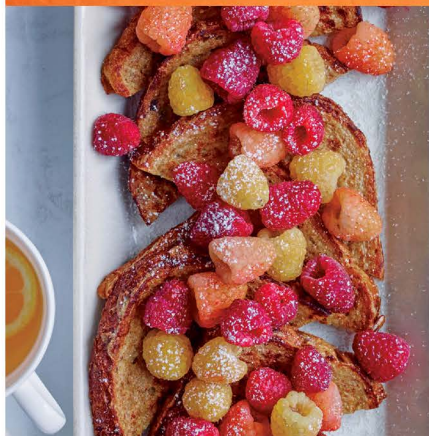


Get cookin' with SmartPoints!™

10 Recipes to Get You Started



weightwatchers

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CINNAMON FRENCH TOAST WITH RASPBERRIES

serves 6 | vegetarian

INGREDIENTS

- 2 large egg whites
- 1 large egg
- 1/3 cup low-fat (1%) milk
- 2 tablespoons light brown sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 6 slices light whole wheat sandwich bread
- 1 1/2 teaspoons canola oil
- 3 cups fresh raspberries
- 1 1/2 teaspoons confectioners' sugar

INSTRUCTIONS

Whisk together egg whites, egg, milk, brown sugar, cinnamon, and vanilla in large shallow dish.

Dip each slice of bread in egg mixture, turning several times to coat.

Heat 1/2 teaspoon of oil in large nonstick skillet over medium heat. Add 2 slices of bread and cook, turning once, until golden brown, about 6 minutes. Repeat with remaining 1/2 teaspoon oil and remaining bread. Cut Each slice in half on diagonal. Top with raspberries and sprinkle with confectioners' sugar.



GINGERBREAD PANCAKES & PEARS

makes 12

INGREDIENTS

- 1 teaspoon unsalted butter
- 4 small firm-ripe pears, peeled, cored, and sliced
- 1¾ cups reduced-fat buttermilk baking mix
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ¾ cup fat-free milk
- 1 large egg
- 1 tablespoon light molasses
- 2 teaspoons canola oil
- 4 teaspoons pure maple syrup

INSTRUCTIONS

Melt butter in large nonstick skillet over medium heat. Add pears and cook, stirring occasionally, until pears are tender, about 5 minutes. Remove from heat and set aside.

Meanwhile, whisk together baking mix, cinnamon, and ginger in medium bowl. Whisk together milk, egg, and molasses in small bowl until smooth (molasses may clump when added to cold ingredients; let stand 2–3 minutes to soften and whisk until smooth). Add milk mixture to baking-mix mixture and stir just until blended.

Heat 1 teaspoon of oil on nonstick griddle or in large nonstick skillet over medium heat. Pour batter by ¼cup measures onto griddle. Cook just until bubbles begin to appear at edges of pancakes, about 3 minutes. Flip and cook until browned, about 2 minutes. Repeat with remaining oil and batter to make a total of 8 pancakes. Top pancakes with pears and drizzle with maple syrup



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RASPBERRY-PEACH SMOOTHIES

serves 4 | vegetarian | gluten free | no cook

INGREDIENTS

- 2 ripe peaches, peeled, pitted, and sliced
- 2 (6-ounce) packages fresh raspberries or $2\frac{3}{4}$ cups frozen unsweetened raspberries
- 1½ cups plain fat-free Greek yogurt
- ½ cup fat-free milk
- 1 tablespoon honey
- 3 ice cubes

INSTRUCTIONS

Combine peaches, raspberries, yogurt, milk, honey, and ice cubes in blender and puree. Pour into 4 glasses and serve

*Raspberry-Peach
Smoothies*

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EGG, BACON & GREENS BREAKFAST SANDWICHES

serves 4

INGREDIENTS

- 2 teaspoons olive oil
- 1 shallot, thinly sliced
- ½ pound collard greens, trimmed and thinly sliced (about 6 cups)
- ¼ teaspoon salt
- ¼ teaspoon hot sauce
- 2 slices turkey bacon
- 4 large eggs
- 2 whole wheat bread thins, split and toasted
- 2 tablespoons grated pecorino Romano

INSTRUCTIONS

Heat 1 teaspoon of oil in large skillet over medium-high heat. Add shallot and cook, stirring constantly, until softened, about 2 minutes. Add greens and salt; cook, stirring frequently, until greens are tender, about 4 minutes. Stir in hot sauce. Cover and keep warm.

Meanwhile, place bacon in large nonstick skillet and set over medium heat. Cook until crisp, about 3 minutes on each side. With tongs, transfer bacon to a paper towel-lined plate and drain.

Add remaining 1 teaspoon of oil to same skillet. Break eggs into skillet and cook until whites are opaque and yolks begin to set, 3–4 minutes.

Place bread thin half, cut side up, on each of 4 plates. Top evenly with greens mixture. Break each slice of bacon in half and place on greens. Place an egg on top of bacon, sprinkle with pecorino, and serve at once.



BLACK BEAN, FARRO, & ROASTED SQUASH CHILI

serves 6 | vegetarian

INGREDIENTS

3 cups cubed peeled seeded butternut squash	1 (28-ounce) can petite diced tomatoes
2 poblano peppers, diced	1 (15.-ounce) can black beans, rinsed and drained
1 onion, chopped	1 cup frozen corn kernels
4 garlic cloves, minced	1. cups reduced-sodium vegetable broth
2 tablespoons chili powder	1 cup cooked farro
1 tablespoon ground cumin	6 tablespoons light sour cream
1 teaspoon salt	6 tablespoons shredded reduced-fat Cheddar cheese
½ teaspoon chipotle chile powder	

INSTRUCTIONS

Preheat oven to 400°F. Line rimmed baking sheet with foil and spray foil with nonstick spray.

Spread squash on half of baking sheet and poblano peppers on other half. Lightly spray vegetables with nonstick spray. Bake, stirring once, until peppers are tender, about 25 minutes. Transfer peppers to plate. Spread out squash and return to oven. Bake until squash is tender, about 10 minutes longer.

Spray Dutch oven with nonstick spray and set over medium-high heat. Add onion and cook, stirring often, until onion begins to brown, 6 minutes. Stir in garlic, chili powder, cumin, salt, and chipotle chile powder and cook, stirring constantly, until fragrant, 30 seconds. Add tomatoes, beans, corn, broth, and roasted poblano peppers to Dutch oven and bring to boil. Reduce heat and simmer, covered, 30 minutes. Stir in squash and farro and simmer until heated through, 3 minutes. Serve topped with sour cream and Cheddar.



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FLATBREAD PROSCIUTTO & SALAD PIZZA

serves 4

INGREDIENTS

- 1 (8.8-ounce) package whole-grain naan flatbreads (2 naan per package)
- ¼ cup prepared sun-dried tomato pesto
- ¾ cup shredded reduced-fat Italian cheese blend
- ¾ teaspoon red pepper flakes
- 2 teaspoons olive oil
- 2 teaspoons lemon juice
- 1 teaspoon red-wine vinegar
- ¼ teaspoon salt
- 1 (5-ounce) container baby arugula (5 cups)
- 4 slices prosciutto, cut into thin strips
- 2 plum tomatoes, thinly sliced
- 2 tablespoons grated Parmesan cheese

INSTRUCTIONS

Preheat oven to 450°F.

Place flatbreads on large baking sheet. Spread tomato pesto on each, and sprinkle with cheese blend and red pepper flakes. Bake until bread is browned on bottom and cheese is melted, about 6 minutes.

Meanwhile, whisk together oil, lemon juice, vinegar, and salt in large bowl. When flatbreads are done, add arugula to bowl and toss to coat.

Top pizzas with prosciutto and tomatoes, then with arugula salad. Sprinkle with Parmesan. Cut each pizza into 2 pieces and serve at once.



VEGGIE & BLACK BEAN QUESADILLAS

serves 4 | vegetarian

INGREDIENTS

- 1 small red bell pepper, chopped
- 1 small zucchini, cut into thin strips
- ½ cup frozen corn kernels
- 1 cup canned black beans, rinsed and drained
- 1½ teaspoons chili powder
- ¼ teaspoon salt
- ¼ cup chopped fresh cilantro
- 1 cup shredded reduced-fat Mexican cheese blend
- 4 (8-inch) whole wheat flour tortillas
- ½ cup plain fat-free Greek yogurt
- ½ cup salsa

INSTRUCTIONS

Place bell pepper, zucchini, and corn in medium microwaveable bowl. Cover with wax paper and microwave on High until vegetables are crisp-tender, about 1½ minutes. Drain vegetables and stir in black beans, chili powder, salt, and cilantro.

Sprinkle 2 tablespoons cheese over half of each tortilla. Spoon one-fourth of vegetable mixture evenly over cheese. Sprinkle vegetables evenly with remaining cheese. Fold unfilled half of each tortilla over filling and press down lightly.

Heat large nonstick skillet over medium heat. Lightly spray quesadillas on both sides with nonstick spray. Cook two at a time, turning once, until crisp and heated through, about 4 minutes. Cut each quesadilla into 2 wedges and serve with yogurt and salsa.



CHUTNEY CHICKEN SLIDERS

serves 6

INGREDIENTS

- ¾ cup mango chutney, large pieces chopped
- 2 scallions, thinly sliced
- 2 teaspoons hot sauce
- 2 teaspoons curry powder
- ¾ teaspoon salt
- 1 ⅓ cup panko bread crumbs
- 1¼ pounds extra lean ground chicken breast or extra lean ground turkey breast
- 2 teaspoons canola oil
- 12 small (1 ounce) whole grain dinner rolls, split
- 1 cup loosely packed baby salad greens

INSTRUCTIONS

Combine ⅓ cup of chutney, scallions, hot sauce, curry powder, and salt in medium bowl. Stir in panko. Add chicken and stir just until combined. Do not overmix.

Heat 1 teaspoon of oil in large nonstick skillet over medium heat. Drop half of chicken mixture by ¼-cup measures into skillet, about 2 inches apart. Press down with spatula to form 2.5-inch diameter patties.

Cook, turning once, until patties are cooked through, about 8 minutes. Repeat with remaining 1 teaspoon oil and remaining chicken mixture. Brush cooked patties with remaining chutney and serve patties in rolls topped with salad greens.



RHUBARB-STRAWBERRY SHORTCAKES

serves 12

INGREDIENTS

2 cups sliced fresh rhubarb or thawed frozen sliced rhubarb
3 tablespoons plus 1 cup sugar
2 tablespoons water
1 pound fresh strawberries, hulled and sliced
1½ cups white whole wheat flour

4 tablespoons unsalted butter, cut into pieces
2/3 cup low-fat buttermilk
1 large egg
½ teaspoon grated lemon zest
¾ cup thawed frozen fat-free whipped topping
1½ teaspoons baking powder
¼ teaspoon salt

INSTRUCTIONS

Combine rhubarb, 3 tablespoons of sugar, and water in medium saucepan. Bring to boil, reduce heat to medium-low, and cook, stirring occasionally, until rhubarb is tender, 5 minutes. Stir in strawberries and cook, stirring often, until softened, 3 minutes. Transfer to bowl to cool. Refrigerate, covered, until chilled, 2 hours or up to 2 days.

Preheat oven to 425°F. Line large baking sheet with parchment paper.

Whisk together flour, remaining cup of sugar, the baking powder, and salt in large bowl. With pastry blender or 2 knives used scissor-fashion, cut in butter until mixture resembles coarse crumbs.

Whisk together buttermilk, egg, and lemon zest in small bowl. Add buttermilk mixture to flour mixture, stirring just until soft dough forms (dough will appear wet).

Turn dough onto well-floured work surface. Press dough together and pat to ½ inch thickness. With floured 2-inch round cutter, cut out biscuits without twisting cutter. Gather scraps and reroll, making total of 12 biscuits. Place biscuits on prepared baking sheet.

Bake until golden brown, 15–17 minutes. Transfer to wire rack to cool.

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Split biscuits in half horizontally. Place bottoms on 12 plates and top each with generous cup of rhubarb mixture. Cover with tops of biscuits. Top each with 1 tablespoon of whipped topping. Serve immediately.

*Rhubarb-Strawberry
Shortcakes*



BLUEBERRY-PEACH CORNMEAL CUPCAKES

makes 12

INGREDIENTS

1 cup all-purpose flour	2 large eggs
1 cup cornmeal	2 tablespoons olive oil
2 teaspoons baking powder	2 teaspoons vanilla extract
½ teaspoon baking soda	1 teaspoon grated lemon zest
½ teaspoon salt	1 ripe peach, peeled, pitted, and diced (about 1 cup)
1¼ cups low-fat buttermilk	1 cup fresh or frozen blueberries
½ cup granulated sugar	1 tablespoon confectioners' sugar

INSTRUCTIONS

Preheat oven to 350°F. Spray 12-cup muffin pan with cooking spray.

Whisk together flour, cornmeal, baking powder, baking soda, and salt in medium bowl. Whisk together buttermilk, granulated sugar, eggs, oil, vanilla, and lemon zest in large bowl. Add flour mixture to buttermilk mixture and stir just until flour mixture is moistened. Gently stir in peach and blueberries.

Fill muffin cups evenly with batter. Bake until toothpick inserted into centers comes out clean, 18–20 minutes. Let cool in pan on wire rack 5 minutes. Remove cupcakes from pan and cool completely on rack. Just before serving, dust with confectioners' sugar.

*Blueberry-
Peach
Cornmeal
Cupcakes*

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