

# Weight Watchers Dinner Cookbook



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Cathy & Rick

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## **Skillet Orange-Glazed Salmon**

*Weight Watchers: 4 servings, 3 points per serving.*

### **Ingredients**

- 4 4-oz salmon fillets (1 inch thickness)
- 1/4 tsp salt
- 1/4 tsp pepper
- 3 Tbsp soy sauce
- 3 Tbsp unsweetened orange juice
- 1/2 tsp sesame oil

### **Instructions**

Sprinkle fish with salt and pepper. Spray a large skillet with zero-calorie cooking spray. Place skillet over high heat. When skillet is hot, add fish and cook 3 minutes on each side. Cover and continue cooking an additional 3 minutes, or until the fish flakes readily when tested with a fork. Remove fish from skillet and set aside, but keep warm. Return skillet to heat, adding soy sauce and orange juice, and cook over high heat, stirring constantly, about 1 minute. Add oil, stirring well. Pour sauce over fish and serve.

## **Baked Country Catfish**

*Weight Watchers: 4 servings, 5 points per serving.*

### **Ingredients**

- 2/3 cup crushed corn flake
- 1/4 tsp salt
- 1/4 tsp ground red pepper
- 4 4-oz catfish fillets (1 inch thickness)
- 2 egg whites
- 1/2 cup corn relish

### **Instructions**

Preheat oven to 450 degrees Fahrenheit. Line a shallow baking pan with aluminum foil and spray with zero-calorie cooking spray. In a shallow bowl, stir together crushed corn flakes, salt, and red pepper. In a separate bowl, lightly beat egg whites. Dip fish in egg

whites, then coat with corn flake mixture, and place in baking pan. Bake 8 to 10 minutes or until fish flakes readily when tested with a fork. Serve hot with corn relish.

## Broiled Cajun Swordfish

*Weight Watchers: 4 servings, 4 points per serving.*

### Ingredients

- 4 4-oz swordfish fillets (1 inch thickness)
- 1 ½ tsp [blackening seasoning](#)
- 1/3 cup fat-free mayonnaise
- 1 Tbsp sweet pickle relish
- 1 tsp fresh lemon juice

### Instructions

Spray a broiler pan and both sides of each fillet with zero-calorie cooking spray, and sprinkle evenly with 1 ¼ tsp blackening seasoning (reserving 1/4 tsp). Broil fish 5 ½ inches from heat, 6 minutes on each side, or until fish flakes readily when tested with a fork. Meanwhile, combine mayonnaise, remaining blackening seasoning, relish, and lemon juice, and stir well. Serve alongside fish with lemon wedges for garnish, if desired.

## Grilled Honey-Balsamic Salmon

*Weight Watchers: 2 servings, 6 points per serving.*

### Ingredients

- 1 ½ Tbsp honey
- 1 ½ Tbsp Dijon-style mustard
- 1 Tbsp balsamic vinegar
- 1/4 tsp coarse-ground black pepper
- 1/4 tsp garlic salt
- 2 6-oz salmon steaks (½ inch thickness)

## Instructions

Combine honey, mustard, vinegar, pepper, and garlic salt in a bowl. Brush over fish. Spray grill rack with nonstick zero-calorie cooking spray and place on a medium-hot (350 to 400 degrees Fahrenheit) grill. Place fish on grill rack and grill 2 to 3 minutes on each side, or until fish flakes readily when tested with a fork.

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## Quick Chicken Teriyaki

1/4 recipe = 4 pts

### Ingredients

- 4 boneless skinless chicken breast halves
- 1/4 cup low-sodium teriyaki sauce
- 1 Tbsp vegetable oil
- 4 fresh cloves garlic, pressed
- 1 tsp fresh ginger, pared and minced

### Instructions

90 minutes before mealtime, place chicken pieces in nonstick 9 inch square baking dish, combine remaining ingredients, and pour over chicken. Cover and place in refrigerator to marinate for one hour. Meanwhile, preheat oven to 350 F. Bake chicken uncovered for 15 minutes, turn, bake additional 10-15 minutes until is cooked through.

## Chicken Noodle Casserole

1/8 recipe = 4 pts OR 1/6 recipe = 5.5 pts

### Ingredients

- 4 cups egg noodles
- 2 cans condensed lowfat cream of mushroom soup
- 1/4 cup skim milk
- 6 oz cooked chicken breast halves
- 1 can tomatoes (*optional: with green chiles*)
- 10 oz frozen vegetables of choice

## **Instructions**

Preheat oven to 350 F. Cook egg noodles, drain, set aside. Chop chicken into bite-sized pieces, mix in large bowl with all other ingredients. Transfer to 9 x 13 baking dish, bake 30 minutes.

## **Buffalo Chicken Strips**

1/4 recipe = 5 pts

### **Ingredients**

- 1 lb boneless skinless chicken breasts
- 1/2 cup BBQ sauce
- 1/2 cup low-fat butter substitute
- 1/4 tsp celery seed
- 1 Tbsp white vinegar
- 1/2 tsp Tabasco sauce
- 1/2 tsp red pepper flakes
- 1/4 tsp black pepper
- 1/2 tsp cayenne pepper
- 1/4 tsp Worcestershire sauce

### **Instructions**

Preheat oven to 375 F. Simmer all ingredients except chicken on low heat, stirring occasionally, while cutting chicken into strips. Remove sauce from heat, lightly coat chicken and place on sprayed cooking sheet. Bake 15-20 minutes, or until cooked through, cover with remaining sauce and serve.

## **Unfried Chicken Kiev**

1/6 recipe = 4 pts

### **Ingredients**

- 6 skinless boneless chicken breast halves
- 3 Tbsp low-fat margarine

- 1 Tbsp chopped fresh chives
- 1/8 tsp garlic powder
- 2 Tbsp chopped fresh parsley
- 1/2 tsp paprika
- 2 cups cornflake cereal
- 1/4 cup skim milk

## **Instructions**

Soften margarine, preheat oven to 425 F. Cut margarine into 6 slices, place one on center of each chicken breast. Sprinkle garlic powder and chives evenly among 6 slices. Fold chicken breast over margarine, fold up sides, and secure with wooden skewer. Crush cornflakes, mix with parsley, and paprika. Dip chicken in milk, then coat with cornflake mixture. Place breasts, seam-side down, in sprayed 9 inch square baking pan. Bake 35 minutes or until cooked through.

## **Gourmet Chicken Dijon**

1/4 recipe = 3 pts

## **Ingredients**

- 1/2 tsp paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 4 boneless skinless chicken breast halves
- 1/4 cup dry white wine
- 1 1/2 Tbsp all-purpose flour
- 3/4 cup skim milk
- 1 Tbsp dijon-style mustard

## **Instructions**

Combine paprika, salt, and pepper, sprinkle evenly over chicken pieces. In a sprayed non-stick skillet, cook chicken 3-5 minutes on each side until browned. Set chicken aside. Combine 1/4 cup milk with flour, stir until well-blended. Add wine to skillet, scraping particles that cling to the bottom, then add milk and flour mixture, stirring in over heat. Add remaining milk and mustard and cook over medium heat until thickened. Return chicken to skillet, bring to a boil, cover, and simmer for 5 minutes, or until chicken is cooked through.

## **Crockpot Lasanga**

Makes 8 servings, 7 points each.

### **Ingredients**

- ? 1 1/2 lbs lean ground turkey
- ? 1 large onion, chopped
- ? 2 Tbsp minced garlic
- ? 1 lb fat free mozerella
- ? 12 oz fat free cottage cheese
- ? 1 tsp Italian seasoning
- ? salt & pepper to taste
- ? 8 oz no-bake lasagna noodles
- ? 30 oz tomato sauce
- ? 6 oz tomato paste
- ? 1 cup mushrooms, sliced
- ? 1/2 green pepper, chopped

### **Instructions**

In a frying pan, brown turkey with onion and garlic. Add spices and tomato sauce and paste, stirring over medium heat until warm all the way through. Mix cheeses in seperate container. Layer 1/3 meat sauce, 1/3 noodles, 1/3 cheese, and 1/3 vegetables in crockpot. Repeat 2 more times until all ingredients have been used. Cook on low 4-5 hours.

## **Crockpot Chicken Stroganoff**

Makes 6 servings, 4 points each.

### **Ingredients**

- 1 pound boneless, skinless chicken
- 1 container (16 oz) fat free sour cream
- 1 packet powdered onion soup mix

- 1 can fat free cream of chicken soup
- 1 small can mushrooms

## **Instructions**

Add all ingredients to crock pot. Cook on low for 6 hours.

## **Crockpot Beef Stew**

3 points per cup.

## **Ingredients**

- 3 potatoes, diced
- 5 carrots, diced
- 4 stalks celery, diced
- 2 small onions, chopped
- 1 whole head garlic, minced
- 1 tomato, blanched and chopped
- 4 Tbsp barley
- 4 beef bouillon cubes
- 1 3/4 lbs lean beef
- 1/2 tsp rosemary
- 1/2 tsp savory
- 1 tsp salt
- 1/2 tsp pepper
- 2 Tbsp flour
- 2 Tbsp corn starch

## **Instructions**

Cut beef into bite-sized cubes, and brown in frying pan. Add flour and stir together, then add to crock pot. Cook all ingredients except beef, flour, potatoes, rosemary, savory, and corn starch for 12-24 hours on high in crockpot. One hour before mealtime, add potatoes, rosemary, and savory, and continue cooking. Just before serving, thicken with corn starch.

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## **Crockpot Tortilla Soup**

Makes 6 servings, 6 points each.

## Ingredients

- 1 1/2 lbs boneless skinless chicken breasts
- 15 oz whole tomatoes
- 10 oz enchilada sauce
- 1 medium onion, chopped
- 4 oz chopped green chilies
- 1 clove garlic, minced
- 2 cups water
- 14 1/2 oz fat-free chicken broth
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp salt
- 1/4 tsp ground black pepper
- 1 whole bay leaf
- 1 cup fresh or frozen corn
- 6 whole corn tortillas
- 2 Tbsp vegetable oil
- 1 Tbsp chopped cilantro

## Instructions

Cook and shred chicken. Combine in crock pot with all ingredients except tortillas, oil, and cilantro. Cook on low 6-8 hours or on high 3-4 hours. Preheat oven to 400 degrees. Cut tortillas into strips and place on baking sheet, brushing lightly with oil. Bake 5-10 minutes or until crisp. Immediately before serving, sprinkle tortilla strips and cilantro over soup.

## Sweet & Sour Shrimp

### Ingredients

- 3/4 lb peeled, deveined fresh shrimp
- 1 medium green pepper
- 1/2 medium onion
- 1 can pineapple chunks in juice
- 1 tsp cornstarch
- 3 Tbsp chili sauce
- 1 Tbsp light soy sauce
- 1/2 tsp garlic powder
- 2 tsp oil

## Instructions

Drain pineapple over medium bowl to catch juice. Mix cornstarch, chili sauce, soy sauce, and garlic powder into juice. Set aside. Chop pepper into medium-sized chunks and slice onion, before adding to oil in a large skillet over medium heat. Stir-fry 2 to 3 minutes. Add shrimp, cook an additional 3 minutes or until shrimp turn pink. Stir juice mixture and pineapple chunks into shrimp and vegetables and cook, stirring constantly, until sauce thickens and bubbles. Serve over rice (not included in WW point count).

*Weight Watchers: 4 servings, 4 pts each*

## Spicy Shrimp Fettuccine

### Ingredients

- 3/4 lbs peeled, deveined fresh shrimp
- 1/2 lb uncooked fettuccine
- 2 tsp extra-virgin olive oil
- 2 tsp blackening seasoning
- 2 Tbsp fresh lemon juice
- 1 can diced tomatoes and garlic
- 1/4 tsp fresh ground pepper

### Instructions

Cook fettuccine in boiling water according to package instructions. Meanwhile, heat oil in large skillet over medium heat. Sprinkle blackening seasoning over shrimp and add to skillet, cooking 4 minutes or until pink. Drain tomatoes. Stir in lemon juice, tomatoes, and pepper. Cook, stirring constantly, until heated through. Drain pasta, spoon shrimp mixture over fettuccine and serve.

*Weight Watchers: 4 servings, 7 pts each*

## Chilled Shrimp Gazpacho

### Ingredients

- 1 lb peeled, deveined fresh shrimp
- 1/2 medium purple onion
- 1 small yellow squash
- 1 medium green pepper

- 3 cans no-salt added diced tomatoes
- ½ tsp thyme
- ½ tsp tarragon
- 3 Tbsp picante sauce

## **Instructions**

Boil 3 cups water in medium saucepan. Add shrimp. Cook 3-5 minutes or until pink. Drain and rinse with cold water. Chop vegetables, add to large bowl with cooked shrimp, canned tomatoes, herbs, and sauce. Stir well. Cover and chill at least 10 minutes.

*Weight Watchers: 4 servings, 4 pts each*

## **Tomato Sauce Shrimp & Polenta**

### **Ingredients**

- 3/4 lb peeled, deveined fresh shrimp
- 2 cups low fat tomato sauce
- 3 Tbsp shredded Parmesan
- 16 oz refrigerated polenta
- zero-calorie nonfat cooking spray

### **Instructions**

Cut polenta into 12 slices. Spray large skillet with cooking spray and place over medium heat. When skillet is hot, cook polenta 4 to 5 minutes on each side, until edges begin to get crispy. Remove from skillet and cover to keep warm. Re-spray skillet and add shrimp, cook 2 to 3 minutes or until they turn pink. Add sauce and cook additional 3 minutes, stirring constantly, until heated through. Place 3 slices of polenta on each plate, spooning shrimp and sauce evenly over them. Top with parmesan cheese.

*Weight Watchers: 4 servings, 4 pts each*

## **Sloppy Joes**

4 Points Per Serving

1 pound lean ground round

1 cup chopped onion  
1/4 cup reduced-calorie ketchup  
2 tablespoons unprocessed oat bran  
1 tablespoon low-sodium Worcestershire sauce  
1 tablespoon prepared mustard  
1 tablespoon lemon juice  
1 (8-ounce) can no-salt added tomato sauce  
6 reduced-calorie hamburger buns, split and toasted

1. Cook ground round and onion in a large nonstick skillet over medium-high heat until meat is browned, stirring until meat crumbles. Drain and return to skillet. 2. Stir ketchup and next 5 ingredients into meat mixture; bring to a boil. Cover, reduce heat, and simmer 10 minutes, stirring often. Spoon mixture evenly over bottom halves of buns; cover with bun tops.

6-7 Servings

## **Beef Chimichangas**

6 Points per serving  
8 ounces ground 90% lean turkey or beef  
1/2 cup chopped onion  
1/2 teaspoon minced garlic  
1 cup chunky salsa  
1 teaspoon Jo's chili seasoning  
8 (6-inch) flour tortillas

1/4 cup no-fat sour cream

1. Preheat oven to 475 ♦ F. Spray a 9-by-13-inch baking dish with olive oil-flavored cooking spray. In a large skillet sprayed with olive oil-flavored cooking spray, brown meat and onion. Stir in garlic, 1/2 cup salsa (I used more salsa in the meat mixture), and Jo's chili seasoning. Lower heat and simmer for 5 minutes. Spoon 1/4 cup meat mixture into center of each tortilla. Lightly spray tops with butter-flavored cooking spray. Bake for 12 to 14 minutes or until golden brown.

For each serving, place a chimichanga on a serving plate, spoon 2 tablespoons salsa and 1 tablespoon sour cream over top.

Serves 4 (2 each). Serving size (2 chimichangas)

This came with the recipe: Per serving: 276 Cal, 8g Fat, 2g Fiber

Healthy Exchanges: 2 Bread, 1 1/2 Protein, 3/4 Vegetable, 15 Opt. Cal.

Diabetic: 2 Starch, 1 1/2 Meat, 1 Vegetable

## **Braised Swiss Steak**

5 Points per serving

1 pound boneless round steak, 3/4 " thick trimmed  
1/4 tsp each salt & pepper  
Nonstick cooking spray  
2 Tbs all purpose flour  
1 can ( 14 1/2 oz) low sodium tomatoes cut up in juice  
2 stalks celery cut 1/4 " pieces  
1 large onion cut into wedges  
3/4 cup frozen corn  
1 1/2 tsp oregano

Preheat oven to 350°F.

Cut the steak into 4 pieces. Pound steak until it is 1/2-in. thick. Sprinkle steak on both sides with salt & pepper.

Coat a 12-in. skillet with cooking spray. Heat skillet over moderately high heat. Brown steak, and cook for about 3 minutes on each side. Transfer to a 9x13x2 baking dish.

Stir flour into the drippings in the skillet. Stir in the tomatoes, celery, onion, corn, and oregano.

Bring to a boil over moderate heat and boil for 1 minute, stirring constantly. Pour mixture over the meat in the baking dish.

Cover and bake 75 minutes, or until the meat is tender.  
Serves 4

Calories 236 total fat 7 g Sat fat 2 g protein 26 g carbs 17 g fiber 4 g

## **Cheeseburger Pizza**

5 Points Per Serving

2 packages biscuit dough -- 7 1/2 oz each  
3/4 pound lean ground beef  
1/2 cup chopped onion -- optional  
1 can cheese soup, condensed -- 11oz  
2 teaspoons prepared mustard  
1/8 teaspoon hot pepper sauce -- optional  
1 can chopped tomatoes -- drained  
2 tablespoons scallions -- sliced  
1/2 cup shredded lowfat mozzarella cheese

olives -- sliced and pitted  
dill pickles -- sliced for garnish

Pat biscuits into a 12-inch round greased baking sheet or pizza pan. Bake at 400°F for 10 minutes. Meanwhile, cook and stir beef and onion in a skillet until beef is browned and

onion is tender. Drain off fat. Stir in soup, mustard and hot pepper sauce. heat through.

Spread beef mixture over biscuits to within 1/2-inch of the edge. Top with remaining ingredients. Bake 5 minutes more or until biscuits are golden brown. Garnish with sliced pitted ripe olives and dill pickle chips, if desired. Cut into wedges and serve.

Makes 8 slices

NOTES : Per Slice: 217.1 cal, 14.3g fat, 0.8g fibre, 450mg sodium

Per Slice: 5.37 points

This Weight Watchers Pizza Recipe is one that the whole family will enjoy. Quick and easy to make Weight Watchers Recipe and hard to tell that it is a low fat healthy Pizza Recipe

## **Chicken Fried Steak**

7 Points Per Serving

3/4 cup all purpose flour

1/4 tsp. pepper

1 pound boneless round steak, cut into serving-size pieces

1/2 cup skim milk

2 Tbs vegetable oil

Gravy

2 Tbs. water

4-1/2 tsp. all-purpose flour

3/4 cup skim milk

1/8 tsp. pepper

In shallow bowl, combine flour and pepper. Add beef; turn to coat. Remove meat and pound with mallet to tenderize. Pour milk into another shallow bowl. Heat oil in skillet. Dip meat in milk then coat again in flour mixture; add to skillet. Cover and cook over low heat for 10 minutes. Turn; cook 10 minutes longer. Remove and keep warm. For gravy, add water to skillet; stir to loosen browned bits from pan. In small bowl, combine flour, milk and pepper until smooth. Stir into skillet. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve with steak.

Yield: 4 servings.

One serving without gravy: 307 calories, 11 gm fat, 1 gm fiber.

## **Taco Squares**

6 Points Per Serving

1 (8 ounce) Can Pillsbury Refrigerated Crescent Rolls 8 ounces

8 oz Ground 90% Lean Turkey or Beef

3/4 Cup Chopped Green Bell Pepper

1/2 Cup Chopped Onion

1 3/4 Cups Hunts Tomato Sauce (15 ounce can)

6 Ounce Red Kidney Beans, drained and slightly mashed (8 ounce can)

1 Tablespoon Taco Seasoning

3/4 cup Shredded Kraft Reduced Fat Taco or Cheddar Cheese

Preheat oven to 375♦. In a large skillet sprayed with olive-flavored cooking spray, saute meat, green pepper and onion until meat is browned and vegetables are tender, about 10 minutes.

Add tomato sauce, kidney beans and Taco seasoning. Lower heat and simmer until

heated

through. Meanwhile, pat crescent rolls in a 9x13 inch cookie sheet sprayed with olive-flavored cooking spray, being sure to seal perforations. Bake 6 to 8 minutes or until lightly browned.

Spread hot meat mixture over lightly browned crust. Continue baking an additional 10 minutes. Sprinkle Cheddar cheese over top and bake an additional 5 minutes or until cheese

melts. Let set 2 or 3 minutes before serving. Cut into 12 pieces.

Serves 6

HE: 1 2/3 Pr, 2/3 Bread, 1/2 Veg 134

Calories 6 gm Fa 8 gm Pr 12 gm Ca 253 mg So 2 gm Fi

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## **Corned Beef & Cabbage**

6 Points Per Serving

2 pounds corned beef brisket

1 teaspoon whole black peppercorn

2 bay leaves

3 medium carrots -- quartered lengthwise

2 medium parsnips -- peeled and chunked

2 medium red onions -- cut into wedges

1 pound new potatoes

1 pound cabbage -- cut into 6 wedges

Trim fat from meat. Place in a 4-to 6-quart pot; add juices and spices from package of beef.

Add enough water to cover meat. Add pepper and bay leaves. Bring to boiling; reduce

heat.

Simmer, covered, about 2 hours or till meat is almost tender. Add carrots, parsnips or rutabaga, and onions to meat. Return to boiling; reduce heat. Simmer, covered, for 10 minutes. Scrub potatoes; halve or quarter. Add potatoes and cabbage to pot. Cover and cook

about 20 minutes more or till vegetables and meat are tender. Discard bay leaves.

Remove

meat from pot. Thinly slice meat across the grain. Transfer meat and vegetables to a serving platter.

Per serving 319 calories, 15g fat (5g saturated fat), 6g fiber

## **Beef and Vegetables**

7 Points Per Serving

12oz lean boneless beef, trimmed of separable fat

4oz packaged dried linguini, broken into 3-inch pieces

1/4 cup low-sodium soy sauce

2 tsp. cornstarch

1/2 tsp. coarsely ground black pepper

1/8 tsp. ground red pepper

Nonstick spray coating

1 clove garlic, minced

1 cup fresh or frozen pea pods, halved crosswise

1/2 cup coarsely chopped green or red sweet pepper

1 cup sliced fresh mushrooms

1 tbsp. cooking oil

1. Partially freeze meat about 30 minutes. Thinly slice meat across grain into bite-size

strips. Set aside. 2. Cook linguini according to package directions, except omit any oil and salt. Drain well; keep warm. 3. Meanwhile, for sauce, in a bowl stir together soy sauce, cornstarch, coarsely ground pepper, ground red pepper, and 1/2 cup water. Set aside. 4. Spray an unheated wok or large skillet with nonstick coating. Preheat over medium-high heat. Add garlic; stir-fry for 30 seconds. Add pea pods and sweet pepper; stir-fry for 1 minute. Add mushrooms; stir-fry for 1 to 2 minutes more or until vegetables are crisp-tender. Remove vegetables from wok. 5. Add oil to wok. Stir-fry beef in hot oil for 2 to 3 minutes or to desired doneness. Push beef to side of wok. Stir sauce and pour into the centre of wok. Cook and stir until thickened and bubbly. Return vegetables to wok; cook and stir for 2 minutes more. Toss with linguini.

Makes 4 servings.

Nutrition facts per serving: 302 calories, 8g total fat (2g saturated fat), 54mg cholesterol, 571mg sodium, 29g carbohydrate, 1g fiber, 27g protein.

## **Cajun Pork Roast**

3 Points per serving

2 pounds boneless pork loin roast  
3 tablespoons paprika  
1/2 tablespoon red pepper (cayenne)  
1 tablespoon garlic powder  
2 teaspoons oregano  
2 teaspoons thyme  
1/8 teaspoon salt  
1/2 teaspoon white pepper, ground  
1/2 teaspoon cumin  
1/4 teaspoon nutmeg

Combine all seasonings and rub well over all surfaces of roast.

Place roast in shallow pan and roast in 350 ♦ F. oven for about an hour, until internal temperature is 155 - 160 ♦ F.

Remove from oven, let rest 5 - 10 minutes before slicing.

Per serving: 149 Calories; 6g Total Fat; (35% calories from fat); 20g Protein; 4g Carbohydrate;  
47mg Cholesterol; 71mg Sodium

Yields 6 Servings

## **Pork Teriyaki**

4 Points per Serving

2 (3/4 pound) Pork tenderloins

1/2 cup low-sodium soy sauce

1/4 cup unsweetened orange juice

1/4 cup unsweetened pineapple juice

2 TBS. brown sugar

1 TBS. peeled, grated gingerroot

2 cloves garlic, minced

Cooking Spray

Place pork in a large heavy-duty, ziplock baggie. Combine soy sauce and next 5 ingreds. Pour over pork. Seal bag; marinate in Fridge for 8 hours or overnight, turning bag

occasionally. Remove pork from marinade, discarding marinade. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400 ♦) Place pork on rack; grill,

covered, 25-30 mins. or until meat thermometer inserted in thickest portion of pork registers

160 🔥, turning occasionally.

Yields: 6 servings

## **Pasta Jambalaya**

8 Points Per Serving

Vegetable cooking spray

1/2 cup onion -- diced

1/2 cup red bell pepper -- diced

1 clove garlic -- minced

1 teaspoon cajun seasoning

15 ounces black beans, canned -- rinsed and drained

10 ounces tomatoes with green chilies -- undrained

3 ounces turkey kielbasa -- halved lengthwise, and thinly sliced

7 cups penne pasta -- (about 3 cups tube-shaped pasta) uncooked

1/2 cup four-cheese Mexican-style shredded cheese

Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.

Add onion, bell pepper, and garlic; saut 🔥 5 minutes. Add seasoning; saut 🔥 1 minute.

Add beans, tomatoes, and kielbasa; bring to a boil.

Reduce heat; simmer 10 minutes or until thick.

Combine bean mixture and pasta in a large bowl. Top with cheese.

Per serving: 444 Calories (kcal); 3g Total Fat; (6% calories from fat); 19g Protein;

82g Carbohydrate; 16mg Cholesterol; 468mg Sodium

Food Exchanges: 5 Grain Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates

Serving Size: 1 cup

## **Baked Ziti**

## 5 Points Per Serving

8 ounces ziti pasta -- uncooked  
8 ounces tomato sauce -- salt free or regular  
8 ounces salsa -- hot or mild  
3/4 cup fat-free ricotta cheese  
1 cup fat-free mozzarella cheese  
11 ounces canned corn -- drained  
4 ounces green chili peppers -- drained, chopped  
1 teaspoon dried oregano  
1/8 teaspoon pepper  
2 tablespoons fat-free parmesan cheese -- grated

Cook pasta according to package directions, using the shorter amount of cooking time given. Drain.

Preheat oven to 375°F.

Lightly oil an 8-inch square baking pan or spray with nonstick cooking spray.

Combine tomato sauce and salsa in a small bowl.

In a large bowl, combine the ricotta cheese with half of the mozzarella cheese.

Stir in half the sauce, along with the corn, chilies, oregano, and pepper.

Add the cooked ziti and mix well.

Spoon into prepared casserole. Spread remaining sauce over top of casserole, then

sprinkle with remaining mozzarella cheese and then Parmesan cheese.

Cover and bake 20 minutes.

Uncover and continue to bake 15 more minutes.

Per serving: 257 Calories (kcal); 1g Total Fat; 18g Protein;  
46g Carbohydrate; 10mg Cholesterol; 734mg Sodium

## Four Cheese Manicotti

### 10 Points Per Serving

12 manicotti -- uncooked  
vegetable cooking spray  
1/2 cup onion -- finely chopped  
3 cloves garlic -- minced  
1 cup nonfat mozzarella cheese -- shredded and divided  
1/2 cup grated parmesan cheese -- fresh, divided

1 teaspoon dried italian seasoning  
1/2 teaspoon pepper  
15 ounces nonfat ricotta cheese  
6 ounces light cream cheese -- softened  
4 ounces nonfat cream cheese -- garden flavored, softened  
5 ounces frozen spinach -- thawed, drained and squeezed dried  
27 1/2 ounces spaghetti sauce -- reduced sodium and fat, tomato and herbed  
flavored  
oregano -- optional

Cook pasta according to package directions, omitting salt and fat; set aside. Coat a small nonstick skillet with cooking spray, and place over medium-high heat until hot.

Add onion and garlic; saut ♦ 3 minutes. Remove from heat; set aside.

Combine 1/2 cup mozzarella cheese, 1/4 cup Parmesan cheese, and next 5 ingredients

(mozzarella through nonfat cream cheese) in a bowl; beat at medium speed of a mixer

until smooth.

Stir in onion mixture and spinach. Spoon mozzarella cheese mixture into cooked manicotti (about 1/3 cup per shell). Divide 1 cup sauce evenly between 6 individual

casserole dishes coated with cooking spray. Arrange 2 stuffed manicotti in each dish. Pour remaining sauce over each serving. Place dishes on a baking sheet.

Cover each dish with foil, and bake at 350 ♦ for 25 minutes. Sprinkle with remaining

mozzarella and Parmesan cheeses; bake, uncovered, an additional 5 minutes.

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Cathy & Rick