



**HEALTHY COOKING  
ALL YEAR ROUND**  
RECIPES FOR JANUARY  
THROUGH DECEMBER





**JAN | A WARM STARTER**

## ASIAN-INSPIRED VEGETABLE SOUP

1 **PointsPlus™** VALUES | 12 SERVINGS

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

An Asian spin on a Weight Watchers favorite. Double the recipe and freeze it in 1 cup servings for a late afternoon snack or dinner-time starter.

### INGREDIENTS

- ▲ 2 cups bok choy, chopped
- ▲ 2 cups Chinese cabbage, chopped
- 3 medium garlic cloves, minced
- ▲ 1/4 cup ginger root, thinly sliced and julienned
- ▲ 4 small raw oyster mushrooms, chopped
- ▲ 2 cups scallions, chopped
- ▲ 1 cups canned water chestnuts, sliced (8 oz can)
- ▲ 1/2 cup sweet red peppers, thinly sliced
- 1/4 small crushed red pepper flakes
- ▲ 6 cups vegetable broth
- ▲ 2 cups snow peas, stringed
- 2 tbsp low-sodium soy sauce
- 1/2 cup cilantro, finely chopped

### INSTRUCTIONS

Put bok choy, Chinese cabbage, garlic, ginger root, mushrooms, scallions, water chestnuts, red pepper, red pepper flakes and broth into a large soup pot; stir to combine. Cover and bring to a boil over high heat. Reduce heat to low and simmer, partly covered, for about 10 minutes. Toss in snow peas during the last 3 to 4 minutes of simmering.

Stir in soy sauce and cilantro. Yields about 1 cup per serving.



**FEB | VALENTINE'S DAY**

## CHOCOLATE COOKIE STICKS

3 **PointsPlus™** VALUES | 12 SERVINGS

**PREP TIME:** 7 MIN | **COOKING TIME:** 12 MIN | **LEVEL OF DIFFICULTY:** EASY

Perfect for dunking in coffee or ice cold skim milk. Add 1/2 teaspoon of cinnamon or 1/4 teaspoon of cayenne pepper for a kick.

### INGREDIENTS

- 1 spray cooking spray, flour-variety recommended
- 1/4 cup unsalted butter, softened
- 1/2 cup powdered sugar
- 1 tsp vanilla extract
- ▲ 1 large egg white
- 1 oz bittersweet chocolate, melted
- 1/4 tsp table salt
- 1 cup all-purpose flour
- 2 tsp sugar

### INSTRUCTIONS

Coat a cookie sheet with cooking spray.

In a medium bowl, using an electric mixer, cream butter and powdered sugar until fluffy. Add vanilla extract and egg white; beat thoroughly. With mixer running on low, add melted chocolate. Add salt and flour; mix thoroughly (dough will be stiff).

Turn dough out onto prepared cookie sheet and shape into a 4- X 6-inch rectangle. (Hint: Use a straight edge, like a knife, to help form the sides.) Cover with plastic and refrigerate until firm, about 30 minutes.

Preheat oven to 375°F.

Remove plastic wrap from dough and sprinkle with sugar. Cut dough in half lengthwise and cut each half into 12 sticks (to yield 24 sticks total); separate sticks, leaving a small amount of space in between each one. Bake about 10 to 12 minutes. Let stand on cookie sheet for 1 or 2 minutes and then remove to a wire rack to cook completely. Yields 2 cookies per serving.

▲ Indicates a Power Food



**MARCH | WINTER COMFORT FOOD**

## HEARTY TURKEY CHILI | 6 *PointsPlus*<sup>®</sup> VALUES | 6 SERVINGS

**PREP TIME:** 25 MIN | **COOKING TIME:** 58 MIN | **LEVEL OF DIFFICULTY:** EASY

A bowl of hot chili is so satisfying on cold fall days. Ours boasts kidney beans, lean turkey and lots of vegetables, well-seasoned and sprinkled with scallions.

### INGREDIENTS

- 1 spray cooking spray
- 1 tsp canola oil
- ▲ 1 large onion, chopped
- 2 medium garlic cloves, minced
- ▲ 2 medium carrots, thinly sliced into rounds
- 1 pound lean ground turkey
- 2 tbsp chili powder
- 1 tbsp paprika
- 1 1/2 tsp red pepper flakes
- 1 tsp ground cumin
- ▲ 2 medium tomatoes, chopped
- ▲ 1 cup canned tomato sauce
- ▲ 1 cup canned chicken broth
- 1 1/2 tbsp apple cider vinegar
- ▲ 1 1/2 cups cooked kidney beans, rinsed and drained
- ▲ 1 medium green pepper, chopped
- 1/2 tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste
- ◆ 1/4 cup scallions, chopped

### INSTRUCTIONS

Coat a large pot with cooking spray; place over medium heat. Add oil and onion; sauté onion until soft, about 5 to 7 minutes. Add garlic and carrots; cook until garlic is softened, about 1 minute. Add turkey; brown meat, breaking it up with a wooden spoon as it cooks, about 5 minutes. Stir to break up lumps.

Add chili powder, paprika, red pepper flakes, cumin, tomatoes, tomato sauce, broth, vinegar, beans and green pepper; bring mixture to a boil. Cover, reduce heat and simmer until meat and vegetables are tender, about 30 to 45 minutes. Season to taste with salt and pepper; garnish with scallions. Yields about 1 cup per serving.

▲ Indicates a Power Food



**APRIL | SPRING IS HERE**

## ROAST ASPARAGUS WITH SHAVED PARMESAN 2 *PointsPlus*<sup>™</sup> VALUES | 4 SERVINGS

**PREP TIME:** 5 MIN | **COOKING TIME:** 15 MIN | **LEVEL OF DIFFICULTY:** EASY

Keep a wedge of high quality Parmesan cheese in your refrigerator to add amazing flavor to simple roasted vegetables. Parmigiano Reggiano adds a nice nutty taste.

### INGREDIENTS

- ▲ 1 1/2 pounds asparagus, tough stems snapped off
- 1/8 tsp black pepper, coarsely ground, or to taste
- 1 1/2 tsp olive oil
- 1 oz Parmesan cheese, aged-variety such as Parmigiano Reggiano, at room temperature
- 1/8 tsp table salt, or to taste

### INSTRUCTIONS

Preheat oven to 425°F.

Spread asparagus in a single layer on a nonstick baking sheet; drizzle with oil. Roast, shaking pan once or twice during cooking, until asparagus is fork-tender, about 10 to 15 minutes (varies greatly depending on thickness of spears).

Remove from oven and arrange asparagus on a serving plate; sprinkle with salt and pepper. Using a paring knife or microplane, cut paper-thin slices of cheese and arrange over asparagus. Yields 1/4 of asparagus and cheese per serving.



**MAY | BREAKFAST FOR MOM**

## HASH AND EGGS | 8 *PointsPlus*<sup>™</sup> VALUES | 4 SERVINGS

**PREP TIME:** 15 MIN | **COOKING TIME:** 51 MIN | **LEVEL OF DIFFICULTY:** EASY

Looking for a breakfast that'll keep you satisfied? Fuel up with our hash and eggs made healthier with turkey pastrami and just a touch of oil.

### INGREDIENTS

- 2 sprays olive oil cooking spray
- ▲ 1/2 cup cherry tomatoes, or grape tomatoes
- ▲ 4 medium Yukon Gold potatoes, cut into bite-sized pieces
- 1 tsp table salt, or less to taste
- ▲ 1 1/2 cups onions, thinly sliced
- 1 tsp black pepper, freshly ground, or less to taste
- ▲ 1 1/2 cups roasted red peppers, water-packed, thinly sliced
- 1/2 tsp rosemary, or thyme, fresh, minced
- 1/3 pound turkey pastrami, coarsely chopped
- 1 tbps olive oil
- ▲ 4 large eggs

### INSTRUCTIONS

Preheat oven to 450°F. Coat a 9- X 13-inch oven-proof dish or pan with cooking spray.

Set a medium pan of water to boil over high heat. Parboil potatoes just until fork tender, about 5 to 6 minutes.

Combine potatoes, onions, roasted peppers, pastrami, tomatoes, salt, black pepper and rosemary (or thyme) in prepared dish; toss with oil. Bake to desired doneness, rotating dish once or twice during cooking, about 30 to 45 minutes.

Meanwhile, coat a large nonstick skillet with cooking spray and heat over medium heat; cook eggs sunny side up. Yields 1 egg and about 3/4 cup of hash per serving.

**NOTES:** If you like spice, add chopped jalapeno to the hash. You can omit the tomatoes or add some green or red peppers, and scallions, too.

▲ Indicates a Power Food



**JUNE | FATHER'S DAY DINNER**

## GRILLED T-BONE STEAK WITH EASY BARBECUE SAUCE

7 *PointsPlus*™ VALUES | 4 SERVINGS

**PREP TIME:** 8 MIN

**COOKING TIME:** 10 MIN

**LEVEL OF DIFFICULTY:** EASY

If you love a great steak, look no further. This wonderful sauce is also delicious on chicken

### INGREDIENTS

2 tbsp chili sauce, or ketchup	2 tsp mustard, course-grain recommended
1 tbsp packed brown sugar, dark-variety	1 tsp ginger root, fresh, minced, or 1/4 tsp ground ginger
1 medium garlic clove, minced, or 1/2 tsp garlic powder	▲ 1 pound beef, T-bone steak, trimmed, raw, cut 1 1/2-inches thick
1 tbsp Worcestershire sauce	

### INSTRUCTIONS

Preheat grill to high.

In a small bowl, combine chili sauce (or ketchup), sugar, garlic, Worcestershire sauce, mustard and ginger; brush sauce all over steak. Grill, flipping once, brushing steak with any leftover barbecue sauce while steak cooks, about 8 minutes for medium.\*

Remove steak to cutting board, cover loosely with aluminum foil and let stand for 10 minutes before slicing. Yields about 3 ounces of steak per serving.

**NOTES:** Cook about 5 minutes per side for medium-well done. Change the flavor of the sauce by adding a dash of hot sauce or cayenne pepper.

For a complete meal, serve the steak with grilled corn on the cob and peppers: Spray corn and pepper halves with olive oil cooking spray and sprinkle with salt. Place on upper part of grill and cook with the steak (will affect *PointsPlus* values).

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**JULY | SUMMERY DESSERT**

## RASPBERRY-PEACH COBLER

4 *PointsPlus*™ VALUES | 8 SERVINGS

**PREP TIME:** 15 MIN

**COOKING TIME:** 45 MIN

**LEVEL OF DIFFICULTY:** EASY

We lightened up this cobbler by using reduced-fat sour cream and less butter. It's moist and delicious, bursting with warm fresh raspberries and juicy peaches.

### INGREDIENTS

▲ 6 medium peaches, halved, pitted and thinly sliced (about 1 3/4 lbs)	1/2 tsp baking powder
3 tbsp powdered sugar	1/4 tsp baking soda
▲ 1 cup raspberries	1/4 tsp table salt
3/4 cup all-purpose flour	3 tbsp unsalted butter, cold
3 1/2 tsp sugar, granulated, divided	1/3 cup reduced-fat sour cream
	1 tsp vanilla extract

### INSTRUCTIONS

Preheat oven to 350°F. Place peaches in a medium bowl; toss with powdered sugar until sugar dissolves. In an 8-inch square baking pan, arrange peach slices in several layers; sprinkle raspberries over top.

In a large bowl, combine flour, 3 tablespoons of granulated sugar, baking powder, baking soda and salt. Cut butter into flour mixture and work in with a fork or pastry cutter until flour resembles course crumbs. Add sour cream and vanilla; mix with a fork until dough comes together.

Place clumps of crumb mixture over fruit; sprinkle with remaining 1/2 tablespoon of sugar.

Bake until top is golden brown and fruit begins to bubble, about 40 to 45 minutes. Cool 10 minutes before serving. Yields about 1/2 cup per serving.

**NOTES:** Feel free to substitute thawed, frozen fruit for the fresh fruit, if desired.



**AUG | SUMMERTIME BBQ**

## ITALIAN TURKEY BURGERS | 7 *PointsPlus*<sup>™</sup> VALUES | 4 SERVINGS

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

The addition of fennel seeds makes these burgers reminiscent of Italian sausage. Top them with fresh basil and tomato for a wonderful main course.

### INGREDIENTS

- 1 spray cooking spray
- 1 pound lean ground turkey
- ▲ 1/3 cup onions, chopped
- 2 tsp minced garlic
- 2 tsp fennel seed
- 1/2 tsp table salt
- 1/4 tsp black pepper, freshly ground
- 4 sprays olive oil cooking spray
- ▲ 2 small tomatoes, ripe, yellow and/or red, thinly sliced
- 1 cup basil, fresh, leaves, torn or thinly shredded
- ▲ 4 reduced-calorie hamburger rolls

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### INSTRUCTIONS

- Coat a grill or grill pan with cooking spray; preheat to medium-high.
- In a large mixing bowl, combine turkey, onion, garlic, fennel seed, salt and pepper; form into four 1/2-inch-thick patties. Coat burgers and inside of rolls with cooking spray.
- Grill burgers for 5 minutes; flip burgers and add rolls to grill. Grill open-face rolls until lightly charred, about 1 to 2 minutes; remove to serving plates. Grill burgers until cooked through, about 5 minutes more.
- To serve, top grilled rolls with tomato slices and burgers; garnish with basil. Yields 1 burger per serving.
- NOTES:** For an extra hit of flavor, rub the bread with a cut garlic clove as it comes off the grill. Try these burgers with arugula leaves instead of the basil.



**SEPT | LABOR DAY DIP**

**GRILLED CORN AND AVOCADO SALSA**  
2 **PointsPlus™** VALUES | 8 SERVINGS

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

A must-have dish for friend and family gatherings. The flavors and textures blend perfectly. At our own tasting we couldn't get enough.

**INGREDIENTS**

- ▲ 3 medium corn on the cob, grilled, cooled to room temperature\*
- ▲ 1/2 cup scallions, white and green parts, chopped
- ▲ 1 medium jalapeno pepper, cored, seeded and minced (don't touch seeds with bare hands)
- 1/4 tsp crushed red pepper flakes, optional
- 1 small garlic clove, minced
- 1/4 tsp ground cumin
- 1/4 tsp table salt
- 1/8 tsp black pepper
- 1 medium avocado, ripe, peeled, pitted and cut into 1/2-inch cubes
- 2 tbsp fresh lime juice, from 1 medium lime
- 2 tbsp cilantro, fresh, minced

**INSTRUCTIONS**

Break each ear of corn in half; place flat end on cutting board and using a sharp paring knife, slice kernels off cob. Place kernels in a medium bowl; add scallion, jalapeno, red pepper flakes (if using), garlic, cumin, salt and pepper. Cover and refrigerate if not using right away.

Just before serving, stir in avocado, lime juice and cilantro. Yields about 1/4 cup per serving.

**NOTES:** \*To grill corn, remove husks and silk and coat with cooking spray. Grill over medium heat until browned in spots.

You can make this recipe with 1 1/2 cups of frozen, boiled or steamed corn that has been well-drained.

▲ Indicates a Power Food



**OCT | HALLOWEEN TREAT**

**SPICED PEANUT BUTTER COOKIES**  
3 **PointsPlus™** VALUES | 30 SERVINGS

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

These large, peanut cookies not only taste wonderful, they also pack a fiber and protein punch thanks to our secret ingredient... canned chickpeas.

**INGREDIENTS**

- ▲ 1/2 cup canned chickpeas, not drained\*
- 1 cup Skippy Super Chunk Roasted Honey Nut Peanut Butter, or other brand
- 1/4 cup unsalted butter, softened
- 3/4 cup packed light brown sugar
- 1 tsp vanilla extract
- ▲ 1 large egg
- 1 cup whole wheat flour
- 1/2 tsp table salt
- 1/2 tsp baking soda
- 1/4 tsp red pepper flakes, or more to taste

**INSTRUCTIONS**

Preheat oven to 350°F. Line two large cookie sheets with parchment paper (or coat with cooking spray); set aside. \*Pour chickpeas into a 1-cup measuring cup and pour in enough chickpea liquid just to cover the beans; puree chickpeas and their liquid in a blender or mini food processor. In a large bowl with an electric mixer, cream peanut butter, butter and sugar until light and fluffy. Add vanilla and egg; mix well again. Add pureed chick peas; blend thoroughly with mixer. Add flour, salt, baking soda and red pepper flakes; mix again.

Shape rounded tablespoonfuls of cookie dough into small balls. Place dough on prepared cookie sheets, leaving at least 2-inches between cookies. When a cookie sheet is filled, press each ball down with palm of your hand to flatten. Then flatten cookies even more by making cross-hatch marks with back of a fork. Bake until cookies turn slightly golden, about 12 to 15 minutes depending on desired crispness. Let cool on cookie sheet for 1 to 2 minutes and then remove to a wire rack to cool completely. Yields 1 cookie per serving.



**NOV | THANKSGIVING**

## APRICOT-GLAZED TURKEY AND SWEET POTATOES

**8 PointsPlus™ VALUES | 8 SERVINGS**

**PREP TIME:** 10 MIN | **COOKING TIME:** 55 MIN | **LEVEL OF DIFFICULTY:** MODERATE

Moist turkey breast and spectacular sweet potatoes. A wonderful alternative to roasting a whole bird.

### INGREDIENTS

- 1/2 cup apricot preserves
- 1 tbsp Dijon mustard
- ▲ 2 1/2 pounds sweet potato(es), peeled and cut into bite-sized pieces
- 2 tsp canola oil
- 1/2 tsp table salt, divided
- 1/2 tsp black pepper, freshly ground, divided
- ▲ 2 pounds boneless, skinless turkey breasts, roast\*
- 1/4 cup white wine
- ▲ 1/2 cup canned chicken broth

### INSTRUCTIONS

Preheat oven to 400°F. Line a large rimmed baking pan with nonstick foil (or coat with cooking spray).

Put potatoes in pan; drizzle with oil. Sprinkle with 1/4 teaspoon each of salt and pepper; toss to coat. Push potatoes to one side of pan, keeping them in a single layer.

In a small cup, stir together preserves and mustard until blended; set aside. Sprinkle turkey with remaining 1/4 teaspoon each of salt and pepper. Place turkey on empty side of pan; using back of a spoon, spread 1/4 cup of apricot mixture over turkey.

Place pan in oven and roast for 20 minutes. Remove pan from oven; pour remaining apricot mixture over potatoes and toss to mix and coat.

Roast, tossing potatoes once or twice, until potatoes are cooked and lightly browned and turkey is cooked through, about 25 to 35 minutes more.

Remove potatoes from pan; set aside. Remove turkey to a cutting board and let stand 5 to 10 minutes, loosely covered with aluminum foil, to allow turkey to reabsorb juices (pour any resulting juices back into roasting pan).

Meanwhile, place roasting pan on stove top over high heat. To deglaze pan, add wine and then broth; scrape bottom and sides of pan with a wooden spoon. Bring to a boil and cook until sauce reduces and begins to thicken (alcohol will burn off), about 1 to 2 minutes.

Place turkey and potatoes on a serving platter; pour sauce over turkey and serve. Yields about 3 ounces of turkey and 1/2 cup of sweet potatoes per serving.

NOTES: \*You might have to buy a 2 pound boneless turkey breast and remove the skin. This recipe is also delicious with orange marmalade instead of the apricot preserves.

▲ Indicates a Power Food





DEC | NEW YEAR'S EVE

## JAPANESE SHRIMP AND AVOCADO APPETIZERS

1 **PointsPlus™** VALUES | 12 SERVINGS

PREP TIME: 20 MIN | COOKING TIME: 0 MIN | LEVEL OF DIFFICULTY: EASY

These are amazing! So easy, so elegant. The wasabi mayo gives a bit of heat and the avocado lends delicious, buttery texture.

### INGREDIENTS

1/4 cup reduced-calorie mayonnaise

1 tsp wasabi powder, wasabi paste

1/2 tsp soy sauce

▲ 1/2 large cucumber, seedless, cut into twenty-four 1/4-inch-thick slices

1/2 medium avocado, quartered and then cut into 24 slices

▲ 8 oz cooked shrimp, about 24 small, peeled and deveined

▲ 2 tbsp radishes, finely chopped

24 pieces mint leaves, small slices

### INSTRUCTIONS

To make wasabi mayonnaise, in a small bowl, stir together mayonnaise, wasabi powder (or paste) and soy sauce until smooth.

To assemble appetizers, place cucumber slices on a serving platter and spread each with 1/2 teaspoon of wasabi mayonnaise. Place a slice of avocado on top and then top each with a shrimp; sprinkle with radish and top with a mint leaf. Yields 2 appetizers per serving.

NOTES: We prefer the flavor of the wasabi mayo when made with wasabi paste, but if you can't find it, wasabi powder works well, too.



BONUS | HAPPY NEW YEAR

## APRICOT BELLINIS | 4 **PointsPlus™** VALUES | 6 SERVINGS

PREP TIME: 5 MIN | COOKING TIME: 0 MIN | LEVEL OF DIFFICULTY: EASY

Ring in 2009 with these festive bellinis. Or make your own signature drink by giving other sparkling wines and nectars a try.\*

### INGREDIENTS

3/4 cup apricot nectar, or passion fruit nectar, chilled

750 ml Champagne, or Prosecco, chilled (about 25 fl oz or 3 cups)

▲ 1/4 cup raspberries

▲ 6 pieces mint leaves

### INSTRUCTIONS

To make each drink, pour 1/8 cup (2 tablespoons) of nectar into a Champagne flute or other glass; top each with 1/2 cup of Prosecco.

To garnish, drop a few raspberries and a mint sprig into each glass; serve immediately. Yields about 5 fluid ounces per serving.

NOTES: \*Could affect **PointsPlus** values.

If you haven't tried Prosecco, it's similar to Champagne and other sparkling wines but a bit more fruity and usually less expensive. We mix it here with apricot nectar but it is also great with passion fruit or mango nectars.

▲ Indicates a Power Food