and mashed
1 large onion, chopped
1 rib of celery, chopped
2 tsp Worcestershire sauce
1 tsp lemon pepper seasoning
1/2 tsp seasoned salt
2 1/2 lbs of lean ground beef
1/2 cup water

In a large bowl combine the eggs, 1 cup ketchup, beans, bread crumbs, onion, celery, Worcestershire sauce, lemon-pepper seasoning and seasoned salt. Crumble beef over the mixture and mix in well. Shape into two loaves. Place in a 13x9 inch baking dish coated with non-stick cooking spray. Combine the remaining ketchup with the water and pour over the loaves. Bake uncovered at 325 for 70 minutes.

12 servings, 6 POINTS each

BBQ BEEF CUPS

16 Servings

156 calories 1 g. fiber 5 g. fat

FROM: www.aimeesadventures.com

1 c. onion, diced
1 lb. extra-lean ground beef
4 garlic cloves, minced
½ c. BBQ sauce
1 can (15 oz) diced potatoes, drained
½ t. pepper
½ t. chili powder
1/8 t. cayenne pepper
16 Pillsbury Country biscuits (1 point each)
1 c. FF shredded cheddar cheese

Preheat oven to 400 degrees.

Spray a large skillet with Pam. Cook onion, beef and garlic until the veggies are tender and meat is no longer pink. Drain.

Place meat and veggies back into skillet and add BBQ sauce, potatoes, pepper, chili powder and cayenne pepper. Cook until hot. Stir in cheese and remove from heat.

Spray a muffin tin with Pam. Flatten each biscuit with the palm of your hand and place each biscuit into a well of the muffin tin.

Place ¼ cup of meat mixture into each biscuit.

Bake for 15 minutes, or until biscuits are golden brown.

DIET COKE SLOPPY JOES

3 Points 6 Servings

1 lb. extra-lean ground beef
1 medium onion, chopped
1-1/2 T. flour
1 c. Diet Coke
2/3 c. ketchup
2 T. vinegar
1 T. Worcestershire sauce
2 t. dry mustard

Brown beef and onion in large skillet. Drain well.

Stir in remaining ingredients in order listed. Mix well.

Cover and simmer 30 minutes.

***Points do not include bun

SALISBURY STEAK

5 Points 6 Servings

1 can Campbell's French Onion soup
1-1/2 lb. very lean ground beef
½ c. dried bread crumbs
1 egg
¼ t. salt
1/8 t. pepper
1 T. flour
¼ c. ketchup
¼ c. water
1 T. Worcestershire sauce
½ t. dry mustard

In a large bowl, mix together 1/3 cup soup, ground beef, bread crumbs, egg, salt, and pepper. Shape into 6 oval patties.

In a large skillet over medium-high heat, brown patties on both sides. Pour off excess fat.

In a small bowl, blend flour and remaining soup until smooth. Stir in ketchup, water, Worcestershire sauce, and dry mustard. Pour over meat in skillet.

Cover and cook for 20 minutes, stirring occasionally.

MEATBALLS

1 pound 93% lean ground beef
1 cup uncooked oats (I used the quick cooking kind)
1 egg
1 pkg onion soup mix

Mix and form into 42 one inch balls (about a tablespoon each). Bake at 350 for 15 minutes or until no longer pink in the middle.

2 meatballs are 1 POINT

These are great little meatballs, and they freeze well. Now I don't feel deprived when I make spaghetti!

SOUR CREAM MEAT BALLS

1-1/2 lbs. very lean ground beef or turkey
8 oz. FF sour cream
1 t. garlic powder
1 t. salt

Preheat oven to 350.

Mix ground beef, garlic powder, salt and half of the sour cream together.
Form into balls.

Brown meatballs in skillet and place in baking dish.

Spread remaining sour cream on meatballs.

Bake for 30 minutes.

MAMA MIA MEATBALLS

½ Point per meatball

Recipe makes 50 meatballs

1-1/4 lb. very lean ground beef or turkey

½ c. Italian bread crumbs

1/3 grated RF Parmesan cheese

1 onion, finely chopped

2 egg whites

1 t. crushed fresh garlic

½ t. crushed red pepper (optional)

2 t. Italian seasoning

Preheat oven to 350 degrees.

Combine all ingredients. Mix thoroughly.

Shape mixture into 50 1" balls.

Bake 25-30 minutes.

STUFFED PEPPERS

7 Points 5 Servings

5 large green, red, or yellow peppers
3 T. onion, finely chopped
½ t. salt
¼ t. garlic powder
1 can (15 oz.) tomato sauce
1 c. instant rice, uncooked
½ c. water
1 lb. very lean ground beef or turkey

Preheat oven to 350.

Cut off tops of peppers; remove seeds. Rinse. Boil peppers 5 minutes. Drain.

Brown beef/turkey with onion in skillet. Drain.

Stir in salt, garlic powder, rice, tomato sauce, and ¼ c. water. Heat through.

Stuff each pepper with mixture. Stand upright in a 8"x8" baking dish. Pour remaining tomato sauce over peppers.

Cover and bake 45 minutes. Uncover and bake 15 minutes longer.

INSIDE OUT STUFFED PEPPERS

8 Points 6 Servings

1 lb. extra-lean ground beef or turkey
1 c. onion, minced
1-1/4 c. canned tomatoes with green chilies
1 bell pepper, diced
1/2 c. uncooked white rice
1/2 c. water
2 T. Worcestershire sauce
2 t. sea salt
1/2 t. black pepper
12 oz. RF shredded cheese, any type

Preheat oven to 350. Brown beef, drain.

Add all ingredients EXCEPT cheese. Spoon into casserole dish.

Cover tightly with foil. Bake 90 minutes.

Uncover and sprinkle with cheese. Return to oven until cheese melts.

CHEESEBURGER AND FRIES CASSEROLE

5 Points 8 Servings

1 lb. lean ground beef
¼ medium onion, chopped
1 c. reduced-fat shredded cheddar cheese
5 oz. FF cream of mushroom soup
5 oz. (1/2 can) cheddar cheese soup
12 oz. frozen French fried potatoes

Preheat oven to 375 degrees.

Cook ground beef and onion in a nonstick skillet over medium-high heat. Stir occasionally, cooking until beef is no longer pink and onion is translucent.

Drain off excess grease, and season with salt, pepper and garlic powder.

Return to the heat and stir in the soups until well blended.

Heat through and remove from stove.

Transfer mixture to a 9"x9" baking dish.

Cover the ground beef with a layer of French fries.

Bake 45-50 minutes.

When the fries are golden brown, remove the casserole from the oven and sprinkle cheese over the top.

Return to oven and bake just until cheese is melted.

CHEESEBURGER PIE

8 Points 6 Servings

1 lb. extra lean ground beef
½ pkg. taco seasoning
½ c. bell pepper, diced
½ c. onion, chopped
1 c. RF shredded cheese or Velveeta Light, cut into cubes
½ c. RF Bisquick
1 c. 1% milk
½ c. Egg Beaters

Preheat oven to 400.

Cook beef, taco seasoning, bell pepper, and onion until beef is no longer pink and veggies are tender.

Spray 9"x13" baking dish with Pam.

Spread beef mixture into bottom of dish.

Sprinkle with cheese.

In a mixing bowl, combine Bisquick, milk, and eggs until well blended.
Pour over beef mixture.

Bake 25 minutes or until top is set.

BUBBLE UP PIZZA CASSEROLE

6 Servings @ 7.5 Points

8 Servings @ 5.5 Points

1 lb. very lean ground beef

1 onion, chopped

16 oz. tomato sauce

½ t. dried basil

3 cloves garlic, minced

1 t. Italian seasoning

17 slices turkey pepperoni (optional)

Veggie Toppings for additional points if necessary– onion, mushrooms, peppers, banana peppers, black olives, etc.

2 cans (7.5 oz.) refrigerated buttermilk biscuits

1-1/4 c. reduced-fat shredded mozzarella cheese

Preheat oven to 350 degrees.

In skillet, brown meat and onion over medium heat until browned, stirring to crumble.

Stir in tomato sauce, basil, garlic and Italian seasoning.

Add veggies and pepperoni.

Cut biscuits into quarters, add to mixture. Stir gently until biscuits are covered with sauce.

Spray 9"x13" baking dish with Pam. Spoon mixture into dish.

Bake 25 minutes.

Sprinkle with cheese and bake an additional 10 minutes or until biscuits are done.

Let stand 5 minutes before serving.

DEEP DISH PIZZA CASSEROLE

277 calories 1 g. fiber 8 g. fat

1 lb. lean ground beef
1 jar (15 oz) chunky spaghetti sauce
1-1/2 c. RF shredded mozzarella cheese, divided
1 can (10 oz.) refrigerated pizza dough

Preheat oven to 425.

Cook meat in a medium skillet until browned. Drain and return to skillet.

Add spaghetti sauce, and cook on low until heated.

Spray 9"x13" baking dish with Pam.

Unroll pizza dough and press onto bottom and up sides of baking dish.

Top with meat mixture.

Bake, uncovered for 15 minutes.

Top with cheese and bake 5 additional minutes or until crust is browned and cheese melts.

SPAGHETTI SQUASH LASAGNA

1 lb. lean ground beef
1 spaghetti squash
1 onion, chopped
1 jar spaghetti sauce
1 carton (16 oz) ricotta cheese
1 egg, beaten
4 oz. RF mozzarella cheese

Cook squash and shred.

Preheat oven to 350 degrees.

Brown beef and onion; drain.

Toss squash with meat and spaghetti sauce.

Spray a 9"x13" baking dish with Pam.

Layer half of meat mixture in dish.

Mix egg with Ricotta cheese. Spread over meat mixture.

Top with remaining meat mixture.

Sprinkle with mozzarella cheese.

Bake, covered, 40-45 minutes.

Let stand 10 minutes before cutting.

EASY CHEESE LASAGNA

1 jar (28 oz) spaghetti sauce (look for a lower-calorie/lower fat one)(I like to use a spicy spaghetti sauce because otherwise the lasagna tastes bland to me)

6 uncooked lasagna noodles

1 15oz container of fat free ricotta cheese (I use FF cottage cheese)

1-2 cups chopped raw vegetables, such as mushrooms, broccoli, bell pepper, zucchini

8oz shredded low-fat mozzarella cheese

Preheat oven to 375. Spray an 11x7 dish with cooking spray. Spread 1/3 of the sauce on the bottom of the dish. Arrange 3 noodles in a single layer over the sauce. Top with another 1/3 of the sauce, all of the ricotta cheese, the vegetables, and 1/2 of the mozzarella cheese. Lay the next 3 noodles on top. Spread the remaining sauce over the noodles. (Some people also drizzle 1/4 - 1/2 cup of water around the edges, though I don't.)

Cover the dish tightly with foil. Bake about 1 hour or until noodles are tender. Take the foil off. Sprinkle with remaining mozzarella cheese, and bake uncovered for 5 minutes longer. Let stand 5 minutes before cutting.

6 servings, 6 POINTS each

Tips: It's important to put the foil on the pan tightly because it's the steam that cooks the noodles. If you remove the foil but find the noodles aren't completely cooked (poke them with a knife), use a spoon to push the noodles back down under the sauce. Recover the pan with the foil and return to the oven for another 10-15 minutes. If you take the foil off and the lasagna looks "soupy", remove the foil and return the pan to the oven for 10 minutes or until the juice has evaporated. Then sprinkle on the cheese and finish baking.

MANWICH TATER TOT CASSEROLE

6.5 Points 8 Servings

56 Tater Tots
1 lb. lean ground beef
½ c. chopped onion
1 green pepper, chopped
1-1/2 c. frozen corn
2 cans (15 oz. ea.) Manwich
1-1/2 c. RF shredded cheddar cheese

Preheat oven to 350. Spray a 9"x13" baking dish with Pam.

Brown ground beef and onion; drain.

Stir in Manwich and heat through. Add corn.

Arrange Tater Tots in a single layer in bottom of baking dish.

Top with Manwich mixture. Sprinkle with cheese.

Bake 30-40 minutes.

BEEF AND MACARONI SKILLET DINNER

5 Points 6 Servings

1 lb. very lean ground beef or turkey
½ c. FF mayo
1 jar (32 oz.) spaghetti sauce
7 oz. whole wheat macaroni, cooked and drained
1 clove garlic, finely diced
½ c. FF cheddar cheese
3 green onions, finely diced

In a large skillet, brown turkey; drain.

Stir in mayo, spaghetti sauce, macaroni, and garlic. Cook on low heat until heated through, stirring occasionally.

Top with cheese and green onions before serving.

HAMBURGER STROGANOFF

8oz lean ground beef
1/2 cup chopped onion
2 cups COOKED egg noodles
10 3/4 oz can 98% fat free cream of mushroom soup
1 can sliced mushrooms (optional)
1/4 cup low fat sour cream
salt and pepper to taste

Brown ground beef and onion, drain fat. Stir in cooked noodles, cream of mushroom soup, sliced mushrooms and salt and pepper. Simmer about 5-10 minutes. Remove from heat and stir in sour cream before serving.

4 servings, 5 POINTS each

BEEF STROGANOFF

7 Points 5 Servings

1 lb. very lean ground beef
½ c. onion, cut into rings
1 oz. brown gravy dry mix
2 oz. FF sour cream

Brown beef and onions; drain.

Prepare gravy as directed on package.

Stir into meat mixture.

Cook until boiling; reduce heat.

Add sour cream before serving. Heat through, but do not boil.

Good served over no-yolk egg noodles.

***Points do not include noodles or rice

CREAMED CHIPPED BEEF

2 Points 8 Servings (1/2 cup)
117 calories 0 fiber 1 g. fat

FROM: www.aimeesadventures.com

2 pkg. (5 oz. each) sliced dried beef
4 c. skim milk
 $\frac{3}{4}$ c. flour
 $\frac{1}{4}$ c. FF margarine
 $\frac{1}{2}$ t. pepper

Chop dried beef into small bite-size pieces.

Pour milk into a large saucepan; add flour. Whisk until flour is dissolved.

Add margarine and pepper, cooking over medium heat till hot.

Add beef and stir constantly until mixture becomes thick and smooth.

Serve over toast, biscuits, or mashed potatoes for additional points.

SOUTHWESTERN BEEF COMBO

5 Points 5 Servings (1 cup)
248 calories 5 g. fiber 8 g. fat

FROM: www.aimeesadventures.com

½ lb. extra lean ground beef
1 small onion, chopped
1 bag (28 oz.) frozen O'Brien hash browns
1-1/2 c. salsa
Pepper to taste

Brown beef and onion in large skillet.

Stir in potatoes and cook over medium-high heat for 5 minutes, stirring occasionally.

Stir in salsa and pepper and continue to cook 10 minutes longer or until potatoes are soft.

COWBOY POT PIE

5 Points 6 Servings
282 calories 4 g. fiber 7 g. fat

FROM: www.aimeesadventures.com

1 lb. lean ground beef or turkey
½ c. onion, chopped
½ c. green pepper, chopped
1 can (16 oz) pinto beans
1 can (8 oz) tomato sauce
2 t. chili seasoning
1 T. brown sugar substitute (Splenda, Twin, etc.)
1 can (7.5 oz) Pillsbury refrigerated buttermilk biscuits
1 t. parsley flakes
3 T. FF shredded cheddar cheese

Preheat oven to 375 degrees. Spray an 8"x8" baking dish with Pam.

In a large skillet, brown meat, onion and green pepper.

Stir into pinto beans, tomato sauce, chili seasoning, and brown sugar. Bring mixture to a boil, then spread hot mixture into baking dish.

Separate biscuits and cut each biscuit into 4 quarters. Evenly place biscuit pieces over meat mixture. Sprinkle parsley flakes over biscuits; top with cheddar cheese.

Bake for 15-20 minutes or until biscuits are golden brown.

Let stand 5 minutes before serving.

CHICKEN and TURKEY

SOUTHERN OVEN "FRIED" CHICKEN

3 Points 8 Servings
138 calories 0 fiber 1 g. fat

FROM: www.aimeesadventures.com

1 c. corn flakes, crushed
1/3 c. flour
1 t. salt
½ t. pepper
2 egg whites, slightly beaten
¼ c. skim milk
2 lbs. BSCB, cut into strips

Mix all dry ingredients in large bowl.

Mix egg whites and milk in small bowl.

Preheat oven to 400 degrees.

Spray cookie sheet with Pam.

Dip chicken into egg mixture and coat with corn flakes.

Place on cookie sheet, and spray with more Pam.

Bake for 15 minutes, then flip chicken pieces and spray with more Pam.

Continue baking for 10-15 minutes longer or until golden brown.

HONEY OVEN "FRIED" DRUMSTICKS

2 points 5 Servings (2 drumsticks)
222 calories 0 fiber 4 g. fat

FROM: www.aimeesadventures.com

3 c. crispy rice cereal
¼ t. garlic powder
3 T. honey
2 T. teriyaki sauce
10 chicken drumsticks, skinless

Preheat oven to 425 degrees.

Pour the rice cereal into a medium bowl and crush slightly with your hands. Stir in the garlic powder and set aside.

In a large bowl, combine the honey and teriyaki sauce; set aside.

Place the drumsticks into the honey mixture and toss to coat.

Place a sheet of foil (dull side up) onto a baking sheet and spray with Pam.

Place 1 drumstick at a time into the cereal mixture, making sure a thick coating of cereal sticks to it. Place each drumstick onto the prepared baking sheet.

Drizzle any leftover honey mixture evenly over the drumsticks, then sprinkle any leftover cereal mixture on top.

Bake until the chicken is done and coating is golden brown.
(Sorry...original recipe didn't have baking time.)

OVEN "FRIED" CHICKEN

Dip BSCB in egg white.

Place crushed cornflake crumbs in Ziploc bag with spices, or use seasoned breadcrumbs.

Shake, thoroughly covering the chicken.

Bake at 350 degrees 30-45 minutes, or until crunchy.

***To add zing, add ranch dressing mix or taco seasoning to the breadcrumbs.

***Or dip chicken in egg whites, then honey mustard dressing before coating it with breadcrumbs.

***Works well with fish, also.

OVEN FRIED CHICKEN THIGHS WITH BUTTERMILK-MUSTARD SAUCE

188 Calories 0.2 g. Fiber 6 g. Fat

FROM: WW Recipe Review Board
Courtesy of CLASSACT75

1/4 c. low-fat buttermilk
4 t. Dijon mustard
1 T. honey
1/4 t. salt
1/4 t. freshly ground black pepper
1/8 t. dried rosemary
1/4 c. dry breadcrumbs
1-1/2 tablespoons grated fresh Parmesan cheese
4 (6-ounce) chicken thighs, skinned
Cooking spray

Preheat oven to 425°.

Combine the first 6 ingredients in a small microwave-safe bowl. Spoon 3 tablespoons buttermilk mixture into a shallow bowl; reserve remaining mixture.

Combine the breadcrumbs and Parmesan cheese in a small bowl. Dip chicken in 3 tablespoons buttermilk mixture; dredge in breadcrumb mixture. Chill 15 minutes. Lightly coat a baking sheet with cooking spray, and place in oven for 5 minutes.

Place the chicken on baking sheet. Bake at 425° for 24 minutes or until a meat thermometer registers 180°, turning chicken after 12 minutes. Microwave reserved buttermilk mixture at high for 20 seconds or until warm. Drizzle the sauce over chicken.

PARMESAN CHICKEN CUTLETS

4 Points 4 Servings

4 BSCB

¼ c. grated RF Parmesan cheese

2 T. Italian bread crumbs

1/8 t. paprika

Preheat oven to 400 degrees.

In resealable plastic bag, combine cheese, bread crumbs, and paprika. Shake well.

Transfer mixture to plate. Dip each chicken breast in cheese mixture, turning to coat all sides.

Arrange on nonstick baking sheet.

Bake 20-25 minutes or until chicken is cooked through.

CHILI CHEESE NIPPED CHICKEN

5 Points 4 Servings
245 calories 0 fiber 6 g. fat

¼ c. FF sour cream
2 oz. RF Cheese Nips, finely crushed
½ t. chili powder
4 4-oz. BSCB

Preheat oven to 350 degrees.

Mix the crushed cheese nips with chili powder.

Place sour cream on a small plate and the cheese nips mixture on a large plate.

Spray baking sheet with Pam.

Pat chicken dry with paper towels. Dip into sour cream, then into cheese nips mixture, pressing to make sure chicken is coated on all sides.

Spray top of each chicken breast with Pam.

Place on baking sheet and bake 30-40 minutes, turning halfway.

***This is one of my favorites!

CRUNCHY CHEESE-FILLED CHICKEN

7 Points 4 Servings

4 bone-in, skinned, chicken breast halves
3 oz. RF cheddar cheese, sliced
1 T. Dijon mustard
1 c. crushed corn flakes
1 t. spicy salt-free pepper seasoning
½ c. FF buttermilk

Preheat oven to 375.

Cut a deep 2" long slit in meaty portion of each chicken breast.

Slice cheese into 4 portions. Brush with mustard.

Place 1 piece of cheese into each slit; secure with wooden picks.

Combine cereal and seasoning.

Dip chicken into buttermilk, then roll in cereal mixture.

Spray baking dish with Pam. Place chicken in dish.

Bake 1 hour or until done.

CRUNCHY RANCH CHICKEN

4 Points 4 Servings

1/3 c. corn flake crumbs
1/4 c. RF Parmesan cheese
1 packet (1 oz.) Hidden Valley Ranch Dressing Mix
4 BSCB

Preheat oven to 350.

Spray a 9"x13" baking dish with Pam.

Combine crumbs, cheese, and dressing mix.

Spray chicken with butter-flavored Pam.

Roll in corn flake mixture to coat.

Place chicken in pan and bake 45 minutes or until done.

CRUSTED HONEY MUSTARD CHICKEN

7 Points 4 Servings

2/3 c. RF or FF honey mustard dressing
1/8 t. salt
1/8 t. pepper
2 t. dill
1 medium scallion, thinly sliced
1 c. cornflake crumbs
4 4-oz. BSCB

Preheat oven to 425.

Spray shallow baking pan with Pam.

In a small bowl, combine honey mustard dressing, salt, pepper, dill, and scallions. Remove 1/3 cup and set aside.

Place corn flake crumbs in a shallow bowl.

Dip chicken breasts into dressing mixture, then into corn flake crumbs.

Place on baking dish and bake about 15 minutes, or until chicken is golden and no longer pink.

Drizzle reserved 1/3 honey dressing mixture over chicken and serve.

I used O'Charley's Lite Honey Mustard dressing for this, and it turned out great. Do not forget to coat the pan with spray - otherwise the chicken will burn on the bottom and stick to the pan! I used dried dill weed and it didn't seem to add anything. I used the remaining honey mustard dressing as a dip instead of a drizzle.

GRILLED HONEY MUSTARD CHICKEN BREASTS

233 Calories 0 g. Fiber 9 g. Fat

1/4 cup olive oil
2 tablespoons white wine vinegar
2 tablespoons mustard
2 tablespoons honey
1 teaspoon salt
1/2 teaspoon cayenne pepper
1/2 cup fresh herbs (oregano, tarragon, basil, rosemary or a combination)
4 chicken breasts (4-6 oz. each)

Mix the olive oil, vinegar, mustard, honey, salt, cayenne pepper and herbs together in a large resealable plastic bag. Add the chicken breasts and seal the bag. Turn the bag over several times to thoroughly coat the chicken with the marinade and refrigerate at least 30 minutes or up to 4 hours.

Preheat the grill to medium high.

Remove the chicken from the marinade, shaking off any excess and season on both sides with salt and pepper. Discard the leftover marinade. Grill the breasts until golden brown, about 4 minutes. Turn them over and cook an additional 4 minutes, or until the chicken is well browned and cooked through.

Let the chicken rest for five minutes before serving.

HONEY CHICKEN DIJON

1 pkg. chicken gravy mix
1 T. Dijon mustard
1 t. honey
1 t. dill
2 t. olive oil
4 BSCB

Prepare gravy according to package directions.

Add mustard, honey, and dill. Set aside.

Heat oil in a heavy nonstick skillet over medium high heat.

Saute chicken 8-10 minutes, turning occasionally.

Pour gravy mixture over chicken. Simmer 4-5 minutes until chicken is cooked throughout and sauce is thickened.

CHICKEN DIJON

168 Cal 0 g. Fiber 5 g. Fat

1 T. olive oil
1/2 onion, finely chopped
1 clove garlic, crushed
4 BSCB (about 4 ounces each), cut into 1-inch strips
Salt and pepper to taste
1/2 C. low-sodium chicken broth
2 t. Dijon mustard

Heat the olive oil in a non-stick skillet over medium heat. Add the onion and cook until the onion becomes tender, about 4 minutes. Add the garlic and cook 1 minute more.

Turn the heat up to medium-high. Season the chicken with salt and pepper and add it to the skillet. Saute the chicken until it is golden brown on all sides, about 4 minutes.

Quickly add the chicken broth and stir with a wooden spoon to release any caramelized bits that are stuck to the pan. Cook until the chicken broth has reduced by half. Stir in the mustard.

DIET COKE CHICKEN

4 Points 5 Servings

20 oz. BSCB
1 c. ketchup
1 can Diet Coke
Diced onions, optional

Place chicken in nonstick skillet.

Pour ketchup and Coke over chicken.

Turn heat to medium-high; cook chicken for 45 minutes, stirring occasionally.

Cover, reduce heat to simmer, and cook another 15-20 minutes.

Remove lid and cook until sauce thickens and sticks to chicken.

**You can also make shredded BBQ chicken sandwiches with this. Simply use 2 forks to pull chicken apart about 15 minutes before it's done cooking. Return to skillet and cook in sauce.

VARIATIONS ON DIET COKE CHICKEN

Add:

- Packet of dry onion soup mix
- Mushrooms, onions, green peppers, celery, etc.
- Instead of Coke, add orange soda, ginger and garlic for an Asian dish.
- Instead of Coke, use Diet Coke with Lime and add salsa instead of ketchup for a Mexican dish.
- Instead of ketchup, use barbecue sauce.
- Instead of chicken, use pork chops or sausage.
- Instead of making the chicken "BBQ", use Diet Coke and RF or FF Italian dressing. Cover with foil and bake 60-90 minutes, turning halfway through cooking.

ITALIAN CHICKEN ROLL-UPS

5 Points 4 Servings (1 Roll-Up)

4 4-oz. BSCB

1 t. Italian seasoning

¼ t. each salt and pepper

4 (1 oz) part-skim mozzarella string cheese sticks

1 c. low-point spaghetti sauce

Preheat oven to 350. Spray baking dish with Pam.

Place each chicken breast between 2 slices of heavy-duty plastic wrap or wax paper; pound to ¼" thickness.

Combine Italian seasoning, salt, and pepper; sprinkle half of mixture evenly over both sides of each chicken breast.

Place 1 string cheese stick across the center of each flattened chicken breast.

Roll up chicken jelly-roll fashion, starting with short end.

Place chicken rollup, seam side down, in baking dish.

Sprinkle with remaining half of spice mixture.

Pour spaghetti sauce over chicken.

Bake uncovered, for 35 minutes, or until chicken is done and sauce is thoroughly heated.

MEDITERRANEAN CHICKEN AND COUSCOUS

1 cup reduced-sodium chicken broth
1 1/4 cups uncooked couscous
1 large sweet red pepper cut into 1 inch pieces (I cut strips)
1/2 cup sliced green onions (approximately 2 large)
1 /2 tsp garlic powder
12 oz cooked chicken breast, cut into 1 inch pieces
½ cup red wine vinegar
1 1/2 tsp dried basil or oregano

Bring broth to a boil in a small saucepan. Add the couscous. Cover and remove from the heat. Let stand 5 minutes.

While couscous cooks, combine red pepper and green onions in a bowl. Cover loosely with plastic wrap and microwave on High for 4 minutes until vegetables are crisp-tender. Drain and sprinkle with garlic powder.

Fluff couscous with a fork. Add couscous, chicken, vinegar and basil to the cooked vegetables. Toss well. Cover with the plastic wrap and microwave on High for 1 - 2 minutes or until heated. Toss again and serve immediately.

5 servings, 5 POINTS each

The vinegar sounds strange, but it gives a nice Middle Eastern tang to the dish. Otherwise it would be pretty bland.

If you aren't familiar with couscous, it's a tiny pasta from the Middle East that cooks up very quickly like instant rice. Be sure to add enough liquid to cause it to swell up to its full size.

CHICKEN PARMESAN

5 Points 4 Servings

½ c. Italian-style bread crumbs
2 T. RF Parmesan cheese
½ t. garlic powder
¼ t. salt
1 c. spaghetti sauce
2 slices 2% mozzarella cheese
4 4-oz. BSCB

Preheat oven to 425.

Combine bread crumbs, Parmesan cheese, garlic powder, and salt in a shallow bowl.

Spray each breast with Pam.

Coat evenly with bread crumb mixture.

Spray a baking sheet with Pam.

Arrange chicken on baking sheet.

Bake 12-14 minutes, or until chicken is no longer pink.

Pour ¼ c. spaghetti sauce over each piece of chicken.

Cut each piece of mozzarella cheese in half, and place on top of chicken.

Return to oven and heat until cheese melts.

CHICKEN PICCATTA

12 oz chicken breasts
1 tsp. minced garlic
1/4 cup lemon juice
1/4 cup flour
2 Tbsp. olive oil
1/3 cup capers
1 can artichoke hearts (packed in water, not oil)
1 package sliced mushrooms

Coat chicken with flour. In a large skillet, cook garlic and oil over moderate heat, stirring constantly, until garlic is pale gold. Add chicken and brown 2-3 minutes on each side. Add lemon juice, artichokes, capers and mushrooms. Simmer, covered, for about 30-35 minutes. Turn and baste the chicken occasionally. Cook until chicken juices run clear.

4 servings, 5 POINTS each

If you have never tried capers (I hadn't), this is a great way to start. They add a nice spiciness to the sauce. DH loves this dish!

This recipe comes from the old Week 9 WW Recipe Card, with a few additional suggestions.

CHEESY BACON CHICKEN FOR TWO

5 Points 2 Servings

2 BSCB
2 slices 2% American cheese
2 slices turkey bacon
2 T. BBQ sauce

Preheat oven to 375.

Spray glass baking dish with Pam.

Cut each slice of bacon in half and cook until just done.

Place chicken in dish.

Cover with 1 T. BBQ sauce.

Place bacon on top of chicken; top with cheese.

Bake 30 minutes or till chicken is done and cheese is melted.

FOIL PACK TACO DINNER

7 Points 4 Servings

4 4-oz. BSCB
4 t. taco seasoning
2 c. potatoes, thinly sliced
1 c. RF Mexican blend shredded cheese
½ c. salsa
¼ c. RF sour cream

Preheat oven to 400 degrees.

Sprinkle chicken evenly with taco seasoning.

Tear 4 large sheets of aluminum foil.

Place ½ c. potatoes in center of each foil sheet. Top each with 1 chicken breast, ¼ c. cheese, and 2 T. salsa.

Bring up foil sides. Double fold top and both ends to seal each packet, leaving room for heat circulation inside.

Place in single layer on cookie sheet. Bake 25 minutes or until chicken is cooked through and potatoes are tender.

Remove packets from oven; let stand 5 minutes.

Place 1 packet on each of 4 dinner plates. Before opening, cut slits in foil with sharp knife to release steam.

Top each serving with 1 T. sour cream.

LIGHTENED UP JAMBALAYA

6 Points 8 Servings

7 Points 6 Servings

FROM: WW Recipe Review Board
Courtesy of MDSCOFIELD

1 lb. chicken, cooked and cubed
½ lb. lite smoked sausage, sliced (Hillshire Farms)
1 large onion, chopped
1/2 green bell pepper, chopped
2 cloves garlic, minced
1/2 tsp. each: salt, pepper, thyme, Worcestershire sauce, soy sauce
1/8 tsp. red (or cayenne) pepper, or more if desired
2-1/2 c. water
1 c. uncooked brown rice
1 T. chicken or beef bouillon granules

Brown sausage. Add onion, bell pepper, garlic, chicken, and spices. Stir until all is softened.

Add water, rice and bouillon. Bring to boil and stir well.

Cover and cook over low heat 45 minutes.

FRENCH ONION CHICKEN AND POTATO BAKE

5 Points 4 Servings (1-1/4 cup)
250 calories 2 g. fiber 4 g. fat

FROM: www.aimeesadventures.com

1 lb. BSCB, cubed
3 medium potatoes, unpeeled and cut into chunks
1 can French Onion soup
¼ t. garlic powder
Pepper to taste

Preheat oven to 350.

Season chicken with garlic powder and pepper.

Brown chicken in skillet sprayed with Pam.

Spray 8"x8" baking dish with Pam.

Place chicken in baking dish.

Place potatoes on top of chicken. Pour soup over top.

Sprinkle with pepper.

Cover with foil and bake 40-50 minutes, or until potatoes are tender.

CHICKEN PIE WITH STUFFING CRUST

6 Points 6 Servings
308 calories 3 g. fiber 3 g. fat

From: www.aimeesadventures.com

1 (16 oz) can FF chicken broth
3 c. seasoned dry bread crumbs
1 c. BSCB, cooked and diced
1/3 c. FF shredded cheddar cheese
2/3 c. FF dry milk powder
1 c. water
1 egg
1 t. dried onion flakes
1/8 t. pepper
1/2 t. poultry seasoning
Dash of paprika

Preheat oven to 350 degrees. Spray a 9" pie plate with butter-flavored Pam.

In a medium saucepan, bring chicken broth to a boil. Add bread crumbs; remove from heat. Mix well; cool slightly.

Press mixture into pie plate. Bake for 15 minutes, or until slightly brown. Remove from oven and let sit 5 minutes.

Evenly place chicken on bottom of pie shell. Sprinkle with cheddar cheese.

Combine remaining ingredients in a bowl. Pour over chicken. Sprinkle with more paprika.

Bake 35-40 minutes or until golden brown. Test center with knife for doneness. Let sit 5 minutes.

CHICKEN DIVAN

6 Points 6 Servings

2 pkg. frozen broccoli spears
1 lb. BSCB
1 can FF cream of mushroom soup
2 oz. RF shredded cheddar cheese
2 T. fresh lemon juice
1/3 c. bread crumbs

Preheat oven to 350.

Spray 9"x13" baking dish with Pam.

Arrange broccoli in dish with florets facing outer edge of pan.

Combine chicken, soup, cheese and lemon juice.

Sprinkle cheese over top.

Sprinkle bread crumbs on top of cheese.

Bake 45-50 minutes.

CHEESY CHICKEN BISCUIT CUPS

5 Points 5 Servings (2 Biscuits)

1 can refrigerated biscuits (10 per can)
1 c. BSCB, cooked and diced
1 can 98% FF cream of chicken soup
2/3 c. RF shredded cheddar cheese
1/2 c. frozen peas
1/2 c. chopped onion
1/8 t. black pepper

Preheat oven to 400.

Separate biscuits and place each in a cup of an ungreased muffin tin, pressing dough up sides to edge of cup.

In a medium bowl combine the rest of the ingredients.
Evenly spoon mixture into biscuit cups.

Bake 12-15 minutes until golden brown. Let cool 2-3 minutes.

CHEESY CHICKEN BISCUIT PIE

6 Points 4 Servings

1 can refrigerated biscuits
10 oz. BSCB, cooked
2 cans FF cream of chicken soup
1-1/3 c. RF cheddar cheese
1 t. Italian seasoning
½ t. pepper

Preheat oven to 400.

Grease 9"x13" baking dish with RF or FF margarine.

Mix all ingredients except biscuits.

Place in baking dish.

Top with biscuits.

Bake 20 minutes or until biscuits are golden brown.

CHEESY CHICKEN & RICE BAKE

5 Points 6 Servings

1 can FF cream of chicken soup
1-1/3 c. water
3/4 c. uncooked instant white rice
1/2 t. onion powder
1/4 t. black pepper
4 BSCB
1 c. FF shredded cheddar cheese

Preheat oven to 375.

Mix soup, water, rice, onion powder, and pepper in a shallow 2-qt. baking dish.

Top with chicken; sprinkle with additional pepper if desired.

Cover and bake 45 minutes or until chicken is no longer pink and rice is done.

Top with cheese. Bake 5 minutes longer.

CHICKEN & BROWN RICE CASSEROLE

4 Servings

4 BSCB

1 can FF cream of chicken soup

1 can FF cream of celery soup

1 can FF cream of mushroom soup

¼ c. skim milk

1-1/2 c. brown rice, uncooked

Pepper and paprika to taste

Preheat oven to 350.

Spray casserole dish with Pam or "I Can't Believe It's Not Butter" spray.

Mix soups, rice and milk; pour into casserole dish.

Lay chicken pieces on top.

Dot chicken with butter spray; sprinkle with pepper and paprika.

Bake 1-1/2 hours.

CHICKEN, BLACK BEAN, AND RICE CASSEROLE

7 Points 6 Servings

1 box (6 oz.) Uncle Ben Original long grain and wild rice mix
½ c. onion, chopped
½ c. green pepper, chopped
½ c. red bell pepper, chopped
2 T. Italian seasoning
1 lb. BSCB, cooked and cubed
1 can (15 oz.) black beans, drained and rinsed
1 c. frozen corn, thawed
1 c. frozen peas, thawed
12 oz. FF sour cream
6 oz. FF shredded cheddar cheese

Preheat oven to 350. Cook rice according to package directions, but omit spice packet.

Spray large skillet with Pam; heat over medium heat until hot.

Add onion, green and red pepper, and Italian seasoning. Cover and cook 5 minutes over medium heat.

Uncover, and cook until vegetables are tender and excess moisture is gone, about 5-8 minutes.

Combine all ingredients except 2/3 cup shredded cheese.

Spoon into a 2-quart casserole dish. Sprinkle with remaining cheese.

Bake uncovered 30-40 minutes or until hot and bubbly.

CHICKEN TATER TOT CASSEROLE

4 Points 12 Servings
6 Points 8 Servings

12 oz. Ore-Ida Tater Tots
2 c. BSCB, cooked and cubed
1 can FF cream of chicken soup
1 can FF cream of celery soup
½ c. skim milk
1-1/2 c. RF shredded cheddar cheese

Preheat oven to 425.

Layer Tater Tots and chicken.

Mix soups with milk.

Pour over chicken and tater tots.

Sprinkle cheese on top.

Bake 20-30 minutes or until cheese is melted and casserole is bubbly.

QUICK MICROWAVE CREAMY CHEDDAR CHICKEN

9 Points 4 Servings

1 c. skim
1 c. FF chicken broth
2 T. flour
4 oz. RF shredded cheddar cheese
10 oz. BSCB, cooked and cubed
½ c. green onions, sliced
¼ c. tomato, seeded and diced
2 slices lean turkey bacon, cooked and crumbled
2 c. hot cooked noodles

In a 1-quart shallow casserole dish, combine milk, broth, and flour using a wire whisk. Stir until flour is dissolved. Microwave on high 5 minutes, until thickened, stirring every minute.

Add cheese, stirring until melted. Add chicken and green onions. Mix well.

Microwave on high 3 minutes, until thoroughly heated through. Stir in tomato and bacon.

Serve over hot noodles.

KING RANCH CHICKEN

5 Points 6 Servings

7 Points 4 Servings

1 can FF cream of mushroom soup

¼ c. FF chicken broth

1-1/2 c. salsa

½ T. chili powder

6 oz. BSCB, cooked and cubed

1 can (14 oz.) corn, drained

4 oz. 2% Velveeta, cubed

6 corn tortillas

Preheat oven to 375.

In a saucepan, combine soup, broth, salsa, and chili powder. Heat over low heat just to boiling.

Add chicken, corn, and cheese. Continue simmering until cheese melts.

Spray a 8"x8" baking dish with Pam.

Cut tortillas in quarters, and place in single layer on bottom of baking dish. Top with chicken mixture.

Repeat layers twice, ending with chicken mixture on top.

Bake 20-25 minutes, or until hot and bubbly.

FANCY CHICKEN POT PIE

5 Points 6 Servings

1 lb. BSCB
2 c. water
½ c. dry white wine
2 chicken bouillon cubes, crumbled
2 medium carrots, chopped
1 c. frozen peas
2 t. olive oil
1 medium onion, chopped
3 T. white all-purpose flour
5 oz. FF evaporated milk
1 can white corn, drained
6 sheets phyllo dough

Place chicken, water, wine and bouillon cubes in a medium pan.
Bring to a boil, lower heat and cook gently, uncovered for 15 minutes.
Remove from heat and allow to cool.

Set aside 1 cup of broth and chop chicken into chunks.

Preheat oven to 400.

Coat a deep 8" pie dish with butter-flavored Pam.

Microwave carrots and peas for 2 minutes. Drain.

Heat oil in a nonstick pan; add onions and cook until soft.

Stir in flour and cook over low heat for 2 minutes.

Remove pan from heat and stir in milk and reserved broth.

Return to heat and cook, stirring, until mixture boils and thickens.

Add carrots, peas, chicken and corn.

Pour chicken into prepared dish.

Layer sheets of phyllo dough over pie. Trim edges and press down firmly to seal.

Lightly coat with butter-flavored Pam.

Bake at 400 degrees for 10 minutes.

Lower heat to 350 degrees and bake until golden brown, about 20 minutes more.

CHICKEN POT PIE

1 cup Reduced Fat Bisquick
1/2 cup skim milk
1/4 cup egg substitute (or 3 egg whites)
2 cups frozen mixed veggies, thawed
Optional: I usually throw in a jar of sliced mushrooms
2 cups cooked, chopped white chicken meat
2 cans fat-free Cream of Mushroom soup

Preheat oven to 400. Spray a casserole dish with cooking spray. Mix together veggies, chicken, and soup. Pour into casserole dish. In another bowl, mix Bisquick, milk, and egg. Pour over the top of the chicken mixture. Bake for about 30 minutes or until the crust is golden.

6 servings, 4.5 POINTS each
4 servings, 6.5 POINTS each

Good for using up left-over chicken. DH loves it!

This recipe came from the WW Magazine cookbook "6 O'Clock Solutions".

EASY CHICKEN POT PIE

7 Points 6 Servings

3 BSCB
4 chicken bouillon cubes
1 bay leaf
2 cans FF cream of chicken soup
1 c. frozen peas
1 c. carrots, chopped
2 c. frozen hash browns
1 can RF crescent rolls
2 t. poultry seasoning
1 t. garlic powder
Salt and pepper to taste

Boil chicken in water with bay leaf and bouillon cubes. Set broth aside.
Remove chicken and chop.

Add peas and carrots to broth, boiling until almost done.

Add potatoes; boil 1-2 minutes. Drain all but 1 cup of liquid from veggies.

Add chicken back to pot. Stir in soup, salt, garlic, pepper, and poultry seasoning.

Pour into casserole.

Unroll crescent dough. Pinch seams and lay flat to cover chicken mixture.

Bake about 20 minutes, or until rolls are golden brown.

POTTED CHICKEN PIE

5 Points 4 Servings

2 pkts. chicken gravy
1 pkg. frozen mixed vegetables, thawed
1 c. BSCB, cooked and cubed OR 1 can (6 oz) canned chicken breast
½ c. skim milk
1 egg
1 c. RF Bisquick

Preheat oven to 400.

Mix gravy, vegetables, and chicken.

Spray a 9" pie pan with Pam.

Pour chicken mixture into pie pan.

In a mixing bowl, mix milk, egg and Bisquick.

Pour over chicken mixture.

Bake 30 minutes or until golden brown.

CREAMY CHICKEN AND DUMPLINGS

7 Points

4 Servings (1 cup chicken mixture + 3 dumplings)

396 calories 6 g. fiber 4 g. fat

FROM: www.aimeesadventures.com

Chicken Mixture:

1 can (12 oz) FF chicken breast, drained

1-3/4 c. water

1 c. skim milk

1 oz chicken gravy mix

½ t. each Italian seasoning, salt, and pepper

16 oz. frozen California style vegetables

1 can French style green beans, drained

Dumplings:

1-2/3 c. RF Bisquick

½ c. skim milk

In a large pan, stir together water, milk, dry gravy mix, spices, and frozen vegetables. Heat to a boil over high heat.

Once mixture is boiling, reduce heat just enough so mixture bubbles gently.

Use a stick blender or a regular blender to puree vegetable mixture. Add chicken and green beans. Continue to simmer.

To prepare dumplings, mix the Bisquick and milk in a small bowl with a fork until Bisquick is completely moistened and a soft dough forms.

With the chicken mixture boiling gently with bubbles breaking the surface continually, drop the dumpling dough by 12 spoonfuls (about 1/8 c. each) on top of hot chicken mixture.

Cook uncovered 10 minutes; cover and cook 10 minutes longer.

To serve, place 1 cup of chicken mixture in a bowl; top with 3 dumplings.

SMOTHERED CHICKEN AND PIEROGIES

7 Points 4 Servings
382 calories 5 g. fiber 7 g. fat

FROM: www.3fatchicks.com

1 dozen Mrs. T's frozen Potato and Cheddar Cheese pierogies
1 can FF cream of chicken soup
1 can (4 oz) sliced mushrooms, drained
1 c. frozen peas
2 c. BSCB, cooked and cubed

Preheat oven to 350.

Spray a 2-qt. casserole with Pam.

Thaw pierogies in boiling water for 5 minutes; drain.

Place in casserole dish.

In a large saucepan, combine soup, mushrooms, peas, and chicken.

Cook, stirring, about 5 minutes or until heated through.

Pour over pierogies.

Bake 20-25 minutes, or until hot and bubbly.

*****YUMMMMMMMMMMMMM!!!!!!!**

A pierogie is like a Polish ravioli, a dough pillow filled with flavored mashed potatoes. Look for them in the frozen foods section of your store. There are several kinds you can try, but **READ THE BOX**. Not all pierogies have the same points. Feel free to use other kinds in this recipe, but make certain to re-calculate your points based on the kind of pierogies you use. The traditional way to serve pierogies is to fry them in a little butter and serve with pan-fried onions. Enjoy!

CHICKEN TETRAZZINI

5 Points 8 Servings – Makes 2 batches

FROM: WW Recipe Review Board
Courtesy of jbjamn

12 oz. uncooked spaghetti
1 can FF cream of mushroom or chicken soup
12 oz. RF shredded cheddar cheese
12 oz. BSCB, cooked and shredded
1 can (8 oz.) mushrooms
1 c. frozen green peas
1 can (4 oz.) pimento
4 oz. FF chicken broth

Preheat oven to 350 degrees.

Break spaghetti into thirds. Boil until al dente. Drain and set aside.

In a large saucepan, heat soup over low heat. Add shredded cheese (reserve some for the top) and stir together.

Add cooked, shredded chicken, mushrooms, pimentos and cooked spaghetti. Add enough of the reserved broth to make it "sloppy".

Pour 1/2 mixture into baking dish. Sprinkle with reserved cheese.

Bake 35 minutes or until bubbly.

***Rest of recipe can be frozen.

CHICKEN & BEAN TETRAZZINI

7 Points 6 Servings

12 oz. BSCB, raw, cubed into small pieces
2 green onions with tops, sliced
1 can FF cream of mushroom soup
1-1/4 c. skim milk
1 can (15 oz.) red beans, rinsed and drained
6 oz. RF shredded cheddar cheese
8 oz. cooked spaghetti
1/3 c. dry bread crumbs, optional

Preheat oven to 350. Spray large skillet or Dutch oven with Pam. Heat over medium heat until hot.

Saute chicken and green onion until chicken is beginning to brown, about 5 minutes.

Stir in soup and milk; heat to boiling. Reduce heat and simmer 2-3 minutes.

Stir in beans and cheese; season to taste with salt and pepper. Stir in spaghetti.

Spray a 9" x 13" baking dish with Pam. Spoon spaghetti mixture into dish. Top with bread crumbs, if desired.

Bake 25-35 minutes, or until bubbly.

CHEESY CHICKEN NOODLE SKILLET DISH

4 Points 5 Servings (1 cup)
229 calories 3 g. fiber 2 g. fat

1 can FF cream of chicken soup
1 t. Italian seasoning
2/3 c. FF shredded mozzarella cheese
2/3 c. FF shredded cheddar cheese
4 oz. whole wheat wide noodles, uncooked
1 c. frozen corn, thawed
8 oz. BSCB, cooked and cubed

Cook the noodles according to package directions; drain.
Set aside.

Spray a large skillet with Pam.

Combine soup and Italian seasoning.

Add cheese.

Cook over medium heat for about 3 minutes, or until the cheese is melted.

Add noodles, corn and chicken.

Lower heat; simmer about 5 minutes or till heated through.

CHICKEN HASH BROWN BAKE

5 Points 4 Servings
273 calories 3 g. fiber 4 g. fat

1 bag (20 oz) Simply Potatoes Shredded Hash Browns
4 oz. BSCB OR turkey breast, cooked and shredded
1 c. FF shredded cheddar cheese
½ c. each onion and green pepper, chopped
½ c. egg substitute, slightly beaten
½ c. skim milk
2 t. salt
¼ t. pepper

Preheat oven to 425.

Press potatoes into bottom of 8" square baking dish.

Bake for 25 minutes, or until heated through. Cool 10 minutes.

Reduce oven temperature to 350.

In a mixing bowl, combine chicken/turkey, cheese, onion and green pepper. Mix well. Pour mixture onto potato crust.

In another mixing bowl, combine egg substitute, milk, salt, and pepper.

Pour over chicken/turkey mixture.

Bake 25 minutes, or until set.

CREAMY TURKEY PATTIES

3.5 Points 2 Servings

6 oz. extra lean ground turkey
3 T. seasoned dried bread crumbs
1 egg white
2 T. onion, chopped
2 t. vegetable oil
1 T. FF margarine
2 t. flour
½ c. skim milk
¼ c. water
1 t. chicken bouillon granules

In medium mixing bowl, combine turkey, bread crumbs, egg white, and onion. Mix well. Shape into 4 patties. Set aside.

In large skillet, heat oil. Add patties and cook over medium heat, turning once, until browned and cooked through, about 4 minutes on each side. Transfer patties to plate. Set aside.

In same skillet, melt margarine. Sprinkle with flour. Stir quickly to combine. Cook over medium-high heat, stirring constantly for one minute.

Gradually stir in milk, water, and bouillon. Increase heat to high and cook, stirring constantly, until mixture comes to a boil. Reduce heat to low and simmer until mixture thickens, about 2-3 minutes.

Return turkey patties to skillet. Cook until heated through, about 2 minutes.

TURKEY POT PIE

7 Points 4 Servings
349 calories 5 g. fiber 7 g. fat

1 can FF cream of chicken soup
2 cans mixed vegetables, or vegetables of your choice, drained
8 oz. boneless skinless turkey breast, cooked and cubed
½ t. pepper
½ c. skim milk
¼ c. egg substitute
1 c. RF Bisquick baking mix

Preheat oven to 400.

Spray a deep 9" pie plate with Pam.

Mix soup, drained vegetables, pepper, and turkey in a medium bowl.

Pour into pie plate.

Mix egg substitute, milk and Bisquick together in a small bowl.

Pour evenly over turkey mixture.

Bake 25-30 minutes or until golden brown.

HEARTY TURKEY BAKE

5 Points 4 Servings
294 calories 6 g. fiber 4 g. fat

From: www.aimeesadventures.com

1 bag (20 oz.) Simply Potatoes Country Style Mashed Potatoes
1 c. FF shredded cheddar cheese, divided
6 oz. turkey breast, cooked and shredded
1-1/3 c. frozen mixed vegetables
1 can FF cream of mushroom soup
1/4 c. skim milk
1/2 t. dry mustard
1/4 t. garlic powder
1/2 t. black pepper

Preheat oven to 375. Spray an 8"x8" baking dish with Pam.

Cook vegetables until tender; drain.

In a mixing bowl, combine mashed potatoes and 1/2 c. cheese. Spoon potato mixture into baking dish. Using the back of a spoon (or your fingers) spread potatoes across the bottom and up the sides of the dish to form a shell.

In another mixing bowl, combine turkey, vegetables, soup, milk, cheese, mustard, garlic powder and pepper.
Pour into potato shell.

Bake 30 minutes or until hot throughout.

CHEESY TURKEY & RICE CASSEROLE

7 Points 5 Servings (1 heaping cup)
332 calories 8 g. fiber 8 g. fat

1 lb. lean ground chicken (or turkey) breast
½ c. each chopped onion and bell pepper
2 t. chili powder
½ t. each salt and pepper
1 can (15 oz) kidney beans, drained and rinsed
1 c. instant rice, uncooked
1 (8 oz) can tomato sauce
1 c. FF shredded cheddar cheese

Preheat oven to 375.

Cook rice according to package directions; set aside.

Spray an 8"x8" baking dish with Pam; set aside.

In a large skillet, cook chicken, onion, and bell pepper until chicken is no longer pink.

Stir in chili powder, salt, rice and cheese. Stir well to combine.

Pour mixture into prepared baking dish.

Bake 15-20 minutes or until heated through and cheese melts.

Continue baking 3-5 minutes longer or until chips are lightly browned.

PORK

PORK CHOPS WITH DIJON SAUCE

5 Points 4 Servings (1 pork chop w/ 2 T. sauce)
193 Calories 0 g. Fiber 9 g. Fat

Source: "Light & Tasty Magazine 6/7 2006"

4 6-oz. boneless pork loin chops
Salt and pepper
1/3 c. FF chicken broth, low sodium preferred
2 T. Dijon mustard
1/3 c. FF half-and-half

Sprinkle chops with salt & pepper. Spray a large skillet with Pam.

Cook pork chops 5-7 minutes per side, or until meat thermometer reads 160 degrees. Remove from skillet and keep warm.

Stir chicken broth into skillet, scraping up browned bits. Stir in mustard until blended.

Stir in the half & half. Bring to a boil & reduce heat. Simmer, uncovered, 5-6 minutes or until thickened. Serve over pork chops.

CARAMEL APPLE PORK CHOPS

5 Points 4 Servings

FROM: www.aimeesadventures.com

2 T. Splenda brown sugar (or other sugar substitute)

1-2 pkts. Splenda, optional

¼ t. each ground cinnamon and nutmeg

1 T. FF margarine spread

2 c. apples, peeled and chopped

4 4-oz. pork loin center chops

Salt and pepper to taste

2 T. pecans, chopped

In a small bowl, combine brown sugar, Splenda, cinnamon and nutmeg.

Spray a large skillet with Pam.

Add margarine to the skillet, along with the sugar mixture and apples.

Cook over medium heat until the apples are tender and sauce has thickened. Remove to a bowl and cover to keep warm.

Season the pork chops with salt and pepper, and cook over medium-high heat for 5-6 minutes, turning occasionally, or until no longer pink inside.

Place each pork chop on a plate and divide the apple mixture evenly on top of each chop.

Sprinkle each chop with ½ T. chopped pecans.

SKILLET SAUSAGE DINNER

6 Points 6 Servings (1 cup)

FROM: www.aimeesadventures.com

2 T. FF margarine

1 c. onion, chopped

1 pkg. (14-16 oz) smoked turkey sausage or reduced-fat smoked sausage

2 cans (15 oz each) butter beans, drained

½ t. Lawry's seasoned salt

¼ t. pepper

2 T. RF Parmesan cheese

Spray a large skillet with Pam.

Cut sausage in half lengthwise and then into bite-size pieces.

Place sausage, onion, and margarine into skillet and cook over medium heat until onion is tender.

Add beans, salt, pepper and Parmesan cheese.

Cook for 8-10 minutes or until heated through.

CHILI DOG CASSEROLE

5 Points 4 Servings

4 1-Point hot dog buns
8 FF 1-Point hot dogs, sliced into bite-size pieces
¼ c. onion, diced
2 T. prepared mustard
1 can (15 oz) 99% FF turkey chili with beans
1 c. FF shredded cheddar cheese

Preheat oven to 350.

Break buns and place in the bottom of a 9"x13" baking dish.

Place hot dog pieces evenly on top of buns.

Mix onion, mustard and chili; pour evenly on top of hot dogs.

Sprinkle top with cheese.

Bake 30 minutes.

***This recipe contains 2070 mg sodium per serving, which makes it unhealthy for people on a sodium controlled diet.

MEXICAN

DORITO CASSEROLE

5 Points 12 Servings

1 lb. extra-lean ground beef
8 oz. 2% Velveeta
2 T. chili powder or taco seasoning
1 can FF cream of chicken soup
1 can Rotel tomatoes
½ bag baked Doritos – Nacho Cheese or Cool Ranch

Preheat oven to 350. Spray a 9"x13" baking dish with Pam.

Brown ground beef; drain.

Stir in chili powder or taco seasoning, soup, and Rotel.

Crush Doritos and sprinkle half in bottom of baking dish. Add a layer of meat mixture, half the cheese, and another layer of Doritos.

Add remaining meat. Top with cheese.

Bake 30-40 minutes or until bubbly.

Serve over rice, if desired, for additional points.

EASY ENCHILADAS

4 Points 6 Servings

1 lb. BSCB or very lean ground beef
1 can FF cream of chicken soup
2 cans Old El Paso red enchilada sauce, divided
1/2 c. RF shredded Mexican blend or cheddar cheese
6 FF flour tortillas

If using chicken, cook and shred. If using beef, brown and drain.

Preheat oven to 350.

Reserve 1 c. enchilada sauce; set aside. Reserve 1/4 c. cheese; set aside.

Mix chicken or beef with all remaining ingredients except tortillas.

Spray a 9"x13" baking dish with Pam.

Spoon enchilada sauce in bottom of baking dish, just enough to cover bottom, saving rest to top enchiladas while baking.

Place mixture down center of each tortilla; roll up.

Place enchiladas, seam side down, in dish.

Cover with reserved enchilada sauce and cheese.

Bake 25-30 minutes or until hot and bubbly.

CHEESY CHICKEN ENCHILADAS

6 Points

1 c. chopped onion
1-1/2 c. BSCB, cooked and shredded
1 c. FF shredded cheddar cheese or RF shredded Mexican cheese
1 c. bottled picante sauce
3 oz. RF cream cheese
1 t. ground cumin or chili powder
8 (6") FF flour tortillas
1-1/2 c. enchilada sauce

Preheat oven to 350.

Place a large nonstick skillet coated with Pam over medium heat until hot.

Add onion and sauté 6 minutes until tender.

Add chicken, 1/2 c. cheddar cheese, picante sauce, cream cheese, and cumin. Cook 3 minutes or until cheese melts.

Spoon about 1/3 c. chicken mixture down center of each tortilla, and roll up.

Place enchiladas in a 9"x13" baking dish; drizzle with enchilada sauce and sprinkle with remaining cheddar cheese.

Cover and bake for 15-20 minutes, or until cheese melts.

Serve immediately.

ENCHILADA LOVER'S CASSEROLE

5 Points 8 Servings

FROM: www.halfmysize.com

1 c. salsa
1 bag (10 oz) Light Tostitos tortilla chips
5 oz. FF evaporated milk
1 can (4 oz) green chiles
1 can FF cream of chicken soup
10 oz. Light Velveeta, cubed
1 can (12 oz) chicken breast

Preheat oven to 350.

Combine salsa, milk, chiles, soup, cheese, and chicken in saucepan.

Heat until cheese is melted.

Fill a 9"x13" baking dish with tortilla chips.

Pour sauce over chips and bake until bubbly, about 20 minutes.

***When I made this the first time, the bottom layer of tortilla chips was way too thick and doughy. The second time I made it, I prepared the chicken mixture, baked it, and used it as a dip for the chips. I enjoyed it much more this way.

MEXICAN CASSEROLE

7 Points 4 Servings

6 FF fajita size flour tortillas
1 can (16 oz) FF refried beans
1 can (6 oz) chicken breast OR 6 oz. BSCB, cooked and shredded
1-1/8 c. salsa
8 slices 2% pepper jack cheese

Preheat oven to 375. Spray an 8"x8" baking dish with Pam.

Cut each tortilla in half.

Place 1/8 c. salsa in the bottom of baking dish; spread evenly.

Layer 1:

Place 4 tortilla halves with the flat edge facing the outside of baking dish.
Spread 1/3 beans evenly on top of tortillas.
Sprinkle 2 oz. chicken on top of beans.
Spoon 1/3 c. salsa on top of chicken, spreading evenly.
Place 4 slices pepper jack cheese on top of salsa.

Layer 2:

Follow directions for layer 1, except place the tortilla halves with the rounded edges facing the outsides of the pan. Omit the cheese.

Layer 3:

Follow directions for Layer 1.

Cover with foil; bake for 40 minutes or until heated through.

Remove foil and bake for 3-5 minutes longer, or until cheese on top begins to brown. Let sit 2-3 minutes before cutting.

ENCHILADA CASSEROLE

8 Points 4 Servings

12 corn tortillas
2 cans (4 oz each) green chiles, chopped
½ c. onions, chopped
¼ c. FF chicken broth
1 can FF cream of chicken soup
¾ c. skim milk
¼ c. FF sour cream
2 c. FF shredded cheddar cheese, divided
1 can (12 oz) FF chicken breast, drained
1 t. cumin or chili powder
¼ t. pepper

Preheat oven to 350. Spray an 8"x8" baking dish with Pam.

Spray both sides of corn tortillas with butter-flavored Pam. Bake until hardened, about 10-15 minutes. Allow the tortillas to cool so you can handle them easily. Break into medium size chips.

While tortillas are baking, sauté onions in chicken broth until tender and broth has evaporated.

Mix together the green chiles, onions, soup, milk, sour cream, cumin, pepper, chicken and 1-1/2 c. cheese.

Place 1/3 of broken chips in the bottom of the baking dish, followed by 1/3 chicken mixture; spread evenly. Repeat two more times, ending with chicken mixture on top.

Sprinkle remaining cheese on top and bake 30-45 minutes or until hot throughout.

CHICKEN ENCHILADAS IN WHITE SAUCE

6 Points 10 Servings

1 lb. BSCB
2 T. RF margarine
3 T. flour
1 can + ½ can FF cream of chicken soup
1 can (14 oz) FF chicken broth
2 cans (4 oz each) green chiles, drained and chopped
1 ½ c. FF sour cream
½ c. green onions, chopped
6 oz. 2% RF cheddar cheese, divided
10 FF flour tortillas

Preheat oven to 350.

Boil chicken in water seasoned with salt and pepper. Cook for 30 minutes; shred when cool. Set aside.

In saucepan melt margarine. Add flour; stir with a wire whisk until smooth.

Add chicken broth and stir until thick. Add chicken soup; mix until smooth.

Add chiles, salt and pepper to taste. Cook until thick and bubbly. Remove from heat.

Add sour cream, stirring until thoroughly combined.

Pour half of sauce mix into bottom of 9"x13" glass baking dish.

Stuff the tortillas with chicken, cheese, and green onions, leaving some cheese and onions for on top of casserole. Lay enchiladas in pan.

Pour remaining sauce over top. Sprinkle with remaining cheese and onions.

Bake 20-25 minutes or until hot and bubbly and top is slightly browned.

SOUR CREAM ENCHILADAS

6 Points 6 Servings (2 enchiladas)

FROM: www.halfmysize.com

Sauce: 1-1/4 c. FF chicken broth

1 T. + 1 t. corn starch

1/2 t. ground cumin

1/4 t. black pepper

Enchiladas: 12 corn tortillas

12 oz. BSCB, cooked and shredded

4 oz. FF cream cheese

1/2 c. salsa

3/4 c. FF sour cream

2 T. lemon juice

1/4 t. chili powder

1/4 c. FF shredded cheddar cheese

In a small saucepan, whisk together sauce ingredients. Bring to a simmer over medium-high heat and cook for 1-2 minutes, or until mixture is thick and bubbly. Set aside

Preheat oven to 350.

In a medium skillet, combine chicken, cream cheese, and salsa.

Cook over medium-low heat, stirring occasionally, for 5-6 minutes, or until mixture is warmed through and cream cheese is melted.

Lightly spray a 9"x13" baking dish with Pam.

Wrap tortillas in damp paper towels and microwave on high for about 1 minute or until hot.

To assemble, pour 1/2 c. sauce into baking dish; spread to cover bottom.

Put a tortilla on a plate and spoon about 1/4 cup of chicken mixture down center of tortilla. Roll tortilla and place seam down in baking dish. Repeat with remaining tortillas and filling.

Pour remaining sauce over enchiladas.

Cover with foil.

Bake for 10 minutes.

Meanwhile, in small bowl, whisk together sour cream, lemon juice, and chili powder.

When enchiladas have baked for 10 minutes, remove from oven and spread sour cream mixture on top of enchiladas.

Sprinkle with shredded cheese.

Bake, uncovered, 5 minutes longer or until cheese is melted.

TACO CHICKEN

6 Points 6 Servings

12 oz. BSCB, cooked and cubed or shredded
1 c. onion, chopped
1 can FF cream of mushroom or chicken soup
1 c. skim milk
1 pkt. reduced-sodium taco seasoning mix
2 c. RF shredded Mexican or cheddar cheese
40 baked RF tortilla chips

Preheat oven to 350.

Spray a 9"x13" baking dish with Pam.

Place tortilla chips in bottom of dish and around sides.

Mix chicken, onion, soup, milk, taco seasoning, and 1 c. cheese.

Pour chicken mixture over chips.

Sprinkle remaining cheese over top of casserole.

Bake 15-20 minutes or until hot and bubbly.

***After baking, tortillas were too thick and doughy. I made it the second time without baking the chips. I dipped the chips into the chicken mixture after baking.

BBQ CHICKEN AND BLACK BEAN BURRITOS

5 Points 8 Servings

1 lb. BSCB, raw, cubed
1 T. olive oil
1/2 c. onion, chopped
3 clove garlic cloves
1/3 c. barbecue sauce
1 can (15 oz.) black beans
1/2 c. RF shredded cheddar cheese
1/2 c. FF sour cream
8 6" FF flour tortillas

Heat oil in frying pan. Add chicken, onion, and garlic. Cook until chicken is done, stirring frequently.

Stir in barbecue sauce and beans. Sprinkle with cheese; cook 5 minutes.

Heat tortillas, two at a time, in microwave between 2 sheets of waxed paper about 12 seconds.

Spoon chicken mixture down center. Top with sour cream. Roll up.

CHICKEN BURRITOS WITH CREAM CHEESE FILLING

3 Points 6 Servings

3 oz. FF cream cheese
2 t. RF margarine, melted
¼ t. each salt and pepper
¼ c. each onion and celery, chopped
2 c. BSCB, cooked and chopped
6 FF flour tortillas

In a blender or by hand, combine cream cheese, margarine, salt, pepper, milk onion and celery.

Stir in chicken. Spread filling into center of each tortilla. Roll up.

Wrap lightly in paper towel and microwave on medium-high for about 30-45 seconds per burrito.

Let stand one minute. Serve with salsa.

***These can be frozen.

CHICKEN POPPER ROLL-UPS

5 Points 6 Servings

2 lbs. BSCB, cut into thin strips
6 FF flour tortillas
4 oz. FF cream cheese
2 T. jalapeno peppers, minced
¼ c. onions, minced
2 T. FF Ranch dressing

Spray a large skillet with Pam. Cook chicken over medium heat until no longer pink. Drain chicken and place into mixing bowl. Set aside.

Wipe out skillet with paper towel and spray with Pam.
Set aside.

Whip cream cheese with a spoon until smooth. Add jalapeno, onion and ranch dressing. Mix very well.

Place 1 tortilla at a time in microwave, and heat for 10-12 seconds to warm and make more pliable.

Spread 2 T. cream cheese mixture down center of tortilla.

Place about 2.5 oz cooked chicken on top of cream cheese.

Fold in both sides of tortilla, then fold the bottom toward the middle and roll up.

Heat skillet over medium-high heat.

Place each completed tortilla rollup in the skillet and grill both sides until crispy and lightly browned.

Cut each rollup diagonally and place on plates. Serve with salsa for dipping.

CHICKEN FAJITAS

8 Points 4 Servings (2 tortillas, 3 oz. chicken, ½ c. vegetables and 2 T. sour cream)

8 medium FF flour tortillas
2 t. olive oil
1 lb. BSCB
1 pkt. taco or fajita seasoning
¾ c. water
1 lb. frozen fajita vegetables
½ c. FF sour cream
½ c. salsa

Preheat oven to 300.

Wrap tortillas in foil. Bake until warm, about 10 minutes. Do not turn oven off.

Meanwhile, heat oil in a large skillet over medium-high heat.

Add chicken to skillet. Sprinkle taco seasoning and water over chicken; stir to mix. Saute until cooked through, stirring frequently, about 3-5 minutes.

Transfer chicken to a serving platter, cover with foil, and place in oven to keep warm.

In same skillet over medium-high heat, sauté frozen vegetables until tender-crisp, about 3 minutes.

Serve chicken and vegetables with warm tortillas, sour cream and salsa.

CHICKEN CHIMICHANGAS

4 Points 8 Servings

8 oz. BSCB, cooked and shredded
1 can (16 oz) FF refried beans
1 c. salsa
1 can (4 oz) diced green chiles, drained
1 t. chili powder
¼ c. green onion, sliced
1 c. FF shredded cheddar cheese
8 (8") FF flour tortillas

Preheat oven to 350. Spray a 9"x13" baking dish with Pam; set aside.

Spray a large skillet with Pam.

Cook chicken and green onions in skillet until chicken is no longer pink. Drain off any liquid.

Add chili powder, salsa, beans and green chiles. Cook until heated through. Mix in cheese and remove from heat.

Warm tortillas, 2 at a time, in the microwave to soften.

Place ½ c. chicken mixture down center of each tortilla; fold in the sides and roll up.

Place chimichangas into prepared baking dish.

Spray the tops of each chimichanga lightly with Pam.

Bake uncovered 20-25 minutes or until tortillas are crisp and brown.

Serve with additional salsa, sour cream or other toppings for additional points.

CHICKEN CHIMICHANGAS

6 Points 8 Servings

FROM: WW Recipe Review Board
Courtesy of JULIE2200

10 oz. BSCB, cooked and shredded
1 c. RF shredded Mexican cheese
1 can FF cream of chicken soup
2/3 c. salsa
1/4 c. chopped onion
1 t. ground cumin
1/2 t. ground oregano
1/2 t. garlic salt
8 FF flour tortillas, 8" size

Preheat oven to 400. Spray a 9"x13" baking dish with Pam.

Combine chicken, cheese, soup, salsa, onion, and seasonings.

Warm tortillas in microwave between 2 sheets of waxed paper, two at a time, about 15 seconds.

Place 1/2 cup of mixture down the center of each tortilla. Fold opposite sides over filling.

Place seam side down in baking dish sprayed with cooking spray. Bake 25 minutes or until golden brown.

MICROWAVE TURKEY AND JACK CHEESE CHIMICHANGAS

5 Points 8 Servings

½ lb. very lean ground turkey breast
1 can (16 oz) FF refried beans
8 oz. salsa
1 can (4 oz) green chiles, drained and diced
1 t. chili powder
3 T. green onion, thinly sliced
1 c. RF Monterey Jack cheese or pepper jack cheese
8 large burrito size FF wheat tortillas
1 c. salsa
½ c. FF sour cream

Spray a large skillet with Pam. Add turkey to skillet and cook over medium-high heat until lightly browned, about 5 minutes. Drain.

Add beans, 8 oz. salsa, chiles, chili powder, and green onions. Cook until heated through, about 3 minutes.
Stir in cheese.

Meanwhile, warm 2 tortillas at a time in microwave between 2 sheets of wax paper or damp paper towels, about 15 seconds.

Spoon ½ c. turkey mixture down center of each tortilla. Fold in sides and roll up.

Heat chimichangas in microwave about 45-60 seconds.

Serve with additional salsa and 1 T. sour cream.

***I have never made these, however the review I read said that they would be better baked; the shell got tough and rubbery in the microwave.

TURKEY ENCHILADA PIE

3 Points 6 Servings

12 oz. very lean ground turkey
1 medium onion, chopped
1 t. chili powder
3 T. flour
1 c. skim milk
1 can (4 oz) jalapeno peppers, drained and chopped
½ t. ground cumin
2 large burrito-size FF wheat flour tortillas
3 c. tomatoes, chopped
½ c. RF shredded cheddar or Colby cheese
2 T. RF shredded cheddar or Colby cheese

Preheat oven to 350. Spray a large skillet with Pam; heat over medium heat.

Place turkey, onion and chili powder in skillet and cook until turkey is browned, stirring occasionally to crumble meat, about 8 minutes. Remove turkey from skillet and set aside.

Place same skillet over medium-high heat and add flour. Gradually add milk, stirring with a whisk until well blended.

Bring to a boil, reduce heat to medium and simmer until thickened, about 2 minutes. Remove skillet from heat; stir in turkey mixture, jalapenos and cumin.

Wrap tortillas in damp paper towels and microwave on high until softened, about 15 seconds.

Place 1 tortilla in bottom of 9" pie plate. Spread 1/3 turkey mixture over tortilla. Spoon 1 c. tomato on top and sprinkle with ¼ c. cheese. Repeat layers with remaining ingredients ending up with 2 T. cheese.

Cover pie plate with foil and bake until cheese melts, about 15 minutes. Let stand, covered, 2 minutes before cutting into wedges.

FIESTA TURKEY PIE

7 Points 6 Servings

FROM: www.aimeesadventures.com

1 lb. very lean ground turkey
1 c. salsa
1 can RF crescent rolls
1 can (15 oz) corn, drained
¼ c. FF shredded cheddar cheese
Black pepper and cayenne pepper to taste

Preheat oven to 450.

Cook turkey in a nonstick skillet over medium heat until no longer pink.

Stir in salsa and corn. Heat until most of the liquid from salsa has evaporated.

Press crescent dough onto bottom and up sides of a deep 9" pie plate to form a crust.

Bake till golden brown, about 12-15 minutes.

Spread turkey mixture onto crust; sprinkle with cheese.

Return to oven until cheese is melted.

GREEN CHILE RICE

1 can (10 oz.) green chile enchilada sauce
1 can (4 oz.) chopped green chilies
1 T. dry onion flakes
2 t. Molly McButter
1 t. garlic salt
1 can (14 oz.) FF chicken broth
2 c. uncooked minute rice
1/2 c. FF shredded Mexican blend or cheddar cheese
Black pepper to taste

Preheat oven to 350. Spray a 2-quart casserole dish or an 8" x 8" baking dish.

In large bowl, combine enchilada sauce, green chilies, onion flakes, Molly McButter, garlic salt, and chicken broth.

Add rice and shredded cheese and stir. Add black pepper.

Bake uncovered 40 minutes.

***Top with FF sour cream and/or salsa for additional points.

ASIAN

SIMPLE STIR FRY

1 lb. BSCB, lean steak, pork, or shrimp
4 c. frozen stir-fry vegetables, thawed (do not use included sauce)
½ c. FF chicken broth
¼ c. light teriyaki sauce
Salt and pepper to taste
4 c. cooked brown rice

Spray large non-stick skillet with Pam. Heat until warm.

Add chicken. Cook over medium heat, stirring constantly until browned.

Add vegetables. Stir-fry until almost crisp-tender, 2-3 minutes.

Add broth, teriyaki sauce, salt and pepper. Stir-fry until chicken is cooked through and vegetables are tender, about 3 minutes longer.

Serve over brown rice.

TERIYAKI CHICKEN

4 chicken breasts
6 TBS soy sauce
6 TBS honey
3 TBS white vinegar
1 1/2 tsp dried thyme
1 1/2 tsp paprika
1/2 tsp cayenne pepper
1/2 tsp ground allspice
1 tsp pepper

Preheat oven to 375°. Combine soy sauce, honey, vinegar, thyme, paprika, cayenne pepper, allspice and pepper in a shallow baking dish; mix well. Pierce both sides of each chicken breast w/a fork. Place in baking dish; turn chicken several times using tongs. Bake chicken, basting several time with sauce, for 30 min. Serve over rice or chill breasts and slice into thin strips for chicken salads or wraps.

4 servings, 5 POINTS each

TERIYAKI STICKY CHICKEN

4 Points 4 Servings
201 calories 0 g. fiber 3 g. fat

FROM: www.aimeesadventures.com

4 4-oz. BSCB
½ c. ketchup
3 T. brown sugar
2 T. vinegar
2 T. light teriyaki sauce
1 t. dry mustard

Preheat oven to 350.

In a small bowl, combine all ingredients except chicken.

Spray an 8"x8" baking dish with Pam.

Place ½ of the sauce into bottom of baking dish.

Place chicken on top, and cover with remaining sauce.

Bake uncovered 40 minutes, or until chicken is done and sauce has thickened.

Serve with brown rice for additional points.

TASTE OF ASIA CHICKEN

FROM: www.aimeesadventures.com

1-1/2 lb. BSCB, cut into large chunks

1 c. light soy sauce

½ c. Worcestershire sauce

1 T. brown sugar

½ c. cinnamon applesauce

Mix soy sauce, Worcestershire, brown sugar and applesauce.

Pour over chicken and marinate at least 8 hours or overnight.

Discard marinade.

Cook chicken in a large skillet over medium-high heat until no longer pink.

Serve over brown rice for additional points.

BBQ CHICKEN AND PINEAPPLE CASSEROLE

4 Points 8 Servings

4 BSBC, cubed
1 can (20 oz) crushed pineapple in juice, drained
2 c. barbecue sauce
1 c. FF shredded cheddar cheese
1/3 c. seasoned bread crumbs

Preheat oven to 350.

Spray a 9" x 13" baking dish with Pam.

Place chicken in bottom.

Sprinkle cheese over top of chicken.

Mix pineapple and barbecue sauce; pour over chicken.

Top with bread crumbs.

Bake 45 minutes or until bubbly.

***When I made this the first time, we couldn't taste the cheese. So now I make it without the cheese, and I deduct the points.

SWEET & SOUR CHICKEN FOR ONE

Serves 1

¼ each medium red and green bell pepper, sliced
½ c. onion, sliced
1-1/2 – 2 t. cornstarch
1/3 c. pineapple chunks (reserve 1/8 c. juice)
¼ T. oil
1-1/4 T. light soy sauce
¾ T. vinegar
¾ T. brown sugar
1/8 t. ginger
1/8 t. garlic powder
4 oz. BSCB

Preheat oven to 350.

In small bowl, mix cornstarch and reserved pineapple juice; stir until well blended.

Add oil, soy sauce, vinegar, brown sugar, and spices. Stir until sugar is dissolved.

Pour over chicken. Marinate in refrigerator at least one hour.

Spray an 8"x8" baking dish with Pam.

Place chicken in dish; bake 30-40 minutes or until chicken is no longer pink.

GENERAL TSAO'S CHICKEN

6 Points

4 Servings (1/2 c. rice and 1/2 c. chicken and sauce)

FROM: www.aimeesadventures.com

3/4 c. FF reduced-sodium chicken broth

2 T. cornstarch

2 T. sugar

2 T. low-sodium soy sauce

1 T. white wine vinegar

1/2 t. ground ginger

2 t. peanut oil

2 medium scallions, chopped

2 medium garlic cloves, minced

1/2 t. red pepper flakes

1 lb. BSCB, cubed

2 c. cooked white rice, kept hot

In a medium bowl, whisk together broth, cornstarch, sugar, soy sauce, vinegar, and ginger; set aside.

Heat oil in a wok or large skillet over medium-high heat.

Add scallions, garlic, and pepper. Cook 2 minutes.

Add chicken and cook until browned on all sides, about 5 minutes.

Add reserved sauce and simmer until sauce thickens and chicken is cooked through, about 3 minutes.

Serve chicken and sauce over rice.

***CHINESE PINEAPPLE CHICKEN WITH
BLACK BEAN SAUCE***

7 Points

4 Servings (1 cup chicken, ½ c. rice)

4 medium scallions, green and white parts, chopped

1 T. fresh ginger root, chopped

2 medium garlic cloves, minced

1 lb. BSCB, cubed

1 can (20 oz) pineapple tidbits in juice, UNdrained

¼ c. black bean sauce

2 c. cooked brown rice, kept warm

Spray a large skillet with Pam; set over medium-high heat.

Add scallions, ginger, and garlic; cook until soft, about 3 minutes.

Add chicken and cook until lightly browned on all sides, stirring often, about 5 minutes.

Add pineapple with juice and black bean sauce to skillet; bring to a simmer. Simmer until chicken is cooked through, about 5 minutes longer.

Divide rice among 4 shallow bowls and spoon chicken over top.

FISH and SEAFOOD

TILAPIA PARMESAN SAUTE

4 Points 4 Servings

1 lb. tilapia filets
1 T. olive oil
¼ grated Parmesan cheese
2 T. parsley flakes
1 T. butter
1 T. lemon juice
1 t. garlic powder

Mix Parmesan cheese, garlic powder, and parsley; set aside.

Heat a large skillet, and add olive oil, butter, and lemon.

Saute 2-3 minutes per side until white and flaky.

Sprinkle cheese mixture on fish, and sauté each side for 1 minute longer.

BAKED PARMESAN SOUR CREAM FISH

4 Points 4 Servings

1 lb. tilapia filets
8 oz. FF sour cream
½ c. shredded Parmesan cheese
½ t. each salt and paprika
¼ t. pepper
1/3 c. seasoned breadcrumbs

Preheat oven to 350.

Spray a 9"x13" baking dish with Pam.

Place fish in baking dish.

Stir together sour cream, cheese, salt, pepper, and paprika.

Spread mixture evenly over fish.

Sprinkle with breadcrumbs.

Spray top with butter-flavored Pam.

Bake 20-25 minutes or until fish is cooked through.

BAKED RANCH FISH

6 Points 4 Servings

4 4-oz. tilapia filets
½ c. RF ranch salad dressing
½ c. canned French fried onions, crushed

Preheat oven to 350.

Rinse fish and pat dry.

Dip fish in ranch dressing; shake off excess.

Spray baking sheet with Pam.

Arrange fish in single layer on baking sheet.

Sprinkle crushed onions on top of fish.

Bake 10-15 minutes or until fish flakes easily.

PARMESAN HERB BAKED TILAPIA

5 Points 4 Servings

4 6-oz. tilapia filets
1/3 c. grated Parmesan cheese
1/4 c. FF mayo
2 T. minced green onions
1/4 c. dry breadcrumbs
1 t. basil
1 t. oregano
1/4 t. each salt and pepper

Preheat oven to 400.

Place a sheet of foil large enough to cover a cookie sheet on bottom of cookie sheet. Spray with Pam.

Combine cheese, mayo, and onions; spread evenly over fish.

Combine breadcrumbs with remaining ingredients; sprinkle evenly over fish.

Lightly spray fish with Pam.

Bake 10 minutes, or until fish flakes easily.

TILAPIA AND RICE BAKE

3 Points 4 Servings

¼ c. FF chicken broth
3 T. lemon juice
10 oz. frozen broccoli, drained and chopped
1 c. cooked brown rice
1 lb. fish, such as tilapia or flounder
½ t. paprika
2 t. chicken bouillon granules
4 oz. FF shredded cheddar cheese

Preheat oven to 375. Spray 2-quart casserole dish with Pam.

In small saucepan, combine broth, lemon juice, bouillon, and paprika. Heat and stir until granules dissolve.

In medium bowl, combine broccoli, rice, cheese, and lemon juice.

Using a slotted spoon, transfer rice mixture to casserole dish.

Place frozen fish on top of rice mixture. Pour juice from rice mixture on top of fish.

Sprinkle with additional paprika and bake about 20 minutes, or until fish flakes easily.

OVEN-FRIED FISH

4 Points 4 Servings

4 5-oz. halibut or flounder fillets

Salt and pepper to taste

1 T. Dijon mustard, or more to taste

1/3 c. dried bread crumbs

Paprika, dill, or any other seasonings you prefer

Preheat oven to 400. Spray a shallow baking dish with Pam.

Season fish fillets all over with salt and pepper; spread mustard all over both sides of fish.

In a shallow dish, combine bread crumbs and mesquite seasoning; add fish fillets and turn to coat both sides.

Transfer fillets to prepared baking sheet and spray surface with cooking spray. Bake until fish is fork-tender, about 10-15 minutes.

EASY CRUSTY COD

3 Points 4 Servings

1 lb. cod or halibut, cut into 4 pieces
½ c. parsley, chopped
2 scallions, finely chopped
2 t. flour
2 t. fresh lemon juice
2 t. olive oil
¼ t. each salt and pepper

Preheat oven to 500.

Spray a cookie sheet with Pam.

Place fish on baking sheet.

Combine parsley, scallions, flour, lemon juice, oil, salt, and pepper in a small bowl.

Spoon mixture on top of fish.

Bake uncovered until fish is opaque in center and lightly browned and crisp on top, about 10 minutes.

TEXAS WHITING

3 Points 4 Servings

FROM: www.aimeesadventures.com

1 lb. whiting filets or tilapia
¼ c. lemon juice
3 T. FF margarine spread
3 T. FF mayo
3 T. RF grated Parmesan cheese
1 T. chives, chopped
1/8 t. salt

Preheat broiler.

Brush fish with lemon juice.

Broil until fish flakes easily with fork, about 6-8 minutes.

Mix remaining ingredients and spread on fish.

Return to broiler for 2-3 minutes, until topping is brown and bubbly.

BAKED FISH & CHIPS

5 Points 4 Servings

2 large baking potatoes
¼ c. RF or FF Italian salad dressing
1 pkt. Shake & Bake Extra Crispy
1 lb. white fish (cod, haddock, etc.)
¼ c. light Miracle Whip or mayo

Preheat oven to 400.

Spray baking sheet with Pam.

Cut each potato into 8 wedges. Toss with Italian dressing. Place on baking sheet. Bake 15 minutes.

Reserve ¼ c. Shake & Bake. Put remainder on plate.

Brush mayo on each side of fish, and dip into Shake & Bake, coating well.

Remove potatoes from oven, turn, and move to outer edges of baking sheet.

Place fish in middle of pan and sprinkle reserved Shake & Bake over potatoes.

Bake 15 minutes or until fish flakes with a fork and potatoes are tender.

FISH STICKS

147 Calories 0 g. Fiber 2 g. Fat

FROM: www.aimeesadventures.com

1 lb. cod filets
1-1/2 c. corn flake crumbs
½ t. garlic powder
¼ t. salt
1/8 c. RF Parmesan cheese

Preheat oven to 500.

Spray a baking sheet with Pam; set aside.

In a medium bowl, combine cornflake crumbs, garlic powder, salt, and Parmesan cheese.

Cut cod filets into ½" thick sticks.

Lightly coat each side of fish with Pam, then evenly coat fish with cornflake mixture.

Place on baking sheet; spray top of fish again with Pam.

Bake until golden brown, about 10 minutes.

EASY TUNA NOODLE CASSEROLE

8 Servings

215 calories 3 g. fiber 4 g. fat

½ c. onions, chopped

10 oz. frozen peas, thawed

6 oz. elbow macaroni, cooked

1 can FF cream of mushroom soup

1 can (6 oz) tuna in water, drained and flaked

4 oz. RF sour cream

1/8 t. pepper

2 pc. Grands RF buttermilk biscuits, cut into quarters

Preheat oven to 400.

Spray a 2-qt. casserole dish with Pam; set aside.

In a large saucepan, cook onions and peas until onions are tender.

Add cooked pasta, soup, tuna, sour cream, and pepper. Cook 5 minutes or until heated through.

Spread mixture into prepared dish.

Place biscuit quarter pieces on top of tuna mixture.

Bake for 15 minutes, or until biscuits are browned.

EASY TUNA CASSEROLE

- 1 can tuna in water, drained
- 1 cup macaroni, uncooked
- 1 onion, chopped
- 1 can peas, drained (baby peas if possible)
- 1 can reduced fat Cream of Mushroom soup
- 1 cup skim milk
- 6 Tbsp. reduced fat cheddar cheese, shredded

In a casserole dish, stir together the tuna, macaroni, onion, peas, mushroom soup, and milk. Make sure the macaroni is covered by the sauce. Sprinkle with the cheddar cheese. Cover and bake at 350 for 1 hour.

4 servings, 3 POINTS each

TUNA SKILLET SUPPER

8 Servings

236 calories 7 g. fiber 1 g. fat

1 pkt. dry ranch salad dressing mix

8 oz. FF cream cheese, softened

1 c. skim milk

8 oz. elbow macaroni, cooked and drained

2 c. frozen green peas, thawed

1 can (12 oz) tuna in water, drained and flaked

In a mixing bowl, combine dressing mix, cream cheese, and milk. Mix until smooth.

In a skillet, combine dressing mixture, cooked macaroni, peas, and tuna. Cook until heated through.

TUNA MELTS

8 Points 3 Servings

371 calories 4 g. fiber 3 g. fat

1 jar (5 oz) cream cheese spread with olives and pimento

1 can (6 oz) tuna in water, drained and flaked finely

3 English muffins, split and toasted

6 slices tomato, halved

In a small bowl, combine 1/3 cheese spread with tuna.

Spread mixture over each muffin half.

Broil about 4" from heat until heated through, about 3 minutes. Remove from oven.

Top each with tomato slices, then divide remaining cheese spread evenly over each half.

Return to broiler for a few minutes until cheese spread melts, about 1 minute.

***In my grocery store, the cream cheese spread is located with the Velveeta and other processed cheeses.

SHRIMP CREOLE

3/4 cup onion, chopped
1 clove garlic, minced
1 medium green pepper, chopped
1/2 cup celery, finely chopped
1 tablespoon margarine (I didn't use this)
8 ounces tomato sauce
1/2 cup water
1 bay leaf, crumbled
1 teaspoon parsley, minced
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
1 pound shrimp, peeled and tails removed
3 tablespoons flour
1/8 teaspoon chili powder
1/8 teaspoon Tabasco sauce
1 pound canned tomatoes

In medium skillet, spray pan heavily with Pam and saute onion, garlic, green pepper, and celery in margarine about 5 minutes or until tender. Remove from heat; stir in tomato sauce, tomatoes, water, bay leaf, parsley, salt, pepper, flour Tabasco and chili powder. Simmer 10 minutes. Add shrimp. Bring mixture to a boil; cook covered over medium heat for 5 minutes. Serve Shrimp Creole over rice.

4 servings, 4 POINTS each (add points for rice)

SHRIMP SCAMPI

1 Tbsp + 1 tsp olive oil
20 oz (1 pound, 4 oz) shelled and deveined medium shrimp with tails left on
1 Tbsp minced garlic
1/2 cup low-sodium chicken broth
1/2 cup dry white wine
1/4 fresh lemon juice
1/4 cup minced parsley
1/4 tsp salt
1/4 tsp fresh ground black pepper

Heat olive oil in a large skillet. Add shrimp and cook, stirring constantly, for 2 minutes or until just pink. Add garlic and cook, still stirring, about 30 seconds. Use a slotted spoon to transfer shrimp to a serving platter. Keep them hot. In the skillet, add the broth, wine, lemon juice, parsley, salt and pepper. Increase heat to High. Boil uncovered until sauce is reduced by half. Spoon over shrimp.

4 servings, 5 POINTS each
add points if you serve it over pasta

I really think the flavor of the parsley adds something to this dish.

This is a lighter version of the beloved Ambrosia salad. You have to start 24 hours before you plan to serve this.

CAJUN SHRIMP

4 Servings

214 calories 0 g. fiber 6 g. fat

1-1/2 lbs. shrimp, deveined and peeled

¼ t. thyme

¼ t. oregano

¼ - ½ t. ground red pepper

1 t. paprika

¼ t. garlic powder

¼ t. salt

¼ t. pepper

1 T. olive oil

Peel shrimp.

Place in plastic resealable bag and add seasonings.

Seal bag and shake to coat.

Heat oil in large skillet; add shrimp. Cook for 4 minutes or until pink.

CAJUN SCALLOPS

4 Servings

225 calories 2 g. fiber 6 g. fat

1 t. olive oil

1 large red onion, thinly sliced into rings

1 t. Cajun seasoning

½ t. pepper

1 t. butter

1 garlic clove, minced

12 oz. fresh scallops

1-2 t. hot sauce

Heat oil in a large heavy skillet.

Add onion, Cajun seasoning, and pepper; saute 3 minutes.

Add butter and garlic; saute 30 seconds.

Add scallops. Cook 1 minute or until browned.

Sprinkle with hot sauce; turn. Cook 3 minutes or until done.

BREADED SCALLOPS

3 Points 2 Servings

167 calories 0 g. fiber 1.5 g. fat

8 oz. fresh scallops, rinsed and trimmed

¼ c. buttermilk

¼ c. seasoned bread crumbs

Preheat oven to 450.

Spray a baking sheet with Pam.

Coat scallops in buttermilk, then roll in breadcrumbs.

Bake 10-15 minutes, or until golden brown and firm when pressed.

CRISPY SCALLOPS WITH SOY DIPPING SAUCE

4 Servings

1-1/4 lbs. sea scallops, sliced in half horizontally and patted dry
½ c. fine dry breadcrumbs
2 t. sesame seeds
½ t. ground ginger
1 large egg white
1 T. vegetable oil
1 T. toasted sesame oil
1 t. reduced sodium soy sauce

Dipping Sauce:

2 T. reduced-sodium soy sauce
2 T. rice wine vinegar
1 T. scallions, chopped
1 t. honey

Preheat oven to 450. Lightly oil a wire rack large enough to hold scallops in a single layer over a baking sheet; set aside.

In a shallow dish, stir together bread crumbs, sesame seeds, and ginger.

In a small bowl, whisk together egg white, vegetable oil, sesame oil, and soy sauce until creamy. Add the scallops to the egg white mixture, tossing to coat well.

Coat each scallop with the breadcrumb mixture and place on prepared rack.

Bake for 10 minutes or until outsides are golden and centers are opaque.

Prepare dipping sauce by combining ingredients and serving with scallops.

SCALLOPS EXCEPTIONAL

12 oz scallops
1 green pepper, chopped
1 small onion, minced
1 Tbsp basil
1 box frozen broccoli, thawed
1 Tbsp butter
8 oz Velveeta Light
1/4 cup white wine

Spray pan lightly with cooking spray. Saute green pepper, broccoli, basil and onion in butter. Add scallops and continue cooking until scallops are cooked (they turn opaque after a couple of minutes - depends on their size - cut one open to test). Add the Velveeta and stir until the cheese is melted. Use the wine to thin the sauce and simmer until just warm. Serve over rice (add points for your rice).

6 servings, 3 POINTS each
4 servings, 4.5 POINTS each

This is from the WW cookbook 15-Minute Cookbook. It's out of print but I bought my copy from www.abebooks.com.

CRAB TORTILLAS

8 Servings

With FF Shredded Cheese: 3 Points

With RF Shredded Cheese: 5 Points

8 oz. imitation flaked crab
2 c. shredded cheddar cheese
8 oz. RF cream cheese
8 whole wheat tortillas

Preheat oven to 350.

Combine cream cheese and cheddar until well mixed. Add crab.

Spoon down center of tortilla shells. Roll tightly.

Bake 20 minutes.

***Serve with salsa and FF sour cream for additional points.

EASY CRAB CAKES

2 Points 8 Servings (2 cakes)

1 lb. lump crab meat
2-1/2 T. FF mayo
3 egg whites
1/2 t. Worcestershire sauce
1/2 t. cayenne pepper
1/4 t. salt
1/2 small onion, grated
1/2 T. dry mustard
18 Ritz crackers, crumbled

Combine all ingredients.

Form 8 patties.

Spray large skillet with butter-flavored Pam.

Saute patties over medium heat 7-10 minutes per side, or until crispy outside but moist inside.

CRAB CAKES FOR ONE

5 Points Serves 1

FROM: www.halfmysize.com

6 oz. canned crabmeat, drained
1 t. mustard
1 egg white
1/8 t. cayenne pepper
1 T. minced onion
1/8 c. dried breadcrumbs

Combine all ingredients until well blended.

Spray a nonstick skillet with Pam.

Shape into 2 cakes and cook over medium heat until golden brown and cooked through.

CRAB CAKE CASSEROLE

8 Points 6 Servings

1 pkg. yolkless noodles
1 can FF cream of mushroom soup
2 pouches premium crab
1 small onion, diced
1 small green pepper, diced
1 c. roasted red pepper, diced
2 c. RF shredded cheddar cheese, divided
½ c. French's cheddar french-fried onions
½ c. water
2 T. garlic, minced
Garlic salt and pepper to taste

Prepare noodles according to package directions.

Preheat oven to 350.

Spray a 9"x13" baking dish with Pam.

In mixing bowl, combine soup, crab, onion, green pepper, red pepper, 1-1/2 c. cheese, water, garlic, garlic salt, and pepper.

Add noodles and mix well. Spoon into baking dish.

Top with remaining ½ c. cheese and french-fried onions.

Bake 30-40 minutes or until hot and bubbly.

BAKED RED SNAPPER

- 1 Tbsp. Olive oil (divided into 3 tsp.)
- 4 8oz red snapper fillets
- 1 medium onion, thinly sliced into rings
- 2 plum tomatoes, thinly sliced or chopped
- 1 green bell pepper, seeded and thinly sliced

Preheat oven to 375. Brush a 13x9 inch baking dish with 1 tsp of the oil. Arrange fish fillets in the dish. Brush with the remaining 2 tsp. of oil. Arrange onion, tomatoes, and green pepper over the fish. Cover dish with foil. Bake until fish flakes easily with a fork, about 20 minutes.

Makes 4 servings, 6 points per serving

This works for any fish. For fish like salmon, you won't need the oil. DH didn't know he liked fish until I started making it this way. You can also substitute spoonfuls of salsa for the vegetables. Gives it a new tangy taste.

SALMON PATTIES

2 Points 6 Servings
106 calories 0 g. fiber 3 g. fat

FROM: www.halfmysize.com

2 cans (7 oz. each) boneless, skinless pink salmon
2 egg whites
1 T. minced onion
¼ t. garlic powder
1/8 t. black pepper
10 FF saltine crackers, crushed
¼ c. water
2 t. baking powder

In a large mixing bowl, flake salmon. Add egg whites and mix thoroughly.

Add onions and spices; stir in cracker crumbs.

Mix baking powder thoroughly with water. Stir into salmon mixture, making sure all is very well combined.

Spray large skillet with Pam. Heat over medium heat.

Form 6 patties, using a ½ cup measure.

Place patties in heated skillet and spray tops of patties with Pam.

Cook about 4 minutes on each side or until patties are golden brown.

POTATO CRUST SALMON

4 Points 4 Servings

188 calories 0 fiber 7 g. fat

1 lb. salmon fillets, about $\frac{3}{4}$ " thick

1 egg white, slightly beaten

2 T. water

1/3 c. instant potato flakes

2 t. cornstarch

1 t. paprika

1 t. lemon pepper

1 T. olive oil or vegetable oil

Remove and discard skin from fish. Cut into 4 serving pieces.

Mix egg white and water with fork.

Combine potato flakes, cornstarch, paprika, and lemon pepper.

Dip just the top sides of fish into egg white mixture, then press into potato mixture.

Spray a large nonstick skillet with Pam. Heat oil in skillet over high heat.

Cook fish, potato side down, in oil 3 minutes. Carefully turn fish, using wide slotted spatula.

Reduce heat to medium. Cook about 3 minutes longer or until fish flakes easily with fork.

VEGETABLES and SIDE DISHES

BROCCOLI CASSEROLE

3 Points 6 Servings
156 calories 3 g. fiber 0 g. fat

1-1/2 c. FF shredded cheddar cheese, divided
2 pkg. (10 oz each) frozen chopped broccoli, thawed and drained
2 T. dry minced onions
1/3 c. egg substitute
1 container (16 oz) FF cottage cheese
2 T. flour
1/4 t. black pepper

Preheat oven to 350.

Combine 1 cup shredded cheese, onion, egg substitute, cottage cheese, flour, and pepper.

Stir in the drained broccoli.

Spray an 7"x11" baking dish with Pam.

Spread the broccoli mixture evenly in baking dish.

Bake uncovered for 45 minutes.

Sprinkle remaining 1/2 c. cheese on top and continue baking until cheese is melted and golden.

BROCCOLI CHEDDAR BAKE

2 Points 6 Servings
111 calories 2 g. fiber 1.5 g. fat

4 c. chopped fresh broccoli
½ c. onion, chopped
1-1/2 c. egg substitute
1 c. skim milk
1 c. RF shredded cheese
½ t. black pepper
5 oz. RF shredded cheddar cheese

Preheat oven to 350.

In a nonstick skillet, sauté broccoli and onion in a small amount of water until tender. Keep adding water as needed. Drain and set aside.

In a bowl, combine eggs, skim milk, and ¾ c. cheese; mix well. Stir in broccoli and onion. Add pepper.

Spray a 1-1/2 quart baking dish with Pam. Pour mixture into baking dish.

Set the dish into a larger pan filled with about 1" of water.

Bake uncovered for about 45 minutes, or until a knife inserted in center comes out clean.

Remove from oven and top with remaining cheese. Let stand 10 minutes before serving.

BROCCOLI, RICE, AND CHEESE CASSEROLE

3 Points 8 Servings
137 calories 6 g. fiber 4 g. fat

1 c. uncooked instant rice
½ c. onion, chopped
¼ c. skim milk
4 oz. light Velveeta
2 T. margarine, softened
2 pkg. (10 oz each) frozen chopped broccoli, thawed and drained
1 can FF cream of mushroom soup

Preheat oven to 350.

Spray a 2-quart casserole dish with Pam.

Combine all ingredients; spoon into dish.

Bake for 45 minutes.

CARAMEL APPLES AND CARROTS

3 Points 8 Servings

137 calories 1.5 g. fiber 1.5 g. fat

3 c. apples, peeled and sliced

1-1/2 c. baby carrots, peeled

1/2 c. water

1/8 t. salt

2 t. margarine

1/2 c. firmly packed brown sugar

1/2 t. cinnamon

1/3 c. dried tart cherries

Place apples, carrots, water, and salt in large saucepan.

Cover and cook over medium heat until mixture starts to boil.

Reduce heat and simmer 3 minutes; drain.

Add remaining ingredients, tossing gently to combine.

Cook over medium heat 3 minutes longer or until sugar is dissolved and apples are glazed.

GLAZED BABY CARROTS

3 Points 2 Servings

FROM: www.halfmysize.com

3/4 lb. baby carrots
1 1/2 T. unsalted butter
1/2 t. sugar
Salt and freshly ground black pepper

In a steamer set over boiling water, steam carrots, covered, until just tender, 6 to 8 minutes. (Carrots may be prepared up to this point 1 day in advance and kept covered and chilled.)

In a large heavy skillet cook carrots in butter with sugar and salt and pepper over moderately low heat, stirring, until heated through and glazed, about 4 minutes.

CAULIFLOWER MEDLEY

A zip-top plastic bag works great for marinating because once the air is squeezed out of the bag, the marinade coats the food and no stirring is required. You may use a large bowl instead, but remember to stir frequently so the food gets evenly marinated.

1 cups fresh cauliflower, broken into florets
1/2 cup fat-free Italian dressing
2 Tbsp. Sliced ripe olives
2 Tbsp. Capers
1/4 tsp. Cracked pepper
1 4oz jar diced pimiento, drained

Steam the cauliflower, covered, for 10 minutes or until crisp-tender. (Don't let it get mushy. I usually rinse the hot cauliflower in cold water to stop it cooking.) Place cauliflower, dressing olives, capers, pepper, and pimiento into a large zip-top plastic bag. Seal and shake gently to coat the cauliflower with the dressing mixture. Marinate in the refrigerator at least 8 hours. Serve cauliflower with a slotted spoon.

8 servings, 0 POINTS each

My thoughts: This is tangy and pretty and would be a great take-it dish for a picnic.

MOCK MASHED POTATOES

1 Point 3 Servings (1/3 cup)
64 calories 3 g. fiber 1 g. fat

FROM: www.aimeesadventures.com

1 lb. frozen cauliflower
2 T. FF cream cheese
2 T. FF mayo
3 T. FF margarine spread
Up to 4 T. skim milk
½ t. onion, minced
Salt and pepper to taste

Steam or microwave the cauliflower until very soft. Remove any excess water by placing it on 2 paper towels and covering with 2 more paper towels and pressing.

Place cauliflower in food processor with cream cheese, mayo, margarine, and onions.

Process until smooth, adding 1 T. milk at a time until you reach the desired consistency of mashed potatoes.

Add salt and pepper.

CHEESY FAUXTATOES

1 Point 4 Servings (1/2 cup)
52 calories 1 g. fiber 3 g. fat

1 bag (16 oz) frozen cauliflower
½ c. water
5 wedges Laughing Cow Light Cheese
¼ t. salt
½. T. pepper

Place cauliflower and water in a microwave safe dish.

Cover and microwave on high for 10 minute or until tender.

Drain well, removing any excess water by squeezing cauliflower between paper towels.

Place cauliflower, cheese, salt and pepper into food processor. Process until smooth.

CREAMED CORN

2 Points 4 Servings (1/2 Cup)

FROM: WW Recipe Review Board
Courtesy of MAMAWDEBBIE45

1 T. light butter
1/4 c. scallion(s), minced
2-1/2 c. frozen corn kernels, or fresh corn (no need to thaw frozen corn)
1 T. all-purpose flour
1 c. FF skim milk
1/8 t. salt
1/8 t. black pepper

Melt butter in a large skillet over medium heat. Add scallions and sauté until soft, about 3 minutes.

Add corn and sauté 1 minute to heat through (or slightly longer if using frozen corn).

Add flour and stir to coat corn and scallions. Add milk and bring to a simmer.

Reduce heat to low and cook, uncovered, until mixture thickens, about 8 to 10 minutes.

Season to taste with salt and pepper.

CORN CUSTARD WITH CHIVES

4 Points 5 Servings
203 calories 2 g. fiber 3 g. fat

¾ c. evaporated skim milk
2 T. freeze-dried chives
½ t. salt
1/8 t. pepper
1 bag (16 oz) frozen corn, thawed
1 can (15 oz) no-salt-added creamed corn
2 eggs
2 egg whites

Preheat oven to 325.

Spray an 8"x8" baking dish with Pam.

Combine all ingredients; stir well. Spoon into baking dish.

Place dish in a large shallow dish, and add hot water to larger dish to depth of 1".

Bake 1 hour and 15 minutes or until a knife inserted in center comes out clean.

Remove custard from water, and let stand 15 minutes before serving.

CREAM CORN PANCAKES

1 Point 8 Servings
64 calories 1 g. fiber 1 g. fat

FROM: www.aimeesadventures.com

1 can (16 oz) creamed corn
¼ c. flour
1 egg
1 t. baking powder
Sugar-free syrup, optional

In a bowl, combine corn, flour, egg, and baking powder.

Spray skillet or griddle with Pam.

Pour ¼ c. batter into skillet. Use the back of a spoon to spread the mixture out into a circle.

Fry until golden brown; turn and brown the other side.

If you like a crispier pancake, place the pancakes on a cookie sheet and bake in a 350-degree oven until crisped to your liking.

ROASTED GREEN BEANS

1 Points 4 Servings
50 calories 2 g. fat 4 g. fiber

1 lb. green beans
1 t. olive oil
2 t. sesame seeds
Salt and pepper to taste

Preheat oven to 450.

Toss beans with oil and layer evenly on a baking sheet.

Roast for about 12 minutes or until wrinkled and browned and tender.

Meanwhile, put sesame seeds in a small skillet and heat over high heat, stirring, until toasted.

Toss seeds with beans; season with salt and pepper.

HERB ROASTED GREEN BEANS

2 pounds fresh green beans, trimmed and blanched (plunge into boiling water for 1 minute)

1 tsp olive oil (or use olive oil flavored cooking spray for 0 points)

1/2 packet Good Seasons Dry Italian Dressing mix

2 Tbsp Parmesan cheese (fat free is 0 points)

Toss green beans with the rest of ingredients. Bake at 400 for 45 minutes or until tender.

0 or 1 point depending on cheese and oil.

BUTTER GARLIC BEANS

1 Point per serving

2 T. – ½ c. onion(s)

1-1/2 tsp minced garlic

2 T. reduced-calorie margarine

3 c. fresh green beans

1/2 – 1 cup fat-free, reduced-sodium chicken broth

1/8 t. salt

1/8 t. pepper

Saute onion and garlic in butter 2-3 minutes or until onion is crisp tender.

Add beans, broth, salt & pepper, and bring to a boil.

Reduce heat and simmer uncovered for 8-10 minutes or until beans are crisp tender.

GREEN BEAN CASSEROLE

1 Point 8 Servings (1/2 cup)
63 calories 3 g. fiber 0 g. fat

3 cans (14 oz each) cut green beans
1 can FF cream of mushroom soup
2/3 c. skim milk
1/8 t. pepper
1/3 c. dry minced onion

Preheat oven to 375.

Spray a 1.5-2 qt. casserole with Pam. Set aside.

In a medium bowl, stir green beans and soup together. Add milk and mix well.

Stir in 1/3 c. onions and pepper.

Pour mixture into casserole dish and cover.

Bake 45 minutes or until mixture is hot and bubbly.

PORTABELLO MUSHROOM "BURGERS"

4 large portabello mushroom caps
1/4 c. balsamic vinegar
2 T. olive oil
1 t. dried basil
1 t. dried oregano
1 T. minced garlic
Salt and pepper to taste
1/4 pound thinly sliced Provolone cheese
1-Point Buns

Cut stems off of mushrooms. Place smooth side up in shallow dish.

In a small bowl, whisk together vinegar, oil, basil, oregano, garlic, and salt and pepper. Pour over mushrooms. Let stand at room temperature for 15 minutes, turning twice.

Spray skillet with olive oil spritz or Pam.

Cook 5-8 minutes on each side, or until tender. Brush with marinade frequently.

Top with cheese if desired during the last 2 minutes of grilling.

Serve on bun with lettuce and tomato, if desired.

***ROASTED SUGAR SNAP PEAS WITH
GREEN ONIONS***

88 Calories/3 g. Fiber/3 g. Fat

2 pounds sugar snap peas, ends trimmed
1 tablespoon olive oil
Salt to taste
1 tablespoon finely chopped green onions

Preheat the oven to 450°F.

Spread the sugar snap peas out on a baking sheet. Brush pea pods with olive oil and sprinkle with salt and onions.

Roast the sugar snap peas on the top rack of the oven until they begin to get tender on the outside, about 5 minutes.

Remove from heat and serve immediately.

AWESOME ONION RINGS W/ DIPPING SAUCE

2 Points 3 Servings

2 large onions
1/3 c. dried breadcrumbs
1/4 c. egg substitute
2 T. flour
1/8 t. salt

Preheat oven to 400. Spray a baking sheet with Pam.

Peel onions, and slice into 1/2" thick slices. Separate into double rings.

Combine flour, salt, and pepper in a paper bag. Put breadcrumbs into another bag.

Pour egg substitute into a shallow bowl. Coat each double ring in flour, then egg, then breadcrumbs.

Place on baking sheet and spray tops with Pam. Bake about 10 minutes, turn, and bake 5 minutes longer.

DIPPING SAUCE (Blooming Onion Sauce)

1/4 c. FF mayo or Miracle Whip
1 t. catsup
1 t. horseradish
1/8 t. paprika
1/8 t. salt
Dash oregano
Dash black pepper
Dash cayene pepper

Whisk all ingredients together until well blended. Chill before serving.

BAKED TEXAS TOOTHPICKS

3 Points 6 Servings (3/4 cup)

FROM: www.aimeesadventures.com

8 jalapeno peppers, seeded with stems removed

2 medium onions, peeled

½ c. low-fat buttermilk

1 box Hot 'n Spicy Shake & Bake

Preheat oven to 400.

Cut the jalapenos and onions into long strips, julienne style.

Place a piece of foil, dull side up, onto 1 large or 2 small cookie sheets.

Place the onions and jalapenos into the buttermilk a little at a time.
Remove from buttermilk and toss with Shake & Bake.

Place on cookie sheet in a single layer. Continue until all onions and peppers have been coated.

Sprinkle any remaining Shake & Bake on top.

Spray the tops lightly with Pam.

Bake 25-30 minutes or until golden and vegetables are tender.

OVEN FRIES

2 Points 4 Servings
117 calories .5 g. fat 2 g. fiber

FROM: www.aimeesadventures.com

3 T. FF low-sodium chicken broth
1 t. paprika
1 t. onion powder
¼ t. black pepper
20 oz. baking potatoes, cut into ½" sticks

Preheat oven to 500.

Line a baking sheet with foil, dull side up; spray with Pam.

In a medium bowl, combine broth, paprika, onion powder, and pepper.
Add potato sticks; turn to coat thoroughly.

Arrange potatoes in a single layer on prepared baking sheet; spray the tops with Pam.

Bake 10 minutes; turn carefully.

Continue baking, turning the fries every 10 minutes, until tender and crispy.

***Average baking time is 20-30 minutes, or a little longer depending how crunchy you like your fries.

ROASTED POTATOES WITH GARLIC

1 Point 8 Servings
64 calories 1 g. fiber .5 g. fat

1 lb. tiny red potatoes, halved
1 head garlic, cloves separated but not peeled
2 T. olive oil
½ t. salt
¼ t. pepper

Preheat oven to 350.

Arrange potatoes and garlic cloves in a 9"x13" baking dish.

Drizzle with oil and sprinkle with salt and pepper.

Bake 30-40 minutes until potatoes are tender and garlic is soft.

Squeeze the roasted garlic from the peels onto the potatoes. Mix well before serving.

ROASTED RED POTATOES

3 Points 4 Servings

FROM: WW Recipe Review Board
Courtesy of MAMAWDEBBIE45

6 c. baby red potatoes
1/2 pkt. Good Seasons Italian dressing mix

Preheat oven to 450.

Wash potatoes. Cut into chunks, leaving skin on.

Put potatoes in Ziploc baggie. Add salad dressing mix. Shake until evenly coated.

Spray a baking sheet with Pam. Place potatoes in single layer baking sheet.

Spray potatoes lightly with Pam. Bake 35-45 minutes, or until golden brown.

'MICRO' TATER CHIPS

**Points depend on size of potatoes

2 large potatoes, freshly scrubbed
Wax paper
Desired seasoning

Thinly slice potatoes, using a mandolin or vegetable peeler.

Spray a sheet of wax paper lightly with Pam.

Lay potatoes in single layer on top of wax paper.

Season with desired seasonings; place in microwave.

Microwave on high 5-7 minutes, until chips start to brown.

Remove from microwave and cool for a few seconds.

SEASONINGS FOR "MICRO" POTATO CHIPS

FROM: WW Recipe Review Board
Courtesy of KIMMDARLINN

ONION DILL SALT

- 1/4 cup coarse salt
- 2 teaspoons dried onion flakes
- 2 teaspoons dried dillweed
- 1/4 teaspoon garlic powder

HERBED SALT

- 1/4 cup coarse salt
- 1 teaspoon dried basil leaves
- 1/2 teaspoon dried tarragon
- 1/2 teaspoon dried chives
- 1/4 teaspoon oregano leaves

ITALIAN POPCORN SEASONING

- 2 tablespoons grated parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon Italian herb seasoning
- 1 teaspoon paprika
- 1/2 teaspoon salt
- dash Pepper

SOUTHWEST POPCORN

- 1 teaspoon chili powder
- 1/4 teaspoon crushed oregano
- 1/4 teaspoon cumin
- dash cayenne pepper

Process all ingredients for each recipe in a blender at high speed until mixture is very fine in texture, 30 to 45 seconds.

Store in shaker and shake on hot potato chips.

PARMESAN SAGE POTATO WEDGES

2 Points 2 Servings
82 calories 1 g. fiber 3 g. fat

1 large (6 oz) potato, well scrubbed
2 c. cold water
1 t. oil
1 T. grated Parmesan cheese
1/8 t. each salt and sage
Dash pepper

Cut potatoes into 1/4" wedges.

Bring water and potatoes to a boil, cook until crisp-tender, about 4-5 minutes.

Rinse with cold water until cool. Pat dry.

Heat oil in a nonstick skillet.

Saute potatoes until lightly browned.

Sprinkle with cheese and seasonings.

CHEESY POTATO RANCH BAKE

2 Points 4 Servings

118 calories 2 g. fiber 1 g. fat

1 lb. baking potatoes

¼ c. FF ranch dressing

¼ c. RF shredded cheddar cheese

Preheat oven to 350.

Scrub potatoes and slice into ¼" thick slices.

Toss with ranch dressing until well coated.

Spray small baking dish with Pam.

Place potatoes in dish; sprinkle with cheese.

Bake about 55 minutes, or until potatoes are tender.

TWICE BAKED POTATOES

4 Points 2 Servings

212 calories 3 g. fiber 4 g. fat

1 large baking potato (about 12 oz.), well scrubbed

1 slice 2% cheddar cheese

2 T. FF sour cream

1 T. Butter Buds or Molly McButter

½ t. buttermilk ranch mix, dry

1 T. real bacon bits

Preheat oven to 425.

Bake potato 40-50 minutes or until tender when pierced with a fork.

Cut the potato lengthwise and scoop the centers out, leaving a ½" shell.

Place ½ slice of cheese into bottom of each shell.

Mix potato centers with sour cream, butter buds, and ranch mix.

Split the mixture in half, and spoon back into each potato half.

Sprinkle each with ½ T. bacon bits.

Place potatoes back in oven until heated through and bacon bits are crisp.

CROCKPOT CORN, HAM, and SCALLOP POTATOES

6 cups baking potatoes, peeled and cut into 1" cubes
1 1/2 cups cooked ham, cubed
1 15oz can whole kernel corn, drained
1/4 cup green bell pepper, chopped
2 tsp. instant minced onion
1 10oz can condensed cheddar cheese soup
1/2 cup skim milk
2 Tbsp. flour

Combine potatoes, ham, corn, pepper, and onion in a Crockpot. In a small bowl, mix the cheese soup, milk, and flour. Beat with a whisk until smooth. Pour soup mixture over the potato mixture in the Crockpot. Stir gently to mix. Cover and cook on Low for 7-9 hours or until potatoes are tender.

6 servings, 6 POINTS each

Notes: The 1-inch chunks of potato work well because they don't get too soft during the long cooking time. Leftover cooked roast beef or turkey can be used in place of the ham.

AU GRATIN POTATOES

1 Tbsp butter or margarine
1 medium onion, thinly sliced
1 Tbsp flour
2 cups fat-free milk
2 lbs potatoes, thinly sliced
1 cup low-fat shredded cheddar cheese
1 tsp salt
1/4 tsp pepper

Heat oven to 375. Coat a 2 quart baking dish with cooking spray. Melt butter in a large pan over medium heat. Add onion and cook, stirring occasionally, until onion begins to brown (about 5 minutes). Stir in flour. Add milk slowly, stirring. Add potatoes, stir to mix. Bring to a boil. Stir in 3/4 cup of the cheese, salt and pepper. Pour mixture into the baking dish and spread out. Bake for 1 hour uncovered. Cover and bake until potatoes are fork tender, about 20 minutes more. Change oven temperature to broil. Sprinkle remaining cheese over potatoes and broil 6 inches from the heating element until the cheese is golden brown (about 1 - 2 minutes). Allow to cool for 5 minutes before serving.

8 servings, 3 POINTS each

AU GRATIN SHREDDED POTATOES

3 Points 8 Servings (2/3 cup)
149 calories 1 g. fiber 0 g. fat

FROM: www.aimeesadventures.com

1 pkg. (20 oz.) Simply Potatoes Shredded Hash Browns
2 c. FF shredded cheddar cheese
1 c. onion, chopped
1 t. salt
½ t. pepper
1-1/2 c. FF sour cream
1 can FF cream of chicken soup

Preheat oven to 350.

Spray a nonstick skillet with Pam.

Saute onions until tender.

In a large bowl, combine the soup and sour cream; add salt, pepper, cheese and onion. Mix well.

Gently stir in the potatoes until mixed throughout.

Spray a 7"x11" glass baking dish with Pam.

Pour the potato mixture evenly into prepared dish.

Bake uncovered 45-50 minutes or until hot and bubbly.

Let stand 5 minutes before serving.

TWO CHEESE AU GRATIN POTATOES

5 Points 6 Servings

1-1/2 lbs. potatoes, cut into 1/4" slices
1 garlic clove
1/2 t. salt
1/8 t. red pepper
1/4 c. Parmesan cheese
1/4 c. flour
2 c. skim milk
5 oz. FF shredded cheddar cheese

Preheat oven to 350.

Place potato slices and garlic clove in saucepan and cover with water; bring to a boil and cook 8 minutes or until just tender. Drain and discard garlic.

Place flour, salt, and red pepper in a large saucepan.

Gradually whisk in milk until well blended. Cook over medium heat until thick and remove from heat; stir in cheese.

Spray a baking dish with Pam. Arrange half of potatoes in baking dish. Pour half of sauce over potatoes.

Repeat with remaining potatoes and sauce. Sprinkle with Parmesan cheese.

Bake 25 minutes or until bubbly.

HASHBROWN CASSEROLE

- 1 small onion
- 1 cup reduced fat Cheddar cheese
- 2 Tbsp. margarine
- 1/2 tsp. pepper
- 1 32oz package of southern-style hash browns, thawed
- 1 6 oz container fat-free sour cream
- 1 10oz can of reduced fat Cream of Mushroom soup

Spray a baking dish with cooking spray. Combine all ingredients and place in baking dish. Bake at 350 degrees for 1 hour.

Serving size: 1 cup = 3 POINTS

CHEESY POTATO AND ONION BAKE

3 Points 6 Servings
170 calories 2 g. fiber 4 g. fat

FROM: www.aimeesadventures.com

1-1/2 lbs. potatoes, scrubbed, unpeeled, thinly sliced.
1 small onion, thinly sliced
Garlic salt, pepper, and parsley to taste
8 slices 2% American cheese
½ c. FF Half & Half

Preheat oven to 350.

Spray an 8"x8" baking dish with Pam.

Layer potatoes and onions in dish; sprinkle each layer with garlic salt, pepper, and parsley. Cover and microwave 5 minutes.

In a small pan, heat the half & half; add cheese. Stir until cheese is melted.

Pour cheese sauce over potatoes and bake, uncovered, 30 minutes or until potatoes are tender.

***If top is getting too brown toward the end of baking time, cover lightly with foil.

CHEESY SCALLOPED POTATOES

2 Points 8 Servings
104 calories 1 g. fiber 3 g. fat

1-1/2 c. skim milk
2 T. flour
½ t. salt or seasoned salt
1/8 t. each garlic powder and pepper
½ c. onion, chopped
4 medium potatoes, peeled, thinly sliced
½ c. FF shredded cheddar cheese

Preheat oven to 350.

In a small saucepan, stir together milk, flour, salt, pepper, and garlic powder. Cook and stir over medium heat until thickened and bubbly. Stir in onion.

Spray a 1-1/2-quart casserole dish with Pam.

Place half of the potatoes in the dish; top with half of the sauce.

Repeat layers with remaining potatoes and sauce.

Bake, covered, about 65 minutes or until potatoes are tender, stirring once.

Remove from oven; sprinkle with cheese.

Cover and let stand 1-2 minutes until cheese is melted.

SLOW COOKER CREAMY RANCH RED POTATOES

4 Points 6 Servings

FROM: www.aimeesadventures.com

2-1/2 lbs. uncooked red potatoes
1 can condensed cheddar cheese soup
1 can (15 oz) low-salt green beans
8 oz. FF cream cheese
1 pkt. FF Ranch dip mix

Mix cream cheese with cheese soup, liquid from beans, and ranch mix in a food processor or blender until smooth.

Clean and quarter potatoes; place in slow cooker.

Place green beans on top of potatoes; pour cheese sauce over all.

Cook on low 5-6 hours.

***Chicken, beef or pork can be added to make this a complete meal.

LIGHT MASHED POTATOES

2 Points 6 Servings
128 calories 2 g. fiber 0 g. fat

2 cans (14 oz each) FF chicken broth
5 large potatoes, peeled and sliced
Salt and pepper to taste
Butter spray to taste

Place broth and potatoes in saucepan. Heat to a boil.

Cover and cook over medium heat 10 minutes or until potatoes are tender. Drain; reserve broth.

Mash potatoes with 1-1/4 c. reserved broth. Add salt, pepper, and butter spray. Add additional broth, if necessary, to reach desired consistency.

EASY GARLIC MASHED POTATOES

3 Points 4 Servings (2/3 cup)
136 calories 2 g. fiber 3 g. fat

FROM: www.aimeesadventures.com

1 bag (11 oz) frozen mashed potatoes, about 2-2/3 cups
1-1/3 c. skim milk
¼ t. each salt, pepper, and garlic powder
Butter spray to taste

Combine all ingredients in a microwave-safe dish.

Cover and cook on high for 4 minutes.

Stir and continue cooking another 4 minutes. Add more butter spray if desired.

Let stand 1-2 minutes, stir and serve.

GARLIC MASHED POTATOES

3 Points 4 Servings

2 lbs. baking potatoes, peeled and cubed
4 large garlic cloves, peeled and halved
¼ c. FF sour cream
2 T. skim milk
1 T. reduced-calorie margarine
½ t. salt
1/8 t. pepper

Place potatoes and garlic in large saucepan; add water to cover.

Bring to a boil; cover, reduce heat, and simmer 20 minutes or until potatoes are tender.

Drain and return potatoes and garlic to pan; beat with electric mixer or hand masher until smooth.

Add sour cream, milk, butter, salt and pepper; beat until creamy and well blended.

DOUBLE CHEESE MASHED POTATOES

2 Points 4 Servings (1/2 Cup)
118 Calories 2 g. Fiber 3 g. Fat

3 large potatoes (Idaho or russet)
2/3 c. FF chicken broth
Salt and pepper to taste
2 T. Vidalia onion, finely diced
1/4 c. RF or FF shredded Cheddar cheese
1/8 c. freshly grated Parmesan cheese

Peel potatoes; cut into chunks. Place potatoes in a Dutch oven filled with cold water. Bring to a boil. Cover and simmer 30 minutes, or until potatoes are tender. Drain.

Bring the chicken broth to a boil, and turn down to a simmer.

Mash the potatoes with a potato masher or fork. Slowly add the chicken broth until the desired consistency is reached.

Fold in the onion and cheese.

Adjust the salt and pepper to taste.

SUMMER SQUASH CASSEROLE

2 lbs squash (yellow or zucchini), sliced
2/3 cup chopped onions
1/3 cup chopped green pepper
2/3 cup reduced-fat cheddar cheese, shredded
1/2 cup egg substitute (or 6 egg whites)
1 4oz jar diced pimientos, drained
1/4 tsp salt
1/4 tsp pepper
3 Tbsp bread crumbs

Preheat oven to 350. Steam veggies covered for 10 minutes (or I'll bet you could nuke them in the microwave on High for 5 minutes). Combine veggies, cheese and next 4 ingredients. Spray a 2 quart casserole with cooking spray. Spoon veggies into the casserole. Sprinkle with bread crumbs. Bake for 25 minutes.

4 servings (1 cup), 2 POINTS each

SQUASH CASSEROLE

2 Points 8 Servings
96 calories 3 g. fiber 2 g. fat

2 lbs. yellow summer squash, sliced
 $\frac{3}{4}$ c. onions, chopped
1 T. light margarine
2 T. flour
1 c. skim milk
 $\frac{3}{4}$ c. RF shredded cheese
 $\frac{1}{2}$ t. salt
 $\frac{1}{4}$ t. pepper
 $\frac{1}{2}$ c. breadcrumbs, toasted

Cook squash and onion in a small amount of boiling water, 10-12 minutes or until vegetables are tender. Drain; set aside.

Melt margarine in a medium heavy saucepan over medium heat. Add flour, cook 1 minute, stirring constantly.

Gradually add milk; cook, stirring constantly, until mixture is thickened and bubbly.

Remove from heat; add cheese, salt, and pepper, stirring until cheese melts. Add squash mixture; stir well.

Spray a shallow 1-1/2 quart casserole dish with Pam.

Spoon squash mixture into dish. Sprinkle with breadcrumbs.

Bake 20-25 minutes or until thoroughly heated through.

OVEN ROASTED CARROTS AND SWEET POTATOES

2 Points 4 Servings
157 calories 6 g. fiber 3 g. fat

1 lb. carrots, cut into 1" cubes
1 lb. sweet potatoes, peeled and cut into 1" chunks
3 T. FF chicken broth
1 T. butter
1 t. ground mace, optional
Salt and black pepper to taste

Preheat oven to 450.

Spray a shallow roasting pan with Pam.

Place carrots and potatoes in pan.

Combine remaining ingredients and pour over vegetables; toss to coat.

Roast 25 minutes, turning twice, or until tender.

OVEN ROASTED SWEET POTATOES AND ONIONS

3 Points 4 Servings
188 calories 5 g. fiber 4 g. fat

4 medium sweet potatoes
2 medium sweet onions
1 T. olive oil
½ t. garlic pepper
¼ t. salt

Preheat oven to 425.

Peel sweet potatoes, and cut each into 5 wedges.

Cut onions into 1" pieces.

Spray a large cookie sheet with olive-oil flavored Pam.

Toss all ingredients together on cookie sheet.

Bake 20 minutes or until tender, stirring occasionally.

SAVORY SWEET POTATOES

2 Points 6 Servings

174 calories 5 g. fiber 0 g. fat

5 sweet potatoes, about 3 lbs.

½ c. FF vegetable broth

5 drops hot pepper sauce

½ t. pepper

1 t. dried sage or thyme

Preheat oven to 375.

Peel and cut sweet potatoes into 1" chunks.

Place in a 2-qt. baking dish; stir in remaining ingredients.

Cover with foil and bake 20 minutes; stir.

Re-cover and bake 20-25 minutes longer or until tender.

OVEN FRIED SWEET POTATOES

2 Points 4 Servings

4 medium sweet potatoes, cut into wedges
1 T. vegetable oil
¼ t. pepper
½ t. paprika
1/8 t. salt

Place potatoes in bowl of water and let stand for 15 minutes.

Preheat oven to 425.

Spray a nonstick cookie sheet with Pam; set aside.

Drain potatoes in colander; spread on paper towels and pat dry.

Put potatoes in large bowl. Sprinkle with remaining ingredients and toss gently.

Arrange on prepared baking sheet.

Bake 20 minutes; turn, and bake 20 minutes longer or until golden brown, turning sheet halfway through each cycle to brown evenly.

ZESTY SWEET POTATO STICKS

2 Points 4 Servings

101 calories 3 g. fiber 2 g. fat

2 large sweet potatoes, cut lengthwise into ½" sticks

1 t. chili powder

½ c. grated parmesan cheese

¼ t. pepper

Salt to taste

Preheat oven to 450.

Spray a baking sheet and a large bowl with Pam.

Place sweet potato sticks in bowl. Add chili powder, Parmesan cheese, and pepper. Toss to coat well.

Arrange potato sticks on baking sheet in single layer.

Bake 20 minutes, turn and bake 10 minutes longer or until golden brown.

Season with salt to taste.

SWEET POTATO FRIES

3 Points 1 Serving

181 calories 4 g. fiber 5 g. fat

1 (6 oz) sweet potato

1 t. olive oil

1 t. brown sugar

¼ t. cinnamon

Sugar-free maple syrup, optional

Preheat oven to 425.

Place a piece of foil, dull side up, on a baking sheet. Set aside.

Cut the sweet potato in half, then slice into French fry size strips.

In a mixing bowl, combine oil, sugar, and cinnamon. Add the sweet potato and toss to coat evenly.

Place the fries evenly onto the cookie sheet.

Bake 15-20 minutes or until tender.

Dip in sugar-free syrup, if desired, for additional points.

SWEET POTATO CASSEROLE

3 cups mashed sweet potatoes (I bake them, cool them and mash them)
4 egg whites
1 cup Splenda
1/2 cup canned pumpkin (not the pumpkin pie mix)
1 tsp vanilla
1/2 cup fat-free milk

Topping:

1/4 cup brown sugar
1/4 cup chopped pecans

Preheat oven to 350. Mix sweet potatoes, egg whites, Splenda, pumpkin, vanilla and milk together until smooth. Spray a casserole dish with cooking spray. Pour sweet potato mixture into the dish. Combine the brown sugar and pecans and sprinkle on the top of the sweet potato mixture. Bake for 30 minutes.

22 points for the entire recipe

ROASTED VEGETABLES

1 Point 4 Servings
44 calories 3 g. fiber 1 g. fat

½ lb. zucchini
½ lb. yellow squash
1 large red bell pepper
½ large onion
1 t. olive oil
1 t. Butter Buds or Molly McButter
Garlic salt and pepper to taste

Preheat oven to 400.

Cut all vegetables into sticks, about french fry size.

Toss with remaining ingredients.

Spray a baking sheet with Pam.

Spread vegetables in single layer on baking sheet.

Bake 10-15 minutes or until tender.

OVEN ROASTED VEGGIES WITH ITALIAN DRESSING

1 Point 6 Servings
80 calories 2 g. fiber 0 g. fat

2 medium baking potatoes, unpeeled, cut into 1" cubes
1 medium sweet potato, unpeeled, cut into 1" chunks
2 medium onions, cut crosswise in half, then into wedges
1 medium red bell pepper, cut into 1" chunks
1/3 FF Italian dressing
1/4 t. black pepper

Move oven rack to position slightly above middle of oven.

Preheat oven to 500.

Generously spray 9"x13" baking dish with Pam.

Place potatoes, sweet potatoes, onions, and bell pepper in baking dish.

Mix dressing and pepper; pour over vegetables.

Cover and bake 10 minutes.

GARDEN SAUTE

1 Point

2 t. olive oil
1 yellow squash, thinly sliced
1 zucchini, thinly sliced
1 green bell pepper, sliced
1 red bell pepper, sliced
1 c. cherry tomatoes, quartered
Seasonings of your choice

Heat oil in a large skillet.

Saute vegetables until tender.

Season with salt, garlic pepper, seasoned salt, lemon pepper, dill, etc.

BAKED ZUCCHINI CHIPS

1 Point 8 Servings
55 calories 1 g. fiber 1 g. fat

FROM: www.aimeesadventures.com

2 medium zucchini (about 1 pound), cut into ¼" slices
¼ c. egg substitute
2 T. water
½ c. dry Italian breadcrumbs
2 T. RF grated parmesan cheese
1/8 t. pepper

Preheat oven to 475.

Mix egg substitute with water in small bowl; set aside.

Combine breadcrumbs, parmesan cheese, and pepper in a small bowl; set aside.

Spray a baking sheet with Pam.

Dip zucchini into egg mixture, then dredge through breadcrumb mixture.

Place zucchini on baking sheet in single layer.

Bake 5-10 minutes; turn and bake 5-10 minutes longer till both sides are brown and crispy.

BAKED ZUCCHINI STICKS

Slice a zucchini into sticks and dip them into a beaten egg white with salt, pepper and some chili powder. Put 3 Tbsp. Italian bread crumbs into a baggie. Throw the zucchini sticks, a few at a time, into the baggie and shake until covered. Spray some Pam onto a cookie sheet and place the zucchini in a single layer and spray Pam on top. Bake at 400 for about 20 minutes, then broil for a few minutes to get them crunchy. Sprinkle with parmesan cheese.

Count as 2 points - 1 zucchini = 0, 1 egg white = 0, 3 Tbsp. bread crumbs = 1,
1 Tbsp. parmesan cheese = 1.

CRISPY ZUCCHINI POTATO PANCAKES

2 Points 8 Servings

FROM: WW Recipe Review Board
Courtesy of tbrowning

8 t. FF sour cream
1/8 t. black pepper
3/4 t. table salt
1 t. olive oil
3 T. scallion
1-1/2 lbs. potatoes
2 c. zucchini
2 T. uncooked cornmeal
1 egg
1/2 t. dried tarragon

Toss the shredded potatoes, shredded zucchini, and salt in a medium bowl. Let stand 10 minutes. Squeeze out the liquids and discard. Stir in the egg, sliced scallions, cornmeal, tarragon and pepper.

Heat 1/4 teaspoon of the oil in a large non-stick skillet over medium heat. Drop half of the potato mixture, 2 tablespoons at a time, into mounds and flatten with a spatula.

Cook until lightly browned, about 12 minutes, turning and adding another 1/4 teaspoon after 6 minutes.

Repeat with the remaining oil and potato mixture to make a total of 8 pancakes. Top each pancake with 1 teaspoon of sour cream.

NOODLES AND CHEESE

3 Points 6 Servings

1 c. FF cottage cheese
1 c. FF sour cream
½ onion, grated
1 t. Worcestershire sauce
½ t. garlic salt
1 pkg. (6 oz.) very fine egg noodles, cooked
1 c. RF Parmesan cheese

Preheat oven to 350. Spray casserole dish with Pam.

Combine cottage cheese, sour cream, onion, Worcestershire sauce, and garlic salt. Add noodles; mix well.

Spoon noodle mixture into casserole dish. Sprinkle with Parmesan cheese.

Bake 45 minutes or until bubbly.

HOMEMADE MACARONI & CHEESE

5 Points 8 Servings (3/4 cup)

2 c. elbow macaroni (regular or whole wheat)
2 T. RF butter or margarine
1 T. flour
2 c. skim milk
8 oz. RF shredded mild or sharp cheddar cheese
½ small onion, finely chopped
1 t. salt
1/3 c. breadcrumbs

Preheat oven to 400. Cook macaroni; drain, and set aside.

Melt butter or margarine in saucepan. Add onion and flour; stir. Add milk and salt.

Heat on medium high, stirring constantly. When mixture is at a rolling boil, add ¾ of the cheese. Add a little at a time so it melts gradually. Be sure to keep mixture at a rolling boil while adding cheese.

Place macaroni in 2-quart casserole dish. Pour cheese sauce over mixture; stir.

Top with remaining cheese and breadcrumbs.

Bake uncovered 35-40 minutes.

CREAMY MAC & CHEESE

5 Points 10 Servings (1 cup)

1 box (16 oz) whole wheat macaroni
2 T. FF margarine
 $\frac{3}{4}$ c. onion, chopped
2 T. flour
2 cans (14 oz each) FF chicken broth
1 can cheddar cheese soup, undiluted
8 oz. Velveeta Light, cubed
1 t. dry mustard powder
1 t. pepper
Salt to taste (optional)

Preheat oven to 350. Cook macaroni according to package directions. Drain, but do not rinse; set aside.

In a medium pot, combine margarine and onions. Cook over medium low heat until onions are tender.

Whisk in flour, then whisk in chicken broth, soup, Velveeta, mustard powder, and pepper. Cook until Velveeta has melted and mixture is creamy.

Spray a 9x13" baking dish with Pam.

Combine cooked macaroni with cheese sauce; pour into prepared baking dish.

Bake 35-40 minutes or until thick and bubbly, stirring halfway through baking time. Let stand 5 minutes before serving.

EASY MAC AND CHEESE

1 can lower-fat cheddar cheese soup
1/2 can low-fat milk
1/2 can water
1 cup uncooked macaroni

Mix soup, milk and water in a pan. Heat until boiling. Stir in pasta and cook over low heat until done (about 15 minutes). STIR OFTEN!!! Otherwise it will stick.

4 servings, 4 POINTS each

MACARONI & CHEESE

5 Points 6 Servings

1 box (8 oz) macaroni, dry
1 T. flour
1 c. skim milk
4 oz. RF shredded cheddar cheese
2 t. Dijon mustard
¼ t. black pepper
1-1/2 c. FF cottage cheese
3 T. each dry breadcrumbs and Parmesan cheese
1 t. vegetable oil

Preheat oven to 375. Spray a 2-quart baking dish with Pam; set aside.

In a large pot, cook macaroni according to package directions just till tender. Drain and rinse with cold water; set aside.

Meanwhile, in small bowl, whisk together flour and 2 T. milk.

In large saucepan heat remaining milk until steaming. Gradually whisk a little hot water into bowl with milk flour mixture, then whisk this mixture back into pan with hot milk.

Stir over medium heat about 1 minute, or until mixture comes to a boil and thickens. Remove from heat.

Stir in cheddar cheese, mustard, and pepper; set aside.

In a food processor or blender, puree cottage cheese until very smooth. Stir into sauce.

Stir in the macaroni; spoon mixture into prepared baking dish.

In a small bowl, stir together bread crumbs and oil until well mixed. Stir in Parmesan cheese. Sprinkle over top of macaroni.

Bake 40-45 minutes or until browned and bubbly.

SWEET TREATS

CHOCOLATE CHIP COOKIES

1-1/4 cups all-purpose flour
1-1/2 teaspoons baking powder
3/4 teaspoon salt
1/2 cup applesauce
1 cup packed brown sugar
1/4 cup butter, softened
1 tablespoon vanilla extract
1 large egg
1 cup semisweet chocolate chips

Preheat oven to 375 degrees. Lightly spoon flour into dry measuring cups; level with a knife.

Combine flour, baking powder, and salt in a small bowl. Spoon applesauce into a fine sieve over a bowl and let drain for 15 minutes. Discard liquid. Scrape drained applesauce into a large bowl. Add sugar and butter and beat with a mixer at medium speed until light and fluffy (about 2 minutes). Beat in vanilla and egg. Add flour mixture, beating at low speed until well-blended. Fold in chips. Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake at 375 degrees for 10 minutes or until almost set. Cool on pan 2 to 3 minutes or until firm. Remove cookies from pan; cool on wire racks.

3 dozen cookies, Serving size: 1 cookie

Hmm, I seem to have lost the points for this recipe. I think they are 1 POINT each. If somebody knows, please post to the Recipe Review board. Thanks!

In search of true Southern pimiento cheese spread....

BANANA OATMEAL COOKIES

1 1/2 cups flour
24 packets Sweet 'n Low sugar substitute
1/2 tsp. baking soda
1 tsp. salt
3/4 cup plain low-fat yogurt (or you can use unsweetened applesauce)
1 egg
1 cup ripe bananas, mashed
1 3/4 cup uncooked Quaker Quick rolled oats

Combine flour, sweetener, baking soda, and salt in a large bowl. Stir in yogurt or applesauce with a fork until the mixture looks like fine crumbs. Beat the egg. Stir the egg and the rest of the ingredients into the flour mixture. Beat well. Drop by teaspoonfuls onto a greased cookie sheet. Bake at 400 degrees for about 12 minutes or until brown.

1 cookie = 1 point

I don't know how many cookies this recipe is supposed to make, but for portion control, I would use a teaspoon measure to scoop out the dough for each cookie.

BANANA CHOCOLATE CHIP BREAD

3 Points 12 Servings
150 Calories 2 g. Fiber 2 g. Fat

From: www.halfmysize.com
FROM: WW Recipe Review Board
Courtesy of pmallow

3 medium bananas
1/4 c. sugar
1/2 c. FF cherry vanilla yogurt
1 t. salt
2 c. all-purpose flour
1 t. baking soda
1/3 c. semi-sweet chocolate chips
2 egg whites

Preheat oven to 350 degrees. Spray loaf pan or bundt pan with Pam.

In a large mixing bowl, combine dry ingredients. In another bowl, mix wet ingredients together.

Add to dry ingredients to wet ingredients, stirring to incorporate well.

Mash bananas and add to mix. Fold in chocolate chips.

Bake for 50 minutes or until toothpick comes out clean.

PUMPKIN BREAD

1 cup applesauce
2 cups pumpkin (1 large can)
3 cups sugar
1 1/4 cup Egg Beaters
1/4 cup water
3 1/3 cup flour
1 1/2 tsp salt
1/2 tsp each: nutmeg, ground cloves, cinnamon
1 tsp baking powder
1 1/2 tsp baking soda

Mix applesauce, pumpkin, sugar and eggs. Add the rest of the ingredients. Spray cooking spray in the bottom of three 8" loaf pans. Divide dough between pans. Bake at 350 for 1 hour or until done.

This recipe makes three small loaves, 36 servings total. 2 POINTS per serving.

This was my first "recipe renovation," substituting the applesauce and Egg Beaters in an old fatty recipe. DH actually likes this version better! Thanks to Maryzotz for figuring the points for me.

I found this recipe in the Community Recipe Swap and it's now one of my favorites. Thanks, JACKIAH!

STRAWBERRY BREAD

3 cups flour (all purpose or whole wheat)
1 tsp baking soda
1 tsp salt
1 Tbsp. cinnamon
1/2 cup sugar or Splenda (may need to add more)
2 tsp vanilla
4 eggs or 1/2 cup Egg Beaters
2 cups strawberries, chopped (if using frozen, thaw)
1 1/2 cups unsweetened applesauce
1 1/4 cups chopped pecans (optional)

Mix together the dry ingredients. Combine the eggs, strawberries, and applesauce and add to the dry ingredients. Stir in pecans. Pour into 2 9inch loaf pans. Bake at 325 for about 1 hours.

Approximately 15 points for each loaf, so about 2 points a slice

Because there are so many variations possible in this recipe, it would be wise to recalculate the points based on the ingredients you choose. You can certainly lower the point count by not using the pecans.

BETTER THAN SEX CAKE

3 Points 24 Servings

1 box Devil's Food Cake Mix
10 oz. Diet Coke
1 egg white
6 oz. FF Caramel ice cream topping
7 oz. RF or FF condensed milk
1 c. Heath Bar bits (found by the choc. chips)
1 container FF Cool Whip

Preheat oven to temperature stated on cake mix box. Grease a 9" x 13" baking dish.

In a large bowl, combine cake mix, egg white and diet soda.

Bake as directed on box. (Diet soda cake takes less time to bake than regular cake, so check after 20 minutes for doneness).

During the last few minutes of baking, place caramel and condensed milk in a saucepan. Heat over medium heat, stirring until smooth.

Take cake out of oven, and poke holes all over the top. Pour caramel mixture over warm cake, filling in the holes.

Sprinkle Heath bits over the top, reserving some for the top. Cool completely.

Cover with Cool Whip and sprinkle with remaining heath bits.

Keep cool in fridge until ready to serve.

TRIPLE CHOCOLATE BUNDT CAKE

Bundt Cake 3 Points 16 Servings
Cupcakes 2 Points 24 Servings

1 box Devil's Food cake mix
1 small box sugar-free instant chocolate pudding
1 small box sugar-free instant white chocolate pudding
1 c. egg substitute
1-1/2 c. water
½ c. chocolate chips
1 c. applesauce
FF Cool Whip

Preheat oven to 350.

Spray bundt pan or muffin tins with Pam.

Mix all ingredients except for Cool Whip.

Pour into prepared pans.

Bake 45-50 minutes for bundt cake.
Bake 20 minutes for cupcakes.

Top with Cool Whip.

TRIPLE FUDGE CAKE

3 Points 20 Servings

4 Points 16 Servings

1 pkg. pudding-type chocolate cake mix, dry

½ c. semi-sweet chocolate chips

2 c. SF FF cook and serve chocolate pudding, prepared with 2% milk (not instant pudding)

2 c. FF Cool Whip

Preheat oven to 350. Grease and flour 13"x9" baking dish.

In a large saucepan or microwave, cook chocolate pudding as directed on package.

Blend dry cake mix thoroughly into hot pudding by hand or with electric mixer, 1-2 minutes.

Pour into prepared baking dish. Sprinkle with chocolate chips.

Bake 30-35 minutes. Top with Cool Whip.

***Cake may be served warm or cold.

UPSIDE-DOWN GERMAN CHOCOLATE CAKE

2 Tbsp light butter
3/4 cup water
2/3 cup brown sugar
3/4 cup packaged shredded coconut
1/2 cup chopped pecans
5 large egg whites
1 cup buttermilk
1/2 cup fat-free sour cream
1/3 cup unsweetened applesauce
Betty Crocker German Chocolate Cake Mix (2.5 grams of fat per serving)

Preheat oven to 350. Coat a 13x9 baking pan with cooking spray. In a small saucepan over low heat, melt the butter with the water. Stir in the brown sugar until smooth. Pour evenly into the baking pan. Sprinkle the coconut and pecan evenly over the melted sugar mixture.

In a large bowl use an electric mixer set on high to beat the egg whites for 30 seconds. Beat in the buttermilk, sour cream and applesauce. Add the cake mix and beat on low speed until moistened (about 30 seconds). Beat for an additional 2 minutes. Pour into the prepared pan. Bake for 40 minutes. Cook pan on a rack.

16 servings, 5 POINTS each

A light version of a Thanksgiving favorite.

WACKY CHOCOLATE CAKE

1 1/2 cup flour
1 cup sugar
1 tsp baking soda
1/4 cup + 2 tsp baking cocoa
1 Tbsp white vinegar
1 tsp vanilla
1/2 cup unsweetened applesauce
1 cup water

Spray and 8x8 pan with cooking spray. Mix together the dry ingredients in a bowl. Make 3 wells (depressions) in the top of the dry ingredients. Pour vinegar into one well, vanilla into the second, and applesauce into the third. Pour 1 cup of water over everything and mix together. Pour batter into the pan. Bake about 35 minutes until a toothpick tests clean.

12 servings, 2 POINTS each

This is a nice Spring variation on the Pineapple Angle Food Cake recipe.

CROCKPOT UPSIDE DOWN CHOCOLATE PUDDING CAKE

3 Points 8 Servings
149 Calories 2 g. Fiber 2 g. Fat

FROM: WW Recipe Review Board
Courtesy of Aimster04

1 c. Bisquick Baking Mix - Reduced Fat
1 c. brown sugar
1/3 c. unsweetened cocoa
1/2 c. skim milk
1 t. vanilla
3 T. unsweetened cocoa
1-2/3 cups hot water

Mix Bisquick, 1/2 cup sugar, 3 T. unsweetened cocoa, milk and vanilla.

Spoon batter evenly into greased crockpot.

Mix remaining sugar, 1/3 cup cocoa and hot water. Pour over the batter in the crockpot. Do not stir.

Cook on HIGH 2-2 1/2 hours, or until batter no longer looks shiny on top.

CELEBRATION CAKE

Betty Crocker Super Moist Yellow Cake Mix
3 Egg Whites
1/3 cup Unsweetened Apple Sauce
1 sm can Mandarin Oranges in Juice

Frosting:

8 oz Cool Whip Lite
1 pkg Sugar Free Instant Pudding Mix (dry)
1 sm can Crushed Pineapple in own Juice

Preheat oven 350. Spray an 13 x 9 pan with cooking spray. Mix the cake mix, egg whites, apple sauce, and the oranges with their juice. Pour into the prepared pan. Bake 25-30 minutes until a toothpick comes out clean. Cool the cake completely.

For the frosting, gently fold together the Cool Whip, the pudding mix and the pineapple with its juice. Frost the cake. The frosted cake should be stored in the refrigerator.

18 servings, 3 POINTS each (I think 12 servings would be about 4 points each)

GOLDEN POUND CAKE

4 Points 16 Servings

FROM: www.halfmysize.com

1 box yellow cake mix
8 oz. FF sour cream
1 c. `water
3 eggs
2 tsp light margarine
1 tsp vanilla extract
1/2 cup confections sugar
2-3 tsp skim milk

Preheat oven to 350. Lightly coat 12-cup bundt pan with Pam.

In large mixing bowl, combine cake mix, sour cream, water, eggs and vanilla; beat on low speed with mixer until moistened. Increase speed to high, and beat 2 minutes.

Pour into prepared pan and bake 35-40 minutes. Cool cake in pan on wire rack 25 minutes. Remove from pan and cool completely on rack.

In small bowl stir together sugar and skim milk until smooth. Drizzle over cooled cake.

ENDLESS POSSIBILITIES ANGEL FOOD CAKE

3 Points (unless otherwise noted) 12 servings

***FLAVOR COMBINATIONS ON NEXT PAGE

1 package dry angel food cake mix (Betty Crocker 1 step)
Any additions from next page

Preheat oven to 350.

Mix the angel food cake mix and desired flavor ingredients together.
Beat by hand until blended.

Pour into 13"x9" UNGREASED pan or into muffin tins.

Cake: Bake 35-40 minutes.
Cupcakes/Muffins: Bake 10-12 minutes.

COOL UPSIDE DOWN!

PINEAPPLE: 1 can (20 oz.) crushed pineapple in juice

PINA COLADA: 1 can (20 oz.) crushed pineapple in juice
1 T. coconut extract
1 T. rum extract

LEMON: (2 Pts. per serving): 1 cup + 3T water
2 T. lemon juice and
2 t. lemon zest

LEMON: 1 can lemon pie filling

CHOCOLATE: 1/2 cup cocoa powder
1-1/4 cup water

CHERRY: 1 can (20 oz.) Comstock Light cherry pie filling

BLACK FOREST: Add 1/2 cup cocoa to CHERRY version

PUMPKIN (2 Pts. per serving): 1 can (15 oz.) pumpkin
3/4 c. water
1T. each vanilla & cinnamon

ORANGE CITRUS: 1-1/4 c. water
2 t. grated orange peel

COTTON CANDY: 1 pkg. (3.4 oz.) SF Jello, any flavor
1-1/4 cup water

CARROT CAKE: 1/2 cup finely shredded carrot,
14 oz. can of pineapple
Cinnamon, ginger, nutmeg

PEACH ANGEL FOOD CAKE

Angel Food Cake Mix

5-6 small ripe peaches (3 cups peeled and diced)

1/4 cup water

1/4 cup Splenda

Peel peaches and dice into a glass measuring bowl. Add water and Splenda. Microwave on High for 5 minutes. Cool thoroughly. Stir into the angel food cake mix until well mixed. Pour batter into a 13x9 inch pan. DO NOT SPRAY THE PAN WITH COOKING SPRAY - the cake won't rise. Bake at 350 for 35 minutes. Cool completely.

12 servings, 3 POINTS each

STRAWBERRY ANGEL FOOD TRIFLE

4 cups cubed angel food cake
1- 8 oz box sugar free strawberries Jell-O
1-large Pkg vanilla pudding sugar free
1/2 of an 8 oz. container Cool Whip Lite
2 Cup sliced strawberries

Make FF pudding mix according to directions. Just before you start to assemble the trifle, fold together the pudding and Cool Whip. Find a pretty, clear glass bowl, and layer trifle. Alternate several layers of cut up cake and strawberries.

Mix Jell-O with 2 cup of hot water. Pour over cake and berries . Cool . Next pour pudding and Cool Whip mix over the trifle and garnish with a couple of strawberries. It's a beautiful dessert, and you can serve after cooling but its really better the next day.

12 1-cup servings, 3.5 POINTS each

ANGEL FOOD PINEAPPLE CAKE

3 Points 12 Servings

FROM: WW Recipe Review Board
Courtesy of SWIEGING

1 box angel food cake mix
1 can (20 oz.) canned crushed pineapple in juice

Preheat oven to 350.

Combine cake mix with pineapple in a bowl. Mix well.

Pour into an ungreased 9" x 13" pan.

Bake for 30 minutes or until brown.

***Top with whipped topping and/or fresh fruit for additional points.

PINEAPPLE RIGHT SIDE UP CAKE

2 Points 12 Servings

FROM: WW Recipe Review Board
Courtesy of BEMAW1

1/2 c. unsweetened applesauce
1 can (8 oz.) crushed pineapple, drain and reserve juice
1/3 c. skim milk
1/3 c. egg substitute (i.e. Egg Beaters) or 4 egg whites
1/2 t. vanilla
1-3/4 c. flour
1/3 c. sugar
2 t. baking powder
1/4 c. brown sugar

Preheat oven to 350. Spray a 9" square pan with cooking spray.

Combine applesauce, reserved pineapple juice, milk, egg substitute, and vanilla.

In a separate bowl, combine flour, white sugar and baking powder.

Stir wet ingredients into dry ingredients.

Spread batter in the pan. Sprinkle the top of the batter with crushed pineapple. Sprinkle brown sugar over the pineapple.

Bake for 30 minutes until a toothpick tests clean. Cool 10 minutes. Serve warm.

CARAMEL APPLE PUDDING CAKE

4 Points 9 Servings

FROM: WW Recipe Review Board
Courtesy of BEMAW1

1 box (9 oz.) yellow cake mix (Jiffy)
1 t. apple pie spice
1/3 c. skim milk
1 medium apple, peeled, coarsely chopped
3/4 c. firmly packed brown sugar
1-1/2 c. very warm water

Preheat oven to 350. Spray a 9"x9" baking dish with Pam.

In medium bowl, combine cake mix, apple pie spice and milk; mix well. Stir in apple pieces. Spread evenly baking dish.

In a small bowl, combine brown sugar and hot water; mix well. Pour evenly over cake batter.

Bake 25 to 35 minutes, or until toothpick inserted in center comes out clean. Spoon warm cake and sauce into dishes.

BANANA SPLIT CAKE

16 1/2 average graham crackers (8 full graham crackers and 1/2 of another)
2 Tbsp and 2 tsp Shedd's County Crock light margarine
1 small package Jell-O fat free sugar free instant vanilla pudding with 2 cups of skim milk
2 cups Del Monte crushed pineapple in its own juice (drained)
2 average bananas
2 cups Cool Whip Free

Crush 16 1/2 squares of graham crackers. Set aside 1/4 cup for later use. Mix crumbs with 2 Tbsp and 2 tsp of light margarine (melted). Press this mixture into an 11 X 7 pan. Mix sugar free pudding with the 2 cups of skim milk according to the package directions. Spread pudding layer over the crumb mixture layer. Spread 2 cups of drained crushed pineapple over the pudding layer. Slice 2 bananas and layer them over the pineapple. Cover with 2 cups Cool Whip. Sprinkle top with remaining graham cracker crumbs (1/4 cup) and chill in the refrigerator.

8 servings, 4 POINTS each

BANANA SPLIT CAKE

4 Points 16 Servings

1 unprepared yellow cake mix
1 can (12 oz.) diet Sprite
1 large egg
1 large banana, sliced
3 c. strawberries, sliced
1 c. canned crushed pineapple in juice
1 pkg. FF vanilla pudding mix, dry
1 c. skim milk
2 c. FF Cool Whip

Combine cake mix, egg, and diet Sprite. Bake as directed.

Combine milk and pudding mix. Place in refrigerator 5-10 minutes, or until thickened.

Fold in pineapple and Cool Whip.

When cake is cooled, top with sliced bananas, pudding mixture, and sliced strawberries.

DIET SODA CAKE

***FLAVOR COMBINATIONS ON NEXT PAGE

CAKE 4 Points 12 Servings
CUPCAKES 2 Points 24 Servings

1 box dry cake mix -- any flavor
1 can (12 oz.) diet soda -- any flavor
2 egg whites -- slightly beaten, optional (Cake stays together better and is fluffier)

Spray a 9"x13" cake pan or cupcake tins with Pam.

Mix the dry cake mix, the diet soda, and the egg whites until well blended.

Pour into prepared pan. Bake according to directions on box.

Bake according to box directions. (Check often; some cakes need less time than stated on box)

***Cut cake with plastic knife instead of metal – it won't stick as much that way.

FROSTING:

1 box SF FF instant pudding
8 oz. FF Cool Whip

Blend well. Spread on cooled cake/cupcakes.

DIET SODA CAKE FLAVOR COMBINATIONS:

Angel Food Cake & Diet Orange

Banana Cake & Diet Root Beer
Diet Strawberry Soda

Cherry Chip Cake & Diet A&W Cream Soda

Chocolate Cake & Diet Coke

Diet Cherry Coke
Diet Root Beer
Diet Dr. Pepper
Diet Cherry Vanilla Dr. Pepper

Lemon Cake & Diet 7-Up or Sprite
Diet Ginger Ale
Diet Rite Tangerine

Marble Cake & Diet Cream Soda

Orange Cake & Diet Mountain Dew

Pineapple Cake & Diet Squirt

Spice Cake & Diet Orange
Diet 7-Up/Sprite

White Cake & Diet Sprite
Diet Peach

Yellow Cake & Diet Orange
Diet Peach
Diet 7-Up/Sprite & Cool Whip (TWINKIE!!)

CHERRY PINEAPPLE DUMP CAKE

6 Points 12 Servings

1 can light cherry pie filling
1 can crushed pineapple, NOT drained
1 box white cake mix
1/3 c. reduced calorie butter
2 T. chopped pecans

Preheat oven to 350.

In a 9"x13" baking dish, layer is this order:

Pie filling
Pineapple in juice
Cake mix

Cut butter in small pieces and sprinkle on top.

Sprinkle with chopped pecans.

Bake 25 minutes.

CHERRY PIE FLUFF

1 Point 9-10 Servings

2 Points 6-8 Servings

3 Points 4-5 Servings

FROM: WW Recipe Review Board
Courtesy of LSH150

1 can (20 oz.) Pie Filling, No Sugar Added

1 box (4-serving size) SF FF Jello Cheesecake pudding mix

8 oz. FF Cool Whip

Combine pie filling and dry pudding mix.

Fold in Cool Whip.

Recipe makes 5 cups.

***You can substitute any combination of pie filling and pudding mix.

MANDARIN ORANGE MOUSSE

(aka CREAMSICLE MOUSSE)

- 1 box SF orange Jell-O
- 1 box SF white chocolate pudding
- 1 can mandarin orange slices (drained)
- 1 8-oz tub of fat free Cool Whip.

Mix Jell-O with 1 cup boiling water. Dissolve Jell-O completely. add 1 cup cold water and let it sit for 5 minutes. Using electric beater, beat in pudding mix until well combined. Fold in drained fruit and Cool Whip. Chill and serve.

4 servings (1 cup each), 2.5 POINTS each

OREO MOUSSE

1 small pkg sugar-free instant pudding, chocolate or white chocolate
1 12oz container Cool Whip Free, thawed
4 reduced-fat Oreo cookies, crushed, reserve some crumbs for the top

Mix the dry pudding with the Cool Whip and crushed Oreos. Pour into a pan. Sprinkle the top with the reserved Oreo crumbs. Freeze.

6 servings, 3 POINTS each

Someone was worried about buying a whole package of Oreos just to get 4 cookies. A lot of temptation there. My solution: I buy the Oreos on my way to work, remove 4 cookies from the package, and leave the rest to be devoured by the work vultures. The package usually lasts about 15 minutes, not long enough for me to be tempted.

CRANBERRY PUMPKIN BARS

1 cup light brown sugar, packed
4 tsp reduced-calorie margarine, softened to room temperature
1 cup canned pumpkin (not pumpkin pie mix)
1 large egg
1 large egg white
1/3 cup buttermilk
1 1/4 cups flour
1 1/2 cups uncooked old-fashioned oats
1 Tbsp pumpkin pie spice (or a mix of cinnamon, allspice, cloves and nutmeg)
1/2 tsp baking soda
1/2 tsp salt
2/3 cup dried cranberries

Heat oven to 350. Coat a 13x9 pan with cooking spray and then dust lightly with a little flour. In a large bowl cream the sugar and margarine with an electric mixer. Beat in the egg, egg white, pumpkin and buttermilk. In another bowl, combine flour, oats, pumpkin pie spice, baking soda and salt. Stir the dry ingredients into the pumpkin mixture until just moistened. Stir the cranberries gently into the mixture. Spread the batter in the pan. Bake for 20 to 25 minutes or until center springs back when lightly pressed.

18 servings, 3 POINTS each

RASPBERRY OATMEAL BARS

2 cups Reduced Fat Bisquick
1 cup Quaker Old Fashioned Oats
3/4 cup brown sugar
1/3 cup (1 stick) I Can't Believe It's Not Butter light margarine (or other light stick margarine)
1 cup Smucker's Low Sugar Raspberry Preserves

Heat oven to 400 degrees. Spray cooking spray in a 9x9 pan. In a bowl, mix Bisquick, oats and brown sugar. Cut in margarine using a pastry blender or fork until the mixture is crumbly. Press half of the oat mixture into the pan. Spread with the preserves to within 1/4 inch of the sides of the pan. Top with remaining oat mixture. Press gently into fruit. Bake 25-30 minutes or until lightly browned. Remove from the oven and cool before cutting.

24 bars, 3 POINTS each

OAT APPLE CRISP

6 large apples, peeled and sliced
1/2 cup orange juice
3 tsp. sugar substitute (or equivalent to 1/2 cup sugar)
1/2 tsp. cinnamon
3/4 cup flour
1/2 cup light brown sugar
1/4 tsp. salt
7 Tbsp. lower fat margarine
1/4 cup rolled oats

Arrange apples in a baking dish sprayed with cooking spray. Pour orange juice over the apples. Combine sugar substitute and cinnamon and sprinkle over the apples. Combine flour, brown sugar, rolled oats, salt, and margarine to make a crumbly mixture. Spread over apples. Bake at 350 until apples are tender and the crust is lightly browned, about 45 minutes.

8 servings, 4 POINTS each

RHUBARB CRISP

1 pound rhubarb cut into 1 inch pieces (blanch for 3 minutes in boiling water, drain)

1 quart fresh sliced strawberries (or 2 cartons sugar-free frozen strawberries)

1 small package sugar-free strawberry or cherry Jell-O

2/3 cup boiling water

1 cup reduced-fat Bisquick

1/2 cup skim milk

1/3 cup sugar

1/4 cup egg substitute (or 3 egg whites)

1 tsp. butter flavor extract (I left this out and couldn't tell the difference)

In a glass 9x9 or 9x12 baking dish, spread the blanched rhubarb. Top with the sliced strawberries. Sprinkle the dry Jell-O over the top of the strawberries. Pour the 2/3 cup boiling water over the Jell-O.

In a bowl, mix the Bisquick, sugar, milk, butter flavoring, and egg substitute. Gently spread this dough over the fruit. Bake at 400 degrees for about 25-30 minutes or until the crust is a delicate brown.

4 servings, about 3 POINTS each

If you've been afraid to try rhubarb, this is the recipe for you! DH thought he'd died and gone to heaven.

PEACH COBBLER

1 cup self rising flour
1 cup skim milk
1 cup Splenda
1 can peaches in own juice
Butter flavored Pam

Mix first 3, fold in peaches, pour into greased (Pam) dish and then give a light spray of Pam on top. Bake in 375 degree oven for 30-35 minutes or until golden brown.

6 servings, 2 POINTS each

FROZEN FRUIT COBBLER

FROM: WW Recipe Review Board
Courtesy of STATMI

1 bag (20 oz.) frozen fruit
1 cake mix, white or yellow, dry
1 can Diet 7-Up or Sprite
FF Cool Whip, frozen yogurt, or RF ice cream, if desired

Empty cake mix into large bowl. Using a fork, break up any large lumps.

Spoon fruit into bottom of baking dish. Sprinkle cake mix on top of fruit.
DO NOT MIX.

Pour diet soda on top of cake mix. DO NOT MIX. (Soda will be foamy.)

Cover with foil. Bake 20 minutes.

Uncover. Bake 20-40 minutes longer, until top gets brown.

Top with Cool Whip, frozen yogurt, or ice cream.

BERRY BAKE

1 cup + 2 Tbsp low-fat milk (1%)
3 large eggs
1/2 cup flour
1/3 cup sugar
1 Tbsp brandy (optional)
1 tsp vanilla
1/4 tsp salt
1 8 tsp nutmeg
1 1/2 cups fresh berries (try blueberries, blackberries and/or raspberries)
1 Tbsp confectioner's sugar

Preheat oven to 375. Spray a 9-inch deep dish glass or ceramic pie plate with cooking spray. Put the milk, eggs, flour, sugar, brandy (if using), vanilla, salt and nutmeg in a blender. Process until smooth and frothy, about 1 minute. Spread the berries evenly over the bottom of the pie plate. Pour the batter over the berries and place the pie plate on a cookie sheet. Bake 50 to 60 minutes until the sides are puffed and golden, the center is just set, and a toothpick inserted in the center comes out clean (except for berry juice). Transfer to a rack to cool for 10 minutes. Serve immediately or let cobbler cool to room temperature. Dust it with confectioners sugar just before serving.

8 servings, 2 POINTS each

Glad you made it to the end of the recipes. I hope you find some that are useful and delicious!

CHOCOLATE PEANUT BUTTER PIE

4 Points 8 Servings

FROM: www.halfmysize.com

$\frac{3}{4}$ c. Grape Nuts cereal
2 c. RF chocolate ice cream, slightly softened
2 pkgs. (2 oz each) sugar-free instant chocolate pudding mix
1 c. FF Cool Whip
 $\frac{1}{4}$ c. peanut butter

Sprinkle $\frac{1}{2}$ c. cereal evenly on bottom of 8" round cake pan.

In a mixing bowl, combine remaining $\frac{1}{4}$ c. cereal, ice cream, pudding mix, and peanut butter.

Fold in Cool Whip.

Spoon mixture over cereal in pan; freeze 2 hours.

Let sit at room temperature 15 minutes before serving.

STRAWBERRY PIE

1 small package (1.1 oz) sugar-free Cook and Serve vanilla pudding
2 cups water
1 small package (0.3 oz) sugar-free strawberry Jell-O
4 cups sliced strawberries

In a medium saucepan, stir together water and pudding mix. Heat to a boil. Remove from heat and immediately add the Jell-O. Stir until dissolved. Set the pan aside and let the mixture cool to room temperature.

Place strawberries in the bottom of a deep dish pie plate. Pour cooled pudding mixture over the strawberries. Refrigerate until chilled. Let it set well before slicing.

6 points for the entire pie

This reminds me of the sugar-glazed strawberry pie we used to get at Shoney's. I made it for Easter and everybody cheered.

CRUSTLESS STRAWBERRY PIE

1 Point 4 Servings

FROM: WW Recipe Review Board
Courtesy of Gareth

4 c. strawberries, sliced
1 small box SF Cook & Serve vanilla pudding (not instant)
1 small box SF strawberry gelatin
2 cups water

Spray 8" or 9" pie plate with Pam.

Place sliced strawberries in the bottom of pie plate.

Cook pudding according to directions, using 2 cups water instead of milk.

Add dry gelatin to pudding mixture and stir until dissolved.

Let glaze mixture cool 5 minutes before pouring over strawberries.

Chill for about 4 hours.

PUMPKIN "PIE"

1 15oz can pumpkin (not the pumpkin pie mix)
5 oz evaporated milk
3/4 cup Splenda
1 tsp. Cinnamon
1/4 tsp. cloves
1/2 tsp. ground ginger
2 eggs

Combine all the ingredients. Spray a pie pan with a little cooking spray. Pour the pumpkin mixture directly into the pan. Bake at 375 for about 35 minutes or until firmly set.

8 servings, 1 POINT each

This was the first dessert I made when I started the program, and it gave me the courage to try others. You won't miss the crust. Add a big dollop of fat free Cool Whip!

KEY LIME PIE BARS

3 tbsp. margarine, softened
3 tbsp. fat-free cream cheese
1 1/2 cups sugar
1 large egg yolk
3/4 cups all-purpose flour
2 Tbsp. all-purpose flour
3 Tbsp. powdered sugar
1 large egg
1/4 cups fat-free egg substitute
1/3 cups fresh lime juice, from Key limes

Preheat oven to 350°F. Coat an 8-inch square baking dish with cooking spray. To make the crust, beat margarine, cream cheese and 1/2 cup of sugar with an electric mixer until light and fluffy. Beat in egg yolk and gradually add 3/4 cup of flour. Spread into baking dish using your hands (coat hands with 1 tablespoon of powdered sugar to prevent batter from sticking - or I stick my hand inside a plastic sandwich bag). Bake until crust is lightly browned, about 15 minutes.

To make the filling, beat egg and egg substitute in the same bowl used to make crust. Add remaining 1 cup of sugar and 2 tablespoons of flour; beat on low speed until blended. Add lime juice; beat on low speed until blended. Pour onto warm crust and bake 15 minutes more. Cool on a rack. Sprinkle with 2 tablespoons powdered sugar.

16 servings, 3 POINTS each

COCOA KRISPY BARS

1 Tbsp. light margarine
1 oz unsweetened chocolate - 1 square
1 (7oz) jar marshmallow crème
1 Tbsp. cocoa
1 tsp. vanilla
6 cups Rice Krispies (not the cocoa ones, the regular ones) (11.5 pt)

Spray a 13x9 inch pan with cooking spray. Melt the margarine and chocolate in a large saucepan over low heat. Add the marshmallow crème, cocoa, and vanilla. Stir until smooth. Remove from heat and add the cereal, stirring until well-coated. Spread the mixture in the pan, pressing down evenly. Let cool 10 minutes and cut into 24 squares.

24 servings, 1 POINT each (may actually be 1.5 points each)

These kept me going during my first weeks OP.

Somebody (sorry, forgot your name!) questioned the points on the first recipe so she revised it to lower the points:

COCOA KRISPIE BARS REVISED

1 Tbsp light margarine 2pt
1 square (little less than an ounce) bakers chocolate 3pt
1.5 cups marshmallow creme 9pt
1.5 tsp vanilla 0pt
1 pkg Swiss Miss light hot cocoa 1pt
6 cups Rice Krispies 11.5

Spray a 13X9 inch pan with cooking spray. Melt margarine and Bakers chocolate in a large saucepan over low heat. Add other ingredients except the cereal and stir until smooth. Add cereal and stir until well coated. Spread into the pan pressing down evenly (covering the mixture with saran wrap makes this easier. Let cool 10 minutes and cut into 24 pieces. If you wait longer it gets hard to cut.

24 servings, 1 POINT each

1-POINT BROWNIE

3/4 C flour
1/4C plus 2 T cocoa powder
1/2 C sugar
1/2 C Splenda
1/4 tsp baking soda
1/4 tsp salt
1/3 C unsweetened applesauce
3 egg whites
1 tsp vanilla

Combine flour, cocoa, sugar, Splenda, baking soda, and salt and mix well. Stir in applesauce, egg whites, and vanilla. Spray an 8" square baking pan with cooking spray. Spread batter evenly in the pan. Bake at 350 degrees for 20 min. or until the edges are firm and the center almost set.

16 servings, 1 point each

These are cakey brownies rather than fudgy brownies. I think they are as good as the No Pudge mix, and they are only 1 point instead of 2 points. I usually cut these into 8 servings for a nice-sized 2 point brownie.

Tip: I found unsweetened applesauce in single-serving containers. That way I don't have to open a big jar of applesauce when I want to make these.

PUMPKIN PIE WONTONS

1 cup canned pumpkin
2 Tbsp maple syrup
3 Tbsp brown sugar
1 Tbsp pumpkin pie spice
16 packaged wonton wrappers
cinnamon & sugar for dusting

Preheat oven to 400'. Mix pumpkin, maple syrup, brown sugar & pumpkin pie space in medium bowl. Place a wonton wrapper on flat surface. Spoon 1 Tbsp of filling into center. Moisten edges of wonton with water & fold in half to form a triangle. Press edges to seal. Repeat with remaining wontons. Arrange prepared wontons on an ungreased baking sheet. Lightly coat wontons w/ non stick cooking spray & sprinkle them with sugar & cinnamon. Bake for 15 minutes or until golden. Turn over and bake another 2 minutes.

16 servings, 1 POINT each

I made these for work at Halloween, and they were a big hit! The outside is crunchy and the inside is smooth and sweet. They reheat well in the microwave. Only one person at work guessed they were WW.

CHOCOLATE BANANA WONTONS

4 Points 6 Servings (4 Wontons)

FROM: WW Recipe Review Board
Courtesy of KLAWLESS

2 servings butter-flavor cooking spray
1 large banana, diced
6 T. mini chocolate chips
24 wonton wrappers, half of a 12 oz. package
1 T. powdered sugar

Preheat oven to 350°F. Coat a large baking sheet with cooking spray.

In a medium bowl, combine banana and chocolate chips; mix gently.

Place wonton wrappers on a flat surface. Drop banana mixture by teaspoonfuls onto center of each wrapper.

Moisten edges of wrapper with wet fingers, fold over one corner to make a triangle and press sides together to seal.

Transfer filled wrappers to prepared baking sheet and coat surface with cooking spray.

Bake until wontons are golden brown, about 10 to 12 minutes. Sift powdered sugar over wontons before serving.

CARAMEL APPLE CUPS

3 Points

6 Pillsbury buttermilk biscuits
6 T. no sugar added apple pie filling
2 Kraft caramel squares, cut into quarters (you'll have 2 left over)
1 packet Splenda
Dash cinnamon

Preheat oven to 400.

Place pie filling in microwave safe bowl. Cut apple chunks into small pieces.

Stir in Splenda and cinnamon. Microwave 2-3 minutes.

Spray a muffin tin with Pam.

Separate biscuits; flatten with your hands.

Place one biscuit in each muffin tin, pressing it into the bottom and ½ up the side.

Put 1 T. apple filling on top of each biscuit; top with 1 caramel quarter.

Bake 10 minutes or until biscuits are done. Let cool slightly.

APPLE CINNAMON QUESADILLA

1 Serving 3 Points

1 small apple, peeled, cored, and sliced
Cinnamon and Splenda to taste
1 FF flour tortilla
1 wedge Laughing Cow cheese
Butter-flavored Pam

Sprinkle apple with cinnamon and Splenda.

Microwave, covered, 2 to 4 minutes, until softened (like in an apple pie).

Cut tortilla in half. Lightly spray Pam on one side of each tortilla.

Spread Laughing Cow cheese on the unsprayed side of tortilla. Place it, Pam side down, on a heated griddle or skillet. Spoon the cooked apple on top. Lay the other tortilla half on top, Pam side up.

Cook over medium heat until crispy on both sides.

PEANUT BUTTER CUP

2 Points 12 Servings

FROM: WW Community Recipe Swap
Courtesy of DEBATTAGIRL

12 cupcake liners
8 oz. FF Cool Whip
1/3 c. RF peanut butter
1/4 c. Hershey's Lite Syrup

Combine peanut butter and Cool whip thoroughly.

Place an equal amount of mixture in each cupcake liner.

Place a dollop of syrup on top of peanut butter mixture.

Place in freezer until frozen.

TIRAMISU

4 Points 8 Servings

10 oz. angel food cake, about 10" round
8 oz. FF cream cheese
4 oz. RF cream cheese
½ c. sugar
1 t. vanilla extract
2 T. unsweetened cocoa
1 oz. semi-sweet chocolate, finely grated
4 fl. oz. (1/2 c.) brewed espresso or strong coffee

Using a serrated knife, cut angel food cake into 12 equal slices. Set aside.

In a mixing bowl or food processor, combine cream cheeses, sugar and vanilla. Mix until blended and smooth.

Combine cocoa and grated chocolate in a separate bowl; set aside.

Pour espresso into shallow dish.

Dip 4 cake slices into espresso; turn to coat. Place slices crosswise in bottom on an 8" loaf pan and press cake down to coat bottom. Break up cake, if necessary, to coat surface.

Gently spread 1/3 cream cheese mixture over cake layer. Sprinkle with 1/3 cocoa mixture. Repeat procedure with remaining cake slices, cream cheese mixture and cocoa mixture to make 3 layers.

Refrigerate 2 hours. Cut into 8 pieces and serve.

TIRAMISU

1/3 cup General Foods International instant coffee, Kahlua flavor
2 Tbsp. hot water
1 3oz pkg Lady Fingers
2 1/2 cups cold skim milk
1 8oz container Fat Free cream cheese
1 8oz pkg Jell-O Fat Free/Sugar Free vanilla pudding mix
1 cup Cool Whip Lite, thawed (or you can use Cool Whip Free)

In a small bowl, dissolve 1 Tbsp. of the instant coffee in the hot water. Cover the bottom and sides of a shallow 2-quart dessert dish with the Lady Fingers. Sprinkle the Lady Fingers with the dissolved coffee. Put 2/3 cup milk, cream cheese, and remaining undissolved coffee into a blender. Blend on medium until smooth. (I think you could also beat them together using a hand mixer.) Add the pudding mix and remaining mix. Blend on medium until smooth. Pour the mixture over the Lady Fingers in the dessert dish. Top with the Cool Whip. Refrigerate at least 3 hours or until set. If desired, sprinkle with cinnamon or cocoa powder before serving.

8 servings, 2 POINTS each

Lady Fingers are a kind of sponge cookie. Look for them in the cookie section of your grocery.

STRAWBERRIES WITH CREAM CHEESE FILLING

2 Points per 3 Strawberries 6 Servings

1 lb. jumbo-size strawberries (about 18)
4 oz. light cream cheese, room temperature
½ c. powdered sugar
½ t. vanilla extract

Wash and dry strawberries. Leave green caps on.

Using a paring knife, cut a wide v-shape out of the pointed end of each strawberry (like an open mouth); reserve cut out pieces.

Place cut strawberries on a serving place, green cap side down so they will be easy to fill.

Using an electric mixture, thoroughly combine cream cheese, sugar and vanilla in a medium bowl.

Chop reserved leftover bits of strawberries into tiny pieces and gently stir into cream cheese mixture with a spoon.

Fill each cut strawberry with a small amount of cream cheese mixture using a spatula or knife. Arrange filled strawberries on a serving plate, green cap side down.

Yields about 3 strawberries per serving.

***Prepare this recipe the same day you plan to serve it or the strawberries will weep. Refrigerate if not serving immediately.

LIGHT PIE CRUST

- fits the bottom of a 9" pie plate

1 cup flour
3 1/2 Tbsp. ice water
1 tsp. sugar
1/4 tsp. salt
3 Tbsp. vegetable shortening (i.e. Crisco)

Combine 1/4 cup flour and ice water, stirring until well blended. Set aside. Combine remaining flour with sugar and salt. Cut in shortening with a pastry blender or fork until mixture resembles meal. Add ice water mixture. Blend until dry ingredients are moistened. Press the dough into a 4 inch circle on waxed paper or plastic wrap. Cover with another piece of waxed paper or plastic wrap. Roll covered dough into an 11 inch circle. Chill at least 10 minutes or until the paper or wrap can be removed. Coat a 9" pie plate with cooking spray. Remove top sheet of paper or wrap from the dough. Invert into the pie pan. Remove bottom sheet of paper or wrap. Pat down into the pie pan, trying to not warm up the dough. Fold the upper edges of the dough and flute the edge (pinching works fine). Bake at 400 degrees for 15 minutes. Cool and fill the pie shell.

1/8 of crust = 2 POINTS

PUMPKIN BUTTER

1 1/2 cups fresh pumpkin
1 cup brown sugar
1/2 cup sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
dash salt

Cook pumpkin until tender. Drain off liquid & mash. Add the rest of ingredients. Cook over med. heat until desired consistency. Can and seal according to manufacturers instruction or store in refrigerator.

1 Tablespoon = 0 points

EASY FAT-FREE FROSTING

1pkg. of ff/sugarfree pudding, any flavor
1 1/2 cups cold skim milk
1 envelope Dream Whip topping mix

Beat the milk, whipped topping mix and pudding on a low speed until blended and then on high for 4-6 minutes or until soft peaks form. Makes about 3 cups. Enough to frost a 13x9 cake. Refrigerate.

10 points for the whole batch

Dreamwhip is a dry topping mix. You can usually find it near the Jell-O at the grocery store.

PUDDING FROSTING

2 Points 8 Servings

4-serving FF SF instant chocolate pudding mix
1 c. skim milk
8 oz. Light Cool Whip

Combine milk and pudding mix. Stir for 2 minutes.

Add Cool Whip to pudding mixture. Stir until thoroughly combined.

CREAM CHEESE FROSTING

FROM: WW Recipe Board
Courtesy of KIMMDARLINN

2/3 c. tub-style RF cheese, chilled
1-1/4 t. vanilla extract
3-1/2 c. powdered sugar

In a large bowl, beat cream cheese and vanilla on medium speed until smooth.

Gradually add sugar; beat at low speed until smooth (do not over-beat).

Cover and chill.

Yield: 1 2/3 cups.

CHOCOLATE CREAM CHEESE FROSTING

FROM: WW Recipe Review Board
Courtesy of KIMMDARLINN

1/4 c. sugar
1/3 c. chocolate syrup
1 pkg. (8 oz.) RF cream cheese
1 container (8-oz.) FF Cool Whip, thawed
1 t. vanilla extract

In a mixing bowl, beat the sugar, chocolate syrup, and cream cheese until smooth.

Fold in the Cool Whip and vanilla until well combined.

Cover and chill.

PEANUT BUTTER PUDDING FROSTING

1 Point 24 Servings (2 Tablespoons)

FROM: WW Recipe Review Board
Courtesy of MYDOGRAGE

1 c. skim milk
1 small box SF FF instant vanilla pudding mix
1/2 c. RF peanut butter
1c. FF Cool Whip

Pour milk into medium bowl. Add dry pudding mix.

Beat with wire whisk 2 minutes or until well blended. (Mixture will be thick.)

Add peanut butter; beat until well blended.

Gently stir in whipped topping.

***Store frosted cake and any leftover frosting in refrigerator.

Table of Contents

APPETIZERS / SNACKS	3
BAKED RAVIOLI	4
PEPPERONI PIZZA ROLLS	5
CRAB RANGOON.....	7
LIGHT CHEX MIX.....	8
ROASTED RED PEPPER DIP	9
BAKED CRAB DIP	10
HOT BEAN DIP	11
BAKED ARTICHOKE DIP	12
CROCKPOT HOT ARTICHOKE DIP	13
CROCKPOT SEAFOOD DIP	14
BEVERAGES / SMOOTHIES	15
MOCK WENDY'S FROSTY	16
CROCKPOT WASSAIL PUNCH	17
OCEAN SUNRISE	18
CHOCOLATE CARAMEL SMOOTHIE.....	19
BANANA PASSION FRUIT SMOOTHIE	20
BANANA SMOOTHIE.....	21
BANANA BERRY SMOOTHIE.....	22
CINNAMON APPLE SMOOTHIE	23
STRAWBERRY SMOOTHIE.....	24
STRAWBERRY SMOOTHIE.....	24
PURPLE MONSTROSITY FRUIT SMOOTHIE.....	25
BREADS	26
RED LOBSTER CHEESE BISCUITS	27
CHEESY CRESCENTS	28
CROCKPOT PARMESAN GARLIC QUICK BREAD	29
MUFFINS	30
APPLE CARROT MUFFINS	31
APPLE-WALNUT MUFFINS	32
BANANA BLUEBERRY MUFFINS	33
BANANA CHOCOLATE CHIP MUFFINS.....	34
BANANA CHOCOLATE CHIP MINI-MUFFINS.....	35
BUTTER CRUMB CINNAMON MUFFINS.....	36
CHOCOLATE CHIP PUMPKIN MUFFINS.....	37
PUMPKIN MUFFINS	38
MIMI'S GIANT WHOLE-WHEAT BANANA-STRAWBERRY MUFFINS	39
CARROT CAKE MUFFINS	40
NUTTY FRUIT MUFFINS.....	41
SAUCES and DRESSINGS	42

ITALIAN VINAIGRETTE	43
BALSAMIC DRESSING	43
FAT FREE RANCH DRESSING	44
GARDEN DILL DRESSING.....	44
FRENCH DRESSING	45
RUSSIAN DRESSING.....	45
THOUSAND ISLAND DRESSING	46
THOUSAND ISLAND DRESSING	46
CHIPOTLE DRESSING	47
TGIF HONEY MUSTARD DRESSING	48
LIGHT HONEY MUSTARD DRESSING	48
TERIYAKI SAUCE/MARINADE	48
McDONALD'S BIG MAC SAUCE.....	49
LAUGHING COW ALFREDO SAUCE	49
BREAKFAST	50
ZIPLOC OMELETS.....	51
PANCAKES.....	52
CREAMED CORN PANCAKES	53
BREAKFAST TORTILLA WRAP FOR ONE	54
SOUTHWESTERN BREAKFAST BURRITOS.....	55
FAUX EGG MCMUFFIN	56
SAUSAGE, EGG AND CHEESE MUFFINS	57
IMPOSSIBLY EASY BREAKFAST CASSEROLE	58
FARMER'S BREAKFAST CASSEROLE.....	59
POTATO BRUNCH CASSEROLE.....	60
CROCKPOT BREAKFAST	61
BAKED OATMEAL	62
CROCKPOT OVERNIGHT APPLE OATMEAL	63
CROCKPOT BREAKFAST APPLE COBBLER.....	64
MINI CINNAMON ROLLS	65
SALADS / MAIN DISH SALADS / SIDE DISH SALADS / FRUIT SALADS	66
BAJA SHRIMP SALAD.....	67
DELI CRAB SALAD.....	68
SPAGHETTI SALAD.....	69
TEX MEX CHICKEN SALAD	70
SOUTHWESTERN CHICKEN BEAN SALAD.....	71
CHICKEN SALAD.....	72
CRUNCHY CHICKEN SALAD.....	73
CHINESE CHICKEN SALAD	74
CHINESE CHICKEN SALAD WITH CREAMY SOY DRESSING	75
CHICKEN APPLE CRUNCH SALAD	76
SANTA FE SALAD WITH CHILI-LIME DRESSING.....	77
BROCCOLI SALAD.....	78
BLACK BEAN AND CORN SALAD	79

SNOW PEAS and JICAMA SALAD	80
BLACK EYED-PEA SALAD	81
INDIAN SUMMER SALAD	82
CHEESY SOUTHWESTERN POTATO SALAD.....	83
CREAMY POTATO SALAD	84
POTATO SALAD.....	85
SEVEN LAYER SALAD	86
CRUNCHY PEA SALAD	87
PEA SALAD	88
CHILI CORN SALAD	89
GUILTLESS EGG SALAD.....	90
GUILTLESS EGG SALAD.....	90
FRUIT SALAD PUDDING	91
CARAMEL APPLE SALAD.....	92
APPLE SALAD WITH PEANUT BUTTER DRESSING.....	93
FESTIVE FRUIT SALAD.....	94
SUNSHINE FRUIT SALAD	95
GRAPE SALAD	96
FRESH STRAWBERRY SALAD	97
BURGERS / SANDWICHES / WRAPS	98
JUICY HAMBURGERS	99
TACO BURGERS	100
CLASSIC BURGERS WITH HORSERADISH AND RED ONION	101
CLASSIC BURGERS WITH HORSERADISH AND RED ONION	101
RANCH BURGERS.....	102
BLACK BEAN BURGERS.....	103
CHEESEBURGER NESTS	104
SUPER PATTY MELTS	105
ROAST BEEF AND RED PEPPER SANDWICHES.....	106
EASY CHEESE STEAK.....	107
RHONDA'S HAM & CHEESE PITA	108
CAJUN CHICKEN WRAPS	109
SANTA FE WRAPS	110
CHICKEN TORTILLA WRAPS	111
PIZZA	112
RHONDA'S BBQ CHICKEN PIZZA	113
CROCKPOT	114
CROCKPOT TURKEY	115
CROCKPOT "ROTISSERIE" CHICKEN.....	116
CROCKPOT SOUR CREAM SALSA CHICKEN	117
CROCKPOT CHICKEN PAPRIKASH	118
CROCKPOT SMOTHERED BUTTERMILK CHICKEN	119
CROCKPOT CHICKEN STROGANOFF.....	120
CROCKPOT GARLIC CHICKEN	121

CROCKPOT BARBECUED CHICKEN.....	122
CROCKPOT BARBECUED CHICKEN BREASTS	123
CROCKPOT CREAMY CHICKEN ITALIANO	124
CROCKPOT CREAM CHEESE DRUMSTICKS	125
CROCKPOT TUSCAN CHICKEN.....	126
CROCKPOT CHEESY CHICKEN SPAGHETTI	127
CROCKPOT CHICKEN AND VEGETABLE CASSEROLE	128
CROCKPOT CHICKEN AND RICE.....	129
CROCKPOT CHICKEN AND RICE.....	130
CROCKPOT CHEESY CHICKEN AND RICE CASSEROLE	131
CROCKPOT CHICKEN JAMBALAYA.....	132
CROCKPOT EASY CHICKEN A la KING	133
CROCKPOT CHICKEN AND DUMPLINGS.....	134
CROCKPOT CHICKEN TOSS.....	135
CROCKPOT CHICKEN & RANCH POTATOES.....	136
CROCKPOT CREAMY CHICKEN & RED POTATOES	137
CROCKPOT BRUNSWICK STEW	138
CROCKPOT SAUSAGE AND CHICKEN STEW	139
CROCKPOT PIZZA	140
CROCKPOT PIZZA	141
CROCKPOT GIAMBOTTA	142
CROCKPOT STEAK FAJITAS.....	143
CROCKPOT ENCHILADAS	144
CROCKPOT MEXICAN CHICKEN	145
CROCKPOT CHICKEN TACO FILLING.....	146
CROCKPOT PINEAPPLE CHICKEN	147
CROCKPOT ORIENTAL CHICKEN	148
CROCKPOT SWEET & SOUR CHICKEN	149
CROCKPOT SWEET & SOUR CHICKEN	150
CROCKPOT PORK CHOPS.....	151
CROCKPOT DIET COKE PORK	152
CROCKPOT BARBECUE PORK.....	153
CROCKPOT PORK AND THREE BEAN STEW	154
CROCKPOT KIELBASA-BEAN SOUP.....	155
CROCKPOT PEKING PORK CHOPS	156
CROCKPOT SWEET & SOUR PORK.....	157
CROCKPOT PEPPERONCINI BEEF	158
CROCKPOT "TO DIE FOR" ROAST	159
CROCKPOT PEPSI POT ROAST.....	160
CROCKPOT CHEESEBURGERS	161
CROCKPOT HUNGARIAN GOULASH	162
CROCKPOT HEARTLAND SCALLOP	163
CROCKPOT 8-LAYER DISH	164
CROCKPOT BEEF & CORNBREAD CASSEROLE	165

CROCKPOT BEEF STEW	166
CROCKPOT COWBOY STEW	167
CROCKPOT PEPPER STEAK	168
CROCKPOT MACARONI & CHEDDAR CHEESE	169
CROCKPOT MACARONI, CHEDDAR, & PARMESAN CHEESE	170
CROCKPOT VEGETABLE MEDLEY	171
SOUPS / STEWS / CHILI	172
BROCCOLI WILD RICE SOUP	173
CHICKEN CORN SOUP	174
CHICKEN ENCHILADA SOUP	175
FIESTA SOUP.....	176
REFRIED BEAN SOUP	177
LENTIL ONE-POT CASSEROLE.....	178
STORMY WEATHER BEAN SOUP.....	179
CROCKPOT BABY BUTTER BEAN SOUP	180
CROCKPOT PASTA E FAGIOLI SOUP	181
CROCKPOT CHEESEBURGER SOUP	182
WAGON WHEEL BEEF SOUP	183
CLASSIC BEEF CHILI	184
CROCKPOT HOT TEXAS CHILI SOUP	185
CROCKPOT BROWN SUGAR CHILI	186
PIZZA CHILI.....	187
1-POINT CHILI	188
2-POINT CHILI	189
TACO SOUP	190
TACO SOUP.....	191
CROCKPOT CHICKEN TACO SOUP.....	192
WHITE CHICKEN CHILI	193
CHICKEN CHIPOTLE CHILI.....	194
CHEESY VEGETABLE SOUP.....	195
CROCKPOT TORTILLA CHEESE SOUP.....	196
CREAMY SWEET POTATO SOUP	197
SWEET POTATO CORN CHOWDER.....	198
CREAM OF POTATO SOUP	199
LOADED BAKED POTATO SOUP	200
RICH CHICK POTATO SOUP.....	201
AMAZING POTATO SOUP	202
QUICK AND EASY POTATO SOUP	203
CHEESY MASHED POTATO SOUP	204
CREAMY CORN SOUP	205
CROCKPOT DOUBLE CORN AND CHEDDAR CHOWDER	206
CROCKPOT BEEF AND BLACK BEAN SOUP	207
BLACK BEAN SOUP.....	208
CORN, RED PEPPER, AND BLACK BEAN SOUP	209

BUTTERNUT SQUASH SOUP WITH CUMIN	210
ITALIAN / PASTA	211
PASTA PRIMAVERA.....	212
LAUGHING COW GARLIC BUTTER SPAGHETTI	213
CHEESY CHICKEN SPAGHETTI.....	214
SKILLET CHICKEN AND SPAGHETTI	215
CHEESY CHICKEN STUFFED SHELLS	216
PIZZITI	217
PIZZA CUPS	218
BEEF / MAIN DISHES / CASSEROLES / STOVE-TOP DINNERS	219
MINI BBQ MEAT LOAVES.....	220
MINI MEAT LOAVES	221
MAMA'S MEATLOAF	222
DELUXE MEATLOAF.....	223
BBQ BEEF CUPS	224
DIET COKE SLOPPY JOES	225
SALISBURY STEAK.....	226
MEATBALLS	227
SOUR CREAM MEAT BALLS	228
MAMA MIA MEATBALLS	229
STUFFED PEPPERS	230
INSIDE OUT STUFFED PEPPERS	231
CHEESEBURGER AND FRIES CASSEROLE.....	232
CHEESEBURGER PIE	233
BUBBLE UP PIZZA CASSEROLE.....	234
DEEP DISH PIZZA CASSEROLE	235
SPAGHETTI SQUASH LASAGNA	236
EASY CHEESE LASAGNA	237
MANWICH TATER TOT CASSEROLE	238
BEEF AND MACARONI SKILLET DINNER.....	239
HAMBURGER STROGANOFF.....	240
BEEF STROGANOFF.....	241
CREAMED CHIPPED BEEF	242
SOUTHWESTERN BEEF COMBO.....	243
SOUTHWESTERN BEEF COMBO.....	243
COWBOY POT PIE.....	244
CHICKEN and TURKEY	245
SOUTHERN OVEN "FRIED" CHICKEN	246
SOUTHERN OVEN "FRIED" CHICKEN	246
HONEY OVEN "FRIED" DRUMSTICKS	247
OVEN "FRIED" CHICKEN.....	248
OVEN FRIED CHICKEN THIGHS WITH BUTTERMILK-MUSTARD SAUCE	249
PARMESAN CHICKEN CUTLETS.....	250
CHILI CHEESE NIPPED CHICKEN.....	251

CRUNCHY CHEESE-FILLED CHICKEN	252
CRUNCHY RANCH CHICKEN	253
CRUSTED HONEY MUSTARD CHICKEN	254
GRILLED HONEY MUSTARD CHICKEN BREASTS	255
HONEY CHICKEN DIJON.....	256
CHICKEN DIJON	257
DIET COKE CHICKEN	258
ITALIAN CHICKEN ROLL-UPS	260
MEDITERRANEAN CHICKEN AND COUSCOUS	261
CHICKEN PARMESAN.....	262
CHICKEN PICCATA	263
CHEESY BACON CHICKEN FOR TWO.....	264
FOIL PACK TACO DINNER	265
LIGHTENED UP JAMBALAYA.....	266
FRENCH ONION CHICKEN AND POTATO BAKE.....	267
FRENCH ONION CHICKEN AND POTATO BAKE.....	267
CHICKEN PIE WITH STUFFING CRUST.....	268
CHICKEN DIVAN	269
CHEESY CHICKEN BISCUIT CUPS.....	270
CHEESY CHICKEN BISCUIT PIE	271
CHEESY CHICKEN & RICE BAKE	272
CHICKEN & BROWN RICE CASSEROLE	273
CHICKEN, BLACK BEAN, AND RICE CASSEROLE	274
CHICKEN TATER TOT CASSEROLE.....	275
QUICK MICROWAVE CREAMY CHEDDAR CHICKEN.....	276
KING RANCH CHICKEN	277
FANCY CHICKEN POT PIE	278
CHICKEN POT PIE.....	279
EASY CHICKEN POT PIE.....	280
POTTED CHICKEN PIE	281
CREAMY CHICKEN AND DUMPLINGS.....	282
SMOTHERED CHICKEN AND PIEROGIES	283
CHICKEN TETRAZZINI.....	284
CHICKEN & BEAN TETRAZZINI	285
CHEESY CHICKEN NOODLE SKILLET DISH.....	286
CHICKEN HASH BROWN BAKE	287
CREAMY TURKEY PATTIES	288
CREAMY TURKEY PATTIES	288
TURKEY POT PIE	289
HEARTY TURKEY BAKE	290
CHEESY TURKEY & RICE CASSEROLE	291
PORK.....	292
PORK CHOPS WITH DIJON SAUCE	293
CARAMEL APPLE PORK CHOPS.....	294

SKILLET SAUSAGE DINNER	295
CHILI DOG CASSEROLE	296
MEXICAN.....	297
DORITO CASSEROLE.....	298
EASY ENCHILADAS	299
CHEESY CHICKEN ENCHILADAS	300
ENCHILADA LOVER'S CASSEROLE	301
MEXICAN CASSEROLE	302
ENCHILADA CASSEROLE	303
CHICKEN ENCHILADAS IN WHITE SAUCE.....	304
SOUR CREAM ENCHILADAS	305
TACO CHICKEN	307
BBQ CHICKEN AND BLACK BEAN BURRITOS	308
CHICKEN BURRITOS WITH CREAM CHEESE FILLING	309
CHICKEN POPPER ROLL-UPS	310
CHICKEN FAJITAS	311
CHICKEN CHIMICHANGAS	312
CHICKEN CHIMICHANGAS	313
MICROWAVE TURKEY AND JACK CHEESE CHIMICHANGAS	314
TURKEY ENCHILADA PIE	315
FIESTA TURKEY PIE.....	316
GREEN CHILE RICE.....	317
ASIAN.....	318
SIMPLE STIR FRY	319
TERIYAKI CHICKEN	320
TERIYAKI STICKY CHICKEN	321
TASTE OF ASIA CHICKEN.....	322
BBQ CHICKEN AND PINEAPPLE CASSEROLE.....	323
SWEET & SOUR CHICKEN FOR ONE.....	324
GENERAL TSAO'S CHICKEN.....	325
CHINESE PINEAPPLE CHICKEN WITH BLACK BEAN SAUCE	326
FISH and SEAFOOD.....	327
TILAPIA PARMESAN SAUTE.....	328
BAKED PARMESAN SOUR CREAM FISH	329
BAKED RANCH FISH.....	330
PARMESAN HERB BAKED TILAPIA.....	331
TILAPIA AND RICE BAKE.....	332
OVEN-FRIED FISH.....	333
EASY CRUSTY COD	334
TEXAS WHITING	335
BAKED FISH & CHIPS	336
FISH STICKS.....	337
EASY TUNA NOODLE CASSEROLE	338
EASY TUNA CASSEROLE	339

TUNA SKILLET SUPPER	340
TUNA MELTS	341
SHRIMP CREOLE	342
SHRIMP SCAMPI	343
CAJUN SHRIMP	344
CAJUN SCALLOPS	345
BREADED SCALLOPS	346
CRISPY SCALLOPS WITH SOY DIPPING SAUCE.....	347
SCALLOPS EXCEPTIONAL	348
CRAB TORTILLAS	349
EASY CRAB CAKES	350
CRAB CAKES FOR ONE.....	351
CRAB CAKE CASSEROLE	352
BAKED RED SNAPPER	353
SALMON PATTIES.....	354
POTATO CRUST SALMON.....	355
VEGETABLES and SIDE DISHES	356
BROCCOLI CASSEROLE	357
BROCCOLI CHEDDAR BAKE.....	358
BROCCOLI, RICE, AND CHEESE CASSEROLE	359
CARAMEL APPLES AND CARROTS	360
GLAZED BABY CARROTS.....	361
CAULIFLOWER MEDLEY.....	362
MOCK MASHED POTATOES.....	363
CHEESY FAUXTATOES	364
CREAMED CORN.....	365
CORN CUSTARD WITH CHIVES	366
CREAM CORN PANCAKES	367
ROASTED GREEN BEANS	368
HERB ROASTED GREEN BEANS	369
BUTTER GARLIC BEANS	370
GREEN BEAN CASSEROLE.....	371
PORTABELLO MUSHROOM "BURGERS"	372
PORTABELLO MUSHROOM "BURGERS"	372
ROASTED SUGAR SNAP PEAS WITH GREEN ONIONS	373
AWESOME ONION RINGS W/ DIPPING SAUCE.....	374
BAKED TEXAS TOOTHPICKS.....	375
OVEN FRIES.....	376
ROASTED POTATOES WITH GARLIC	377
ROASTED RED POTATOES	378
'MICRO' TATER CHIPS	379
'MICRO' TATER CHIPS	379
SEASONINGS FOR "MICRO" POTATO CHIPS	380
PARMESAN SAGE POTATO WEDGES	381

CHEESY POTATO RANCH BAKE.....	382
TWICE BAKED POTATOES	383
CROCKPOT CORN, HAM, and SCALLOP POTATOES	384
AU GRATIN POTATOES	385
AU GRATIN SHREDDED POTATOES	386
TWO CHEESE AU GRATIN POTATOES	387
HASHBROWN CASSEROLE	388
CHEESY POTATO AND ONION BAKE.....	389
CHEESY SCALLOPED POTATOES	390
SLOW COOKER CREAMY RANCH RED POTATOES	391
LIGHT MASHED POTATOES	392
EASY GARLIC MASHED POTATOES.....	393
GARLIC MASHED POTATOES.....	394
DOUBLE CHEESE MASHED POTATOES.....	395
SUMMER SQUASH CASSEROLE	396
SQUASH CASSEROLE.....	397
OVEN ROASTED CARROTS AND SWEET POTATOES.....	398
OVEN ROASTED SWEET POTATOES AND ONIONS	399
SAVORY SWEET POTATOES.....	400
OVEN FRIED SWEET POTATOES	401
ZESTY SWEET POTATO STICKS.....	402
SWEET POTATO FRIES	403
SWEET POTATO CASSEROLE.....	404
ROASTED VEGETABLES	405
OVEN ROASTED VEGGIES WITH ITALIAN DRESSING	406
GARDEN SAUTE.....	407
BAKED ZUCCHINI CHIPS.....	408
BAKED ZUCCHINI STICKS.....	409
CRISPY ZUCCHINI POTATO PANCAKES	410
NOODLES AND CHEESE.....	411
HOMEMADE MACARONI & CHEESE.....	412
CREAMY MAC & CHEESE	413
EASY MAC AND CHEESE	414
MACARONI & CHEESE.....	415
SWEET TREATS.....	416
CHOCOLATE CHIP COOKIES	417
BANANA OATMEAL COOKIES	418
BANANA CHOCOLATE CHIP BREAD.....	419
PUMPKIN BREAD	420
STRAWBERRY BREAD	421
BETTER THAN SEX CAKE.....	422
TRIPLE CHOCOLATE BUNDT CAKE.....	423
TRIPLE FUDGE CAKE	424
UPSIDE-DOWN GERMAN CHOCOLATE CAKE	425

WACKY CHOCOLATE CAKE	426
CROCKPOT UPSIDE DOWN CHOCOLATE PUDDING CAKE	427
CELEBRATION CAKE.....	428
GOLDEN POUND CAKE	429
ENDLESS POSSIBILITIES ANGEL FOOD CAKE	430
PEACH ANGEL FOOD CAKE	432
STRAWBERRY ANGEL FOOD TRIFLE.....	433
ANGEL FOOD PINEAPPLE CAKE	434
PINEAPPLE RIGHT SIDE UP CAKE	435
CARAMEL APPLE PUDDING CAKE	436
BANANA SPLIT CAKE	437
BANANA SPLIT CAKE	438
DIET SODA CAKE	439
CHERRY PINEAPPLE DUMP CAKE	441
CHERRY PIE FLUFF	442
MANDARIN ORANGE MOUSSE.....	443
OREO MOUSSE.....	444
CRANBERRY PUMPKIN BARS.....	445
RASPBERRY OATMEAL BARS	446
OAT APPLE CRISP	447
RHUBARB CRISP	448
PEACH COBBLER	449
FROZEN FRUIT COBBLER	450
BERRY BAKE	451
CHOCOLATE PEANUT BUTTER PIE	452
STRAWBERRY PIE	453
CRUSTLESS STRAWBERRY PIE.....	454
PUMPKIN "PIE"	455
PUMPKIN "PIE"	455
KEY LIME PIE BARS.....	456
COCOA KRISPY BARS	457
COCOA KRISPIE BARS REVISED	458
1-POINT BROWNIE	459
PUMPKIN PIE WONTONS	460
CHOCOLATE BANANA WONTONS	461
CARAMEL APPLE CUPS.....	462
APPLE CINNAMON QUESADILLA.....	463
PEANUT BUTTER CUP	464
TIRAMISU	465
TIRAMISU	466
STRAWBERRIES WITH CREAM CHEESE FILLING.....	467
LIGHT PIE CRUST	468
PUMPKIN BUTTER	469
EASY FAT-FREE FROSTING	470

PUDDING FROSTING.....	471
CREAM CHEESE FROSTING.....	472
CHOCOLATE CREAM CHEESE FROSTING.....	473
PEANUT BUTTER PUDDING FROSTING	474