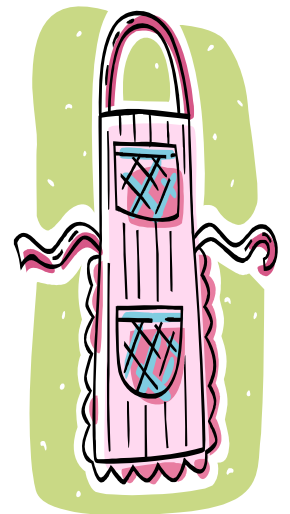
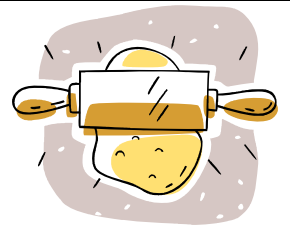




Weight

Watchers



Recipes

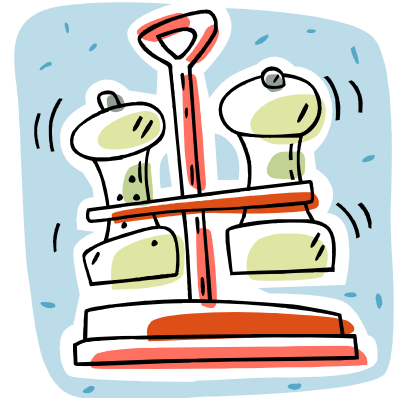


Table of Contents

Appetizers5
Rueben Mini Stacks5
Crab Rangoon5
Feta and Spinach Dip6
Jalapeno Poppers6
Seven Layer Dip7
Soups & Salads8
BLT Pasta Salad8
Broccoli Slaw8
Cheddar Cheese Soup8
Cheese Soup9
Dump Vegetable Soup10
Hearty Crock Pot Soup10
Hot and Sour Soup10
Mushroom and Wild Rice Slow Cooker Stew11
Mushroom Barley soup11
Pasta E Fajoli11
Slow Cooker Potato & Canadian Bacon Chowder12
Spicy Black Bean Soup12
Wagon Wheel Beef Soup12
White Chicken Chili13
Main Dishes14
Bacon and Swiss Quiche14
Baked Turkey and Jack Cheese Chimichangas14
Beef Stuffed Cabbage15
Bruschetta Chicken Bake15
Cheddar Chicken Pot Pie15
Chicken and Cheese Casserole16
Chicken and Sausage Gumbo16
Chicken Fried Steak17
Chicken Parmigiana18
Chicken Pot Pie18
Chili Lime Chicken18
Chinese Orange Chicken19
Chicken Paprikash in the Slow Cooker19
Chiles Rellenos Casserole20
Easy Baked Fish & Chips20
Lemon Chicken with Broccoli22
Macaroni and Cheese Casserole23
Mushroom Pizza23
Salsa-and-Coke Chicken24
Slow Cooker Chicken Posole24
Slow Cooker Lasagna25
Slow Cooker Lemon Garlic Chicken25
Stuffed Shells26
Seasoned Red Snapper Packets 3 points per serving27

Southern Oven Fried Chicken	27
Spaghetti with Parmesan and Bacon	28
Speedy Shephard's Pie.....	29
Spring Asparagus and Lemon Fettuccine	29
Tex-Mex Rice and Bean Casserole.....	30
Turkey Enchilada Pie	31
Veggie Burgers.....	32
<i>Side Dishes.....</i>	<i>33</i>
Cranberry Apple Relish	33
Crunchy Seasoned Oven Fries	33
"Fried" Onion Rings.....	33
Hollandaise Sauce	34
Hungarian Style Potatoes and Green Beans.....	34
Impossibly Easy Zucchini Pie.....	34
Italian Potatoes.....	35
Oriental Green Beans.....	35
Stir-Fried Vegetables.....	35
Slaw	36
Zesty Broccoli.....	36
<i>Breakfast.....</i>	<i>37</i>
Individual Frittatas 2 points per serving	37
<i>Desserts.....</i>	<i>38</i>
Baked Banana Splits 4 points per serving	38
Berry-Lemon Trifle.....	38
Cafe Ladyfinger Dessert.....	38
Chocolate Banana Wontons.....	39
Chocolate Cups 1 Point per cup.....	39
Chocolate Marshmallow Fudge	40
Coffee Caramel Flan	40
Creamy Vanilla Raspberry Pavlova.....	40
Frozen Peanut Butter Cups.....	41
Frozen White Chocolate Mousse	41
Mini Cherry Cheesecakes	42
Key Lime Pie	42
Mock Coconut Cream Pie	42
Orange Dream Cheesecake.....	43
Southern Bread Pudding	43
Spice Cake	44
Strawberry Tiramisu	44

Appetizers

Rueben Mini Stacks

2 points per serving

- 1/4 cup Swiss cheese -- shredded
- 6 slices corned beef brisket -- chopped
- 3 tablespoons thousand island salad dressing
- 2 tablespoons sauerkraut -- finely chopped
- 12 slices rye bread -- or pumpernickel (cocktail slices)
- 12 tiny dill pickle spears -- cut lengthwise

Mix cheese, corned beef, dressing and sauerkraut. Spread over each slice bread, covering to edges. Set oven control to broil. Place topped bread on rack in broiler pan or on ungreased cookie sheet. Broil with tops 4 to 5 inches from heat 2 to 3 minutes or until golden. Top each with 2 pickle halves.

Crab Rangoon

4 points per serving

- 2 serving cooking spray (5 one-second sprays per serving)
- 2 tsp olive oil
- 2 medium garlic clove(s), minced
- 2 medium scallion(s), minced
- 2 Tbsp snow peas, chopped
- 6 oz canned crabmeat, drained
- 4 oz light cream cheese
- 2 tsp low-sodium soy sauce
- 24 items wonton wrapper(s), half of a 12 oz package

Preheat oven to 350°F. Coat a large baking sheet with cooking spray. Heat oil in a small skillet over medium-high heat. Add garlic, scallions and snow peas and sauté until just tender, about 2 minutes. Remove from heat and stir in crabmeat, cream cheese and soy sauce with a wooden spoon; mix gently to combine. Place wonton wrappers on a flat surface. Drop crab mixture by teaspoonfuls onto the center of each wrapper. Dip a finger into water and use it to moisten edges of wrapper; fold over one corner of wrapper to make a triangle and press sides together to seal. Create decorative lines along the edges of the wontons by pressing the tines of a fork along the bottom edge of each wonton. Transfer filled wontons to prepared baking sheet and coat with cooking spray. Bake until wontons are golden brown, about 15 to 20 minutes. Yields 4 crab rangoon per serving.

Feta and Spinach Dip

1 point per serving

4 cup spinach, fresh, chopped (about 2 oz)
1/2 cup light cream cheese
1/2 cup fat-free sour cream
1/4 cup crumbled feta cheese
1/4 cup chives, fresh, minced, divided
2 tsp fresh lemon juice
1/4 tsp black pepper
1/4 tsp table salt, or less to taste (optional)

Place spinach in a small saucepan with 2 cups of water. Bring to a boil over high heat and then cook for 1 minute; drain well. Place spinach, cream cheese, sour cream, feta cheese, 2 tablespoons of chives, lemon juice and pepper in a blender; puree. Taste dip and add salt if desired. Spoon dip into a serving bowl and sprinkle with remaining tablespoon of chives. Yields about 3 tablespoons of dip per serving.

Jalapeno Poppers

2 points per serving

1 serving olive oil cooking spray (5 one-second sprays per serving)
2 oz light cream cheese
1/2 cup low-fat shredded cheddar cheese
1 Tbsp fat-free mayonnaise
8 medium jalapeno pepper(s)
1/4 cup fat-free egg substitute
3/4 cup cornflake crumbs

Preheat oven to 350°F. Coat a large baking sheet with cooking spray. In a medium bowl, combine cream cheese, cheddar cheese and mayonnaise; mix well and set aside. Halve jalapenos lengthwise and remove seeds. (Oil and seeds from the peppers can be irritating — wear gloves or put plastic bags over your hands. And don't rub your eyes.) Stuff jalapeno halves with cream cheese mixture. Place egg substitute in a shallow dish. Place cornflake crumbs in a separate shallow dish. Dip stuffed jalapeno halves into egg substitute and then roll in cornflake crumbs to coat. Transfer jalapenos to prepared baking sheet and coat with cooking spray. Bake until filling is bubbly, about 30 minutes. Serve hot. Yields 2 poppers per serving.

Seven Layer Dip

2 points per serving

16 ounces pinto beans, canned -- drained and rinsed
Tabasco sauce -- to taste
1 tomato -- chopped
1/2 green pepper -- seeded and chopped
1 cup salsa
1 cup nonfat sour cream
1/4 cup shredded cheddar cheese
4 scallions -- thinly sliced
10 small pitted black olives -- sliced

In a blender or food processor puree the beans, Tabasco and 2 Tablespoons of the water. Spread on a 12" serving platter. Top the bean mixture with tomato, pepper, and salsa; then put sour cream and cheese; sprinkle with the scallions and olives.

Soups & Salads

BLT Pasta Salad

3 points per serving

3 2/3 cups cooked elbow macaroni - (8 oz. uncooked), cooked without salt or fat
4 cups tomatoes - peel, seed & coarsely chopped (about 2-1/2 lbs.)
4 slices cooked bacon - hickory-smoked, crumbled
3 cups iceberg lettuce - very thinly sliced
1/2 cup fat-free mayonnaise
1/3 cup low-fat sour cream
1 tablespoon Dijon mustard
1 teaspoon sugar
2 teaspoon cider vinegar
1/2 teaspoon salt
1/2 teaspoon pepper

Combine first 4 ingredients in a large bowl; toss gently. Combine mayonnaise and next 6 ingredients; stir well. Add dressing to salad; toss gently. Serve immediately. Makes 10 servings of 1 cup.

Broccoli Slaw

2 points per serving

4 cups broccoli florets
1 medium carrot, shredded
2 cups shredded red cabbage (or regular)
1/2 cup raisins
1 small sweet onion, chopped
1 bottle (12 oz) Marzetti low-fat coleslaw dressing

Combine all. Cover and refrigerate for at least 2 hours. Stir before serving. Makes 8 1-cup servings.

Cheddar Cheese Soup

4 points per serving

2 tsp olive oil
1/2 cup onion(s), yellow, chopped
3 Tbsp all-purpose flour
2 cup fat-free chicken broth
1 1/2 cup fat-free skim milk
7 oz low-fat cheddar or colby cheese, about 1 3/4 cups
1/8 tsp table salt, or to taste
1/8 tsp black pepper, or to taste
1 tsp paprika

Heat oil in a large saucepan over medium-high heat; add onion and cook until soft, about 2 minutes. Add flour and stir to coat. Add chicken broth; bring to a boil, stirring frequently. Reduce heat to medium and simmer until soup thickens, about 1 to 2 minutes. Add milk and return to a boil, stirring constantly.

Working in batches, puree soup in a blender until smooth; return puree to pan and reheat soup to boiling. Remove pan from heat and whisk in cheese; stir until melted (if cheese does not completely melt, cook over low heat for 1 minute, stirring constantly, until melted); season to taste with salt and pepper.

Ladle 1 1/4 cups of soup into each of 4 bowls and sprinkle each with 1/4 teaspoon of paprika.

Cheese Soup

1 point per serving

3 15 oz. Cans of 99% fat free Chicken Broth

1 can Rotel tomatoes and chilis

2 bags frozen vegetables (Broccoli, Cauliflower, Carrot mix)

10 oz. Velveeta Light Cheese cubed

Add chicken broth, Rotel and vegetables to a soup pot and cook until vegetables are tender. Add cubed cheese. Stir until cheese is melted. Makes 10 cups.

Dump Vegetable Soup

1 point per serving

- 1 can Progresso Minestrone Soup
- 1 can black beans
- 1 can corn
- 1 can diced tomatoes with garlic and basil
- 1 can Veg-All

Combine all cans, liquid included, in soup pot. Bring to boil, then simmer 15 minutes. Serving size is 1 cup.

Hearty Crock Pot Soup

1 Point per serving

- 1 can chicken broth
- 1 chopped onion
- 1 red bell pepper
- 1 can pinto beans
- 1 can corn -- drained
- 1 can pork and beans
- 1 package chili seasoning mix
- 2 cans chopped tomatoes

Put all ingredients in crock pot and simmer all day. Serving Size : 8 Each serving

Hot and Sour Soup

2 points per serving*

- 4 cups chicken broth, fat free -- * 2 - 14.5 oz. cans
- 2 tablespoons cornstarch
- 4 slices tofu, firm -- 1 - 12 oz. pkg.
- 1/4 pound mushrooms -- sliced
- 3 tablespoons soy sauce
- 3 tablespoons white vinegar
- 1 teaspoon ground ginger
- 1 teaspoon black pepper
- 1 egg -- beaten
- 1 cup bean sprouts -- **fresh or canned
- 1 teaspoon sesame oil -- optional

In a small bowl, combine 1/4 cup chicken broth and the cornstarch; mix well and set aside. Cut tofu into small chunks. In a soup pot, combine the remaining chicken broth, tofu, mushrooms, soy sauce, vinegar, ginger and pepper over high heat; mix well and bring to a boil. Reduce the heat to low; stir in the cornstarch mixture until thickened. Slowly stir in the beaten egg to form egg strands. Add the bean sprouts and simmer for 1 to 2 minutes, or until heated through, stirring occasionally. Top each bowl with thinly sliced scallions. Variation: You can add a can of water chestnuts and sliced bamboo shoots. The water chestnuts add 1 point to total.

Total - 7 points for whole recipe Using sesame oil - 8 points for whole recipe

*The recipe makes about 10 cups = 1.5 points per 2 cup serving | *2 points per 2 cup serving with sesame oil

Mushroom and Wild Rice Slow Cooker Stew

4 points per serving

- 1 1/2 tsp olive oil
- 2 cup leek(s), finely chopped, white parts only (about 2 large leeks)
- 2 cup shiitake mushroom, sliced
- 1 cup carrot(s), diced
- 3 cup vegetable broth
- 1 tsp table salt
- 1 cup uncooked wild rice

Heat oil in large nonstick skillet. Add leeks and mushrooms and sauté until tender, about 5 minutes. (Note: If you're in a hurry, skip this step and simply add all the ingredients directly to the slow cooker.) Spoon leeks and mushrooms into a 4- to 5-quart slow cooker. Add carrots, broth, salt and rice; cover and cook on low 6 to 7 hours. Yields about 1-1/2 cups per serving.

Mushroom Barley soup

2 points per 1 cup serving

- 6 c water
- 2 cans condensed beef broth (10 1/2 oz cans)
- 1 pound lean beef round steak cut into 1/2-inch chunks
- 2 large onions
- 1/2 pound fresh sliced mushrooms
- 4 medium carrots, peeled and sliced
- 1 can (14 1/2 oz) diced tomatoes, drained
- 3/4 tsp black pepper
- 1-cup quick cook barley

In a pot combine all ingredients except barley and bring to a boil. Cover, lower heat, simmer 20 minutes. Add barley and cook 20 minutes more or until barley is tender. (98 cal; 1g fat; 2g fiber)

Pasta E Fajoli

3 points per serving

- 1 16 oz can Italian style crushed or whole style tomatoes (finely chopped)
- 1 19 oz can kidney or cannelloni beans, rinsed and drained
- 1 cup frozen mixed veggies
- 3 cups cooked pasta or 3/4 cup dry pasta
- 3 cups water

Place all ingredients in a medium size saucepan
Simmer for 10 minutes, if using cooked pasta, or until dry pasta is fully cooked. Add enough water during cooking to just cover the pasta. Makes 4 servings.

Slow Cooker Potato & Canadian Bacon Chowder

3 points per serving

2 cup(s) potato(es), cut into 1/2-inch cubes
1 large carrot(s), diced
1 cup(s) leek(s), chopped, white part only
1 medium garlic clove(s), minced
4 cup(s) fat-free chicken broth
1/2 cup(s) uncooked barley
1 piece(s) bay leaf
1/4 tsp dried thyme, crushed
1/4 tsp black pepper
4 oz Canadian-style bacon, cut into 1/4-inch pieces
1/2 cup(s) fat-free evaporated milk
2 oz fat-free half-and-half

In a slow cooker, combine potatoes, carrots, leek, garlic, broth, barley, bay leaf, thyme, pepper and bacon; cover and cook on low for 6 hours. Stir in evaporated milk and half-and-half; heat through, uncovered, about 10 minutes. Yields about 1 2/3 cups per serving.

Spicy Black Bean Soup

3 points per serving

1 serving cooking spray (5 one-second sprays per serving)
1 medium onion(s), finely chopped
4 medium garlic clove(s), minced
45 oz canned black beans, undrained (three 15 oz cans)
1/2 tsp red pepper flakes, or to taste
1 tsp ground cumin
14 1/2 oz fat-free chicken broth, or vegetable broth
10 oz canned tomatoes with green chilies, such as Rotel Tomatoes
11 oz canned yellow corn, drained

Coat bottom of a large stockpot with cooking spray. Add onion and garlic and cook, stirring frequently, until onions are soft but not brown, about 5 minutes.
Place one can of beans in blender; add sautéed onion mixture, red pepper flakes and cumin. Cover and blend on high until smooth, about 30 seconds. Pour mixture back into stockpot.
Place second can of beans and broth in blender and puree until smooth; add to stockpot.
Stir third can of beans (do not puree first), tomatoes and green chilies, and corn into stockpot. Bring to a boil, lower heat to medium and simmer for 20 to 25 minutes. Yields about 1 1/2 cups of soup per serving.

Wagon Wheel Beef Soup

3 points per serving

3/4 pound of ground round
1 cup chopped onion
3 cups cooked wagon wheel pasta
1/2 teaspoon dried oregano
1 bottle lowfat pasta sauce (26 oz.)

1 16 oz. Can red kidney beans, undrained
2 14 oz. Cans beef broth

Coat Dutch oven with cooking spray, place over medium heat until hot. Add beef and onion; cook until beef is browned, stirring to crumble. Drain well and return beef mixture to pan. Add cooked pasta and remaining ingredients. Cook over medium heat until thoroughly heated. Makes 8 1-1/2 cup servings.

White Chicken Chili

4 points per serving

4 cups Chicken Broth
1 pound boneless, skinless chicken
2 – 15 oz. Cans white beans, rinsed and drained
2 onions chopped
1 tablespoon ground cumin
1 teaspoon chili powder
1 cup corn
½ cup fat free sour cream

Put all ingredients in a crock-pot except for corn and sour cream. Cook on high for 3-1/2 hours. Add corn and sour cream and cook until heated.

Main Dishes

Bacon and Swiss Quiche

3 points per serving

2 sheet phyllo dough, cut into three strips each
3 large egg(s)
1/4 cup regular egg substitute
1 cup fat-free evaporated milk
2 Tbsp all-purpose flour
1/4 tsp table salt
1/4 tsp black pepper
1/4 tsp ground nutmeg
1/2 cup low-fat hard cheese, Swiss, grated
4 oz cooked crisp turkey bacon, diced

Preheat oven to 350°F. Coat a 9-inch pie plate with cooking spray. Lay phyllo dough in pie plate, one piece at a time, coating each layer with cooking spray — dough should cover bottom and sides of dish. Fold in any overhanging corners. Whisk together eggs, egg substitute, milk, flour, salt, pepper and nutmeg. Sprinkle cheese and bacon over phyllo dough. Pour in egg mixture and place quiche on a baking sheet. Bake until firm, about 30 to 35 minutes. Let cool at least 5 minutes before cutting into 8 wedges.

Baked Turkey and Jack Cheese Chimichangas

5 points per serving

2 sprays cooking spray
1/2 pound uncooked ground turkey breast
16 oz fat-free canned refried beans
1 3/4 cup salsa
4 1/2 oz canned green chili peppers, mild, drained and diced
1 tsp chili powder
3 Tbsp scallion(s), thinly sliced
1 cup shredded reduced-fat Monterey Jack cheese
8 large burrito-size wheat flour tortilla(s)
1 cup salsa
1/2 cup fat-free sour cream

Preheat oven to 350°F. Coat a large skillet with cooking spray. Coat a 13 X 9 X 2-inch baking dish with cooking spray. Add turkey to skillet and cook over medium-high heat until lightly browned, about 5 minutes. Drain any excess liquid from pan and then add beans, 1 3/4 cups of salsa, chili peppers, chili powder and scallions. Cook until heated through, about 3 minutes; stir in cheese. Meanwhile, wrap tortillas in foil; warm in oven for 10 minutes. Assemble chimichangas by spooning about 1/2 cup of turkey mixture onto each tortilla; fold in sides and roll up. Place chimichangas in prepared baking dish. Bake uncovered until tortillas are crisp and browned, about 20 minutes. Serve each topped with 2 Tbsp of salsa and 1 Tbsp of sour cream.

Beef Stuffed Cabbage

6 points per serving

1/3 head savoy cabbage, about 8 whole leaves
1/2 pound uncooked lean ground beef (with 7% fat)
1/2 cup uncooked white rice
1/2 cup water
1/4 cup seasoned bread crumbs
1 medium carrot(s), peeled and grated
1 medium onion(s), finely chopped
1 medium garlic clove(s), minced
1 large egg white(s)
1/2 tsp table salt
1/4 tsp black pepper
2 tsp olive oil
29 oz canned diced tomatoes, with basil, garlic and oregano

Wrap cabbage leaves in plastic wrap or moist paper towels and microwave on HIGH for 2 minutes, until soft. Cut off the thickest, white portion of the spine of each leaf to make leaves pliable and easy to fold; set aside. Combine beef, rice, water, bread crumbs, carrot, onion, garlic, egg white, salt and pepper in a large bowl; mix well. Spoon about 1/4 cup of beef mixture onto center of each leaf. Fold up bottom of leaf to cover filling, tuck in sides and then continue rolling to make loose rolls (rice will expand during cooking so it is important not to roll them too tightly). Heat oil in a large stockpot over medium-high heat; add rolls and sauté until golden brown on all sides, turning frequently, about 5 minutes. Add tomatoes and bring to a simmer. Reduce heat to low, cover and cook until cooked through, checking pot every 15 minutes and stirring to prevent sticking, about 1 hour. (If sauce thickens or reduces, add water.) Yields 2 rolls per serving.

Bruschetta Chicken Bake

6 points per serving

1 can (14-1/2 oz.) diced tomatoes, undrained
1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken
1/2 cup water
2 cloves garlic, minced
1-1/2 lb. boneless skinless chicken breasts, cut into bite-size pieces
1 tsp. dried basil leaves
1 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese

Preheat oven to 400°F. Place tomatoes in medium bowl. Add stuffing mix, water and garlic; stir just until stuffing mix is moistened. Set aside. Place chicken in 13x9-inch baking dish; sprinkle with the basil and cheese. Top with stuffing mixture. Bake 30 min. or until chicken is cooked through. Yield 6 servings.

Cheddar Chicken Pot Pie

6 Points per serving

1 c. low-fat baking mix
1/4 c. water

Filling:

1 1/2 c. chicken broth
2 c. potatoes, peeled and cubed
1 c. carrots, sliced
1/2 c. celery, sliced
1/2 c. onions, chopped
1/2 c. bell peppers, chopped (I used red for color)
1/4 c. unbleached flour
1 1/2 c. skim milk
2 c fat-free cheddar cheese, grated
4 c. chicken, skinless light meat, cooked and cubed
1/4 tsp. poultry seasoning

Preheat oven to 425°. To prepare crust, combine 1 cup baking mix and water until soft dough forms; beat vigorously. Gently smooth dough into a ball on floured surface. Knead 5 times. Follow directions accordingly for crust. To prepare filling, heat broth in a saucepan. Add potatoes, carrots, celery, onions, and bell peppers. Simmer 15 minutes or until all is tender. Blend flour with milk. Stir into broth mixture. Cook and stir over medium heat until slightly thickened. Stir in cheese, chicken, and poultry seasoning. Heat until cheese melts. Spoon into a 2-quart casserole dish. Place crust over filling in casserole. Seal edges. Make slits in crust for steam. Bake, for 40 minutes or until golden brown. Makes 4 servings.

Chicken and Cheese Casserole

6 points per serving

2 cups cooked macaroni
2 cups coarsely chopped cooked skinless, boneless chicken breasts
2 cups canned condensed cream of mushroom soup (undiluted)
2 cups fat free milk
8 ounces low fat cheddar cheese, cut into small cubes

Preheat oven to 350

In large casserole, combine all ingredients, mixing well.

Bake, covered, 35-45 minutes. Remove cover; bake 10-15 minutes longer. Serve immediately.

Makes 8 servings.

Chicken and Sausage Gumbo

4 points per serving

2 serving cooking spray (5 one-second sprays per serving)
6 oz uncooked boneless, skinless chicken breast, cut into 1-inch cubes
6 oz sausage, spicy (chicken, turkey or pork), cut into 1-inch cubes
10 oz frozen gumbo-style vegetables, (corn, pepper, okra and onion)
1 medium garlic clove(s), minced
1 Tbsp all-purpose flour
1 cup canned chicken broth
1 cup canned crushed tomatoes
1 piece bay leaf
1/4 tsp dried thyme
1/8 tsp table salt
1/8 tsp black pepper

1 medium scallion(s), green part only, chopped

Generously coat Dutch oven with cooking spray. Add chicken and sausage; brown, stirring constantly, about 2 minutes. Stir in frozen vegetables and garlic; sauté until vegetables are thawed, about 5 minutes. Sprinkle mixture with flour and cook 1 minute. Stir in chicken broth and scrape up any browned bits in bottom of Dutch oven. Stir in crushed tomatoes, bay leaf, thyme, salt and pepper; simmer 5 minutes. Remove bay leaf. Divide among 4 bowls, sprinkle with scallions and serve. Yields about 1 1/4 cups per serving.

Chicken Fried Steak

6 points per serving

12 oz lean beef round
1/4 cup(s) white all-purpose flour
3/4 tsp table salt, divided
1/4 tsp black pepper, divided
1 1/4 cup(s) fat-free skim milk, divided
1 large egg white(s)
1 cup(s) dried bread crumbs, coarse-variety
2 slice(s) uncooked reduced-fat bacon
1 spray(s) cooking spray
1/2 cup(s) onion(s), chopped
1/8 tsp hot pepper sauce, optional

Place steak between 2 sheets of waxed paper and pound to 1/2-inch thickness; slice steak into 4 equal pieces. Combine flour, 1/2 teaspoon of salt and 1/8 teaspoon of pepper on a plate. Combine 1/4 cup of milk and egg white in a shallow bowl. Place bread crumbs on another plate. Dip a piece of steak in flour mixture; turn to coat both sides. Next, dip steak in milk mixture; turn to coat both sides. Lastly, dip steak in bread crumbs; turn to coat both sides and set aside. Repeat with remaining pieces of steak; reserve 1 tablespoon of leftover flour. In a large nonstick skillet, over medium heat, brown bacon, flipping once, about 5 minutes; remove from skillet and set aside. Add steaks to same skillet and place over medium-high heat. Cook about 3 to 4 minutes per side for medium, or longer to desired degree of doneness. Remove steaks and set aside. Off heat, coat skillet with cooking spray and set over medium heat. When hot, add onion; cook until tender, stirring occasionally, about 4 minutes. Add reserved tablespoon of flour; cook, stirring constantly, for 1 minute. Pour in remaining cup of milk, scraping up any browned bits with a wooden spoon. Reduce heat to medium-low; add remaining 1/4 teaspoon of salt, 1/8 teaspoon of pepper and hot sauce. Crumble bacon; stir into skillet. Increase heat to medium and cook until gravy is thickened, stirring constantly, about 1 to 3 minutes. Spoon gravy over steaks and serve immediately. Yields about 3 ounces of steak and 1/4 cup of gravy per serving.

Chicken Parmigiana

5 points per serving

- 1 pound uncooked boneless, skinless chicken breast, thinly pounded (four 4-oz pieces)
- 2 large egg white(s), lightly beaten
- 1/2 cup dried bread crumbs
- 1 Tbsp Italian seasoning
- 1 tsp olive oil
- 1 1/2 cup canned tomato sauce
- 1/2 cup part-skim mozzarella cheese, shredded
- 1 Tbsp grated Parmesan cheese

Preheat oven to 350°F. Coat an 8-inch square pan with cooking spray.

Dip chicken in egg whites, and turn to coat. Then mix bread crumbs with Italian seasoning and dip chicken in bread-crumbs mixture; turn to coat thoroughly.

Heat oil in a large skillet; add chicken. Cook until lightly browned and no longer pink in center, about 4 minutes per side; place on paper towels to drain.

Pour 1/2 cup of sauce into prepared baking dish; place chicken in dish and pour remaining sauce evenly over chicken. Sprinkle with cheeses and bake until bubbly, about 25 minutes. Makes 4 servings.

Chicken Pot Pie

5-7 points per serving

- 1 cup reduced fat Bisquick
- 1/2 cup skim milk
- 1/4 cup egg substitute
- 2 cups frozen mixed veggies, thawed
- 2 cups cooked, chopped white chicken meat
- 2 cans Campbell's fat free (Healthy Request) Cream of Mushroom soup

Preheat oven to 400 °. Spray a casserole dish (at least 2 inches deep. I use an 8x8 pan) with Pam. Mix together veggies, chicken and soup. Pour into casserole dish. In another bowl, mix bisquick, milk, and egg. Pour over the top of chicken mixture in the casserole. Bake for about 30 min or until crust is golden. Note: Try different types of mixed vegetables. 6 servings = 4.5 pt per serving; 4 servings = 6.5 pt per serving

Chili Lime Chicken

3 points per serving

- 1 TBS. veggie oil
- 2 TBS. all-purpose flour
- 1/2 tsp. chili powder
- 1/4 tsp. salt
- 4 (3oz.) thin-sliced skinless chicken breast (1/4" thick)
- 1/2 cup fat-free low-sodium chicken broth
- 2 TBS. fresh lime juice
- 2 TBS. minced cilantro (optional)

In a large nonstick skillet, heat the oil. In a large ziplock bag, mix the flour, chili powder, and salt. Add chicken and shake until well coated. Transfer the chicken to the skillet, shaking off any excess flour; saute until cooked through, about 3 mins. on each side. Pour broth and lime juice over the chicken; heat to serving temperature, about 30 seconds. Transfer chicken to plates. Spoon the pan juices over chicken and sprinkle with cilantro. Makes 4 servings.

Chinese Orange Chicken

5 points per serving

2 tsp dark sesame oil
1 pound uncooked boneless, skinless chicken breast, four 4-oz pieces
1/8 tsp table salt, or to taste
1/8 tsp black pepper, or to taste
15 oz Del Monte Mandarin Oranges In Light Syrup, or similar item
1/2 cup reduced-sodium chicken broth
1 Tbsp low-sodium soy sauce
2 tsp cornstarch

Heat oil in a large nonstick skillet over medium-high heat. Season both sides of chicken with salt and pepper; add chicken to skillet and cook until golden, flipping once, about 2 minutes per side. Drain oranges and reserve 1/4 cup liquid. Add oranges with reserved liquid to skillet and simmer 2 minutes. Whisk together broth, soy sauce and cornstarch in a small bowl; add mixture to pan and simmer until sauce thickens and chicken is cooked through, about 3 minutes more. Yields 1 piece of chicken and about 1/4 cup of sauce per serving.

Chicken Paprikash in the Slow Cooker

4 points per serving

1 serving cooking spray (5 one-second sprays per serving), or enough to coat skillet
2 cup mushroom(s), coarsely chopped
1 small onion(s), chopped
1 small garlic clove(s), minced
1 small sweet red pepper(s), diced
1 tsp paprika
3/4 tsp table salt
1/2 tsp black pepper
1/2 cup canned chicken broth
1 pound uncooked boneless, skinless chicken breast
1 Tbsp all-purpose flour
1/2 cup fat-free sour cream

Coat a nonstick skillet with cooking spray and heat. Add mushrooms, onion, garlic and pepper; sauté 5 minutes. Stir in paprika, salt and pepper; cook 30 seconds more. Spoon mixture into a 4- to 5-quart slow cooker; add broth.

Cut each chicken breast into 4 long strips; add to slow cooker. Cover and cook on low setting for 5 to 6 hours.

Stir together flour and sour cream in a cup; stir into chicken mixture. (Note: We stir flour into the sour cream to prevent the cream from curdling in slow-cooked dishes.) Cover and cook on low until the mixture is thick and hot, about 10 minutes more. Yields about 1 1/2 cups per serving.

Chiles Rellenos Casserole

5 points per serving

1/2 pound ground chicken
1 cup chopped onion
1 3/4 teaspoons ground cumin
1 1/2 teaspoons dried oregano
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon pepper
16 ounces fat-free refried beans -- (1 can)
8 ounces green chilies -- (2 cans) drained & cut lengthwise into quarters
4 ounces shredded Co-Jack cheese -- (1 cup)
1 cup whole kernel corn, frozen -- thawed and drained
1/3 cup all-purpose flour
1/4 teaspoon salt
1 1/3 cups skim milk
1/8 teaspoon hot sauce
2 egg -- lightly beaten
2 egg whites

Cook chicken and onion in a nonstick skillet over medium-high heat until browned, stirring to crumble. Combine chicken mixture, cumin, and next 5 ingredients in a bowl. Stir well, and set aside. Arrange half of green chili strips in an 11 x 7-inch baking dish; top with half of cheese. Spoon mounds of bean mixture onto cheese, and spread gently, leaving a 1/4-inch border around edge of dish; top with corn. Arrange remaining chili strips over corn; top with remaining cheese. Set aside. Combine flour and salt in a bowl; gradually add milk and hot sauce, stirring with a wire whisk until blended. Stir in eggs and egg whites; pour over casserole. Bake at 350° for 1 hour and 5 minutes or until set; let stand 5 minutes. Yield: 6 servings (serving size: 1 [3-1/2-inch] square).

Easy Baked Fish & Chips

5 points per serving

2 large baking potatoes
1/4 cup Kraft Light Done Right! Zesty Italian Reduced Fat Dressing
1 pouch (1/2 of 5.5-oz. pkg.) Shake n Bake Extra Crispy Seasoned Coating Mix
1 lb. white fish fillets, such as haddock, halibut or cod
1/4 cup Miracle Whip Light Dressing

Preheat oven to 400°F. Cut each potato lengthwise into 8 wedges. Toss potatoes with Italian dressing in bowl. Arrange cut sides down, on large baking sheet sprayed with cooking spray. Bake 15 min. Meanwhile, reserve 1/4 cup of the coating mix for potatoes; set aside. Place remaining coating mix on plate. Spread one side of fish fillets with half of the Miracle Whip. Dip fish in coating mix. Turn over; brush other side of fish fillets with remaining Miracle Whip. Turn fish over to coat all sides well with coating mix. Remove potatoes from oven; turn over and arrange around outer edges of baking sheet. Place fish in center of baking sheet. Sprinkle reserved 1/4 cup coating mix over potatoes. Bake 15 min. or until fish flakes with fork and potatoes are tender. Makes 4 servings.

Egg Fried Rice

4 points per serving

1-teaspoon sesame oil
6 egg whites
4 cups cooked rice -- cold
1 cup green peas
1-teaspoon salt
1/4-teaspoon pepper
1-cup bean sprouts
1/3 cup green onions -- chopped

Okay, if you don't have sesame oil - don't use any at all... I have left it here purely because it adds a very unique taste to this dish. Sesame oil is very flavorful oil - if you are going to use a little bit in any dish I highly recommend using sesame oil because of the flavor. It's just great. Combine the sesame oil, eggs and egg whites in a small bowl; stir well and set aside. Heat a large non-stick skillet or wok that has been sprayed with non-stick spray over medium-high heat. Add egg mixture and stir-fry 2 minutes. Add rice; stir-fry 3 minutes. Add green peas, salt and pepper; stir-fry 5 minutes. Add bean sprouts and green onions; stir-fry 2 minutes. Serve immediately.

Lemon Chicken with Broccoli

3 points per serving

2 tbsp all-purpose flour
1/2 tsp table salt, divided
1/4 tsp black pepper, freshly ground
12 oz uncooked boneless, skinless chicken breast, thinly sliced
2 tsp olive oil
1 1/2 cup(s) fat-free, reduced-sodium chicken broth, divided
2 tsp minced garlic
2 1/2 cup(s) broccoli, small florets
2 tsp lemon zest, or more to taste
2 tbsp parsley, fresh, chopped
1 tbsp fresh lemon juice

On a plate, combine 1 1/2 tablespoons of flour, 1/4 teaspoon of salt and pepper; add chicken and turn to coat.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook, turning as needed, until lightly browned and cooked through, about 5 minutes; remove to a plate.

Put 1 cup of broth and garlic in same skillet; bring to a boil over high heat, scrapping up browned bits from bottom of pan with a wooden spoon. Add broccoli; cover and cook 1 minute.

In a small cup, stir together remaining 1/2 cup of broth, 1/2 tablespoon of flour and 1/4 teaspoon of salt; add to skillet and bring to a simmer over low heat.

Cover and cook until broccoli is crisp-tender and sauce is slightly thickened, about 1 1/2 minutes. Stir in chicken and lemon zest; heat through.

Remove skillet from heat and stir in parsley and lemon juice; toss to coat. Yields about 1 cup per serving.

Moo Shu Beef Lettuce Cups

4 points per cup

1 serving cooking spray (5 one-second sprays per serving)
1 pound uncooked lean ground beef (with 7% fat)
1 cup onion(s), yellow, thinly sliced
2 Tbsp ginger root, fresh, minced
2 medium garlic clove(s), minced
2 cup bok choy, thinly sliced
1 medium sweet red pepper(s), thinly sliced
2 cup button mushrooms, thinly sliced (about 10 mushrooms)
2 Tbsp low-sodium soy sauce
8 leafs of bib lettuce

Coat a large nonstick skillet with cooking spray and set pan over medium-high heat. Add beef, onion, ginger and garlic, and cook until beef is browned and onion is soft, breaking up meat as it cooks, about 5 to 7 minutes. Add bok choy, pepper, mushrooms and soy sauce, and cook until bok choy is wilted and pepper is tender-crisp, about 3 to 5 minutes. Spoon 1/2 cup of beef mixture into each lettuce leaf. Yields 2 filled leaves per serving. Serve with extra soy sauce if desired.

Macaroni and Cheese Casserole

7 points per serving

1 spray(s) cooking spray
8 oz uncooked macaroni, elbow
10 3/4 oz Campbell's 98% Fat-Free Cream Of Celery Soup, or Chicken Soup, or other brand
1 cup(s) fat-free mayonnaise
8 oz low-fat cheddar or colby cheese, shredded
1/2 medium sweet red pepper(s), chopped
6 oz canned pimento, chopped
4 oz whole-wheat crackers, mashed into crumbs

Preheat oven to 400°F. Coat a 9 X 9-inch baking dish with cooking spray. Cook macaroni in a large pot of boiling water until just tender, about 7 minutes; drain and transfer to a large bowl. Add soup, mayonnaise, cheese, pepper and pimentos; mix well to combine. Transfer mixture to prepared baking dish and top with cracker crumbs. Bake, uncovered, until top is golden, about 20 to 25 minutes. Slice into 6 pieces and serve.

Mushroom Pizza

7 points per serving

1 10 oz can refrigerated pizza crust dough
cooking spray
1 teaspoon dried Italian seasoning
1/2 cup pizza sauce
1 8oz pkg sliced mushrooms
1 1/4 cups (5oz) pre shredded part skim mozzarella cheese

Preheat oven to 425

Unroll pizza crust dough, and place on baking sheet coated with cooking spray; press to a 14x10 inch rectangle. Sprinkle dough with Italian seasoning. Bake at 425 for 7 minutes. Spread pizza sauce over crust; top with mushrooms. Sprinkle with cheese. Bake 6 minutes or until cheese melts. To serve, cut pizza into squares. Makes 4 servings.

Salsa-and-Coke Chicken

3 Points per serving

Vegetable cooking spray
1-pound skinless boneless chicken breasts
1/2-cup salsa
1/2 cup diet cola -- Coke

Put chicken breast in a square-baking pan sprayed with nonstick cooking spray. Combine salsa and Diet Coke; mixing well. Pour over chicken breasts. Bake at 350° F until chicken is done about 30 to 40 minutes. Makes 4 servings - Serving size (1 chicken breast)

Slow Cooker Chicken Posole

5 Points per serving

1 large garlic clove(s), minced
4 oz frozen mixed vegetables, onion, pepper and celery mixture (about 1 cup)
14 1/2 oz canned hominy, drained
4 oz canned jalapeno peppers, mild-variety, diced, drained
14 1/2 oz canned diced tomatoes, with smoked chipotle chiles (do not drain)
1 pound(s) boneless, skinless chicken thigh(s), cut into bite-size pieces
1 cup(s) fat-free chicken broth
1/2 tsp table salt
1/2 tsp ground cumin
1/4 tsp black pepper
1 medium lime(s), cut into 4 wedges

Place garlic, frozen vegetables, hominy, jalapenos, tomatoes with their juice, chicken, broth, salt, cumin and pepper in a 4- to 5-quart slow cooker; stir. Cover and cook on high heat for 4 to 5 hours or on low heat for 7 hours. Spoon posole into 4 bowls and garnish each serving with a lime wedge. Yields about 1 1/4 cups per serving.

Slow Cooker Lasagna

8 Points per serving

1 pound(s) uncooked lean ground beef (with 7% fat)
1 small onion(s), chopped
1 medium garlic clove(s), minced
28 oz canned crushed tomatoes
15 oz canned tomato sauce
1 tsp table salt
1 tsp dried oregano
1/2 tsp dried basil
1/4 tsp crushed red pepper flakes, or to taste
1 cup(s) part-skim ricotta cheese
1 1/2 cup(s) part-skim mozzarella cheese, shredded, divided
6 item(s) dry lasagna noodles, no-cook
1/2 cup(s) shredded Parmesan cheese, strong-flavored like Romano or Parmigiano Reggiano

Heat a large nonstick skillet over medium-high heat. Add beef, onion and garlic; cook, stirring frequently, breaking up meat with a wooden spoon as it cooks, about 5 to 7 minutes. Stir in crushed tomatoes, tomato sauce, salt, oregano, basil and red pepper flakes; simmer 5 minutes to allow flavors to blend. Meanwhile, in a medium bowl, stir together ricotta cheese and 1 cup of mozzarella cheese. Spoon 1/3 of beef mixture into a 5-quart slow cooker. Break 3 lasagna sheets in half and arrange over beef mixture; top with half of ricotta mixture. Repeat with another layer and finish with remaining 1/3 of beef mixture. Cover slow cooker and cook on low setting for 4 to 6 hours. Remove cover; turn off heat and season to taste, if desired. In a small bowl, combine remaining 1/2 cup of mozzarella cheese and Parmesan cheese; sprinkle over beef mixture. Cover and set aside until cheese melts and lasagna firms up, about 10 minutes. Yields 1/6th of dish per serving.

Slow Cooker Lemon Garlic Chicken

5 points per serving

1 pound boneless, skinless chicken breasts, lightly pounded (3 to 4 ounces meat per person)
Kosher salt
Freshly ground black pepper
8 cloves garlic, smashed
1 cup wild rice blend
1/4 cup fresh squeezed lemon juice
2 1/4 cups water
10 fresh parsley sprigs

Season the chicken breasts generously with salt and pepper. Place the chicken breasts in the bottom of a slow cooker. Add the garlic and rice. Add the lemon juice to the water and stir. Pour this mixture over the rice and chicken. Stir once to coat. Place the lid on the slow cooker and set on low for 8 hours. To plate, place a serving of the rice on each plate and top with 1 chicken breast. Garnish with fresh parsley sprigs. Yield 4 servings.

Stuffed Shells

5 points per serving

1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
1 container (16 oz.) Breakstone's Free or Knudsen Free Fat Free Cottage Cheese
1 cup Kraft Shredded Low-Moisture Part-Skim Mozzarella Cheese, divided
1 egg white
1 medium red pepper, chopped
1 envelope Good Seasons Italian Salad Dressing & Recipe Mix
20 jumbo macaroni shells (for filling), cooked, drained
1 jar (13-1/2 oz.) spaghetti sauce

MIX spinach, cottage cheese, 1/2 cup of the mozzarella cheese, egg white, red pepper and salad dressing mix in large bowl until well blended. Fill each shell with 1 heaping Tablespoons spinach mixture. SPOON 1/2 of the sauce into 13x9-inch baking dish. Arrange shells in baking dish; spoon remaining sauce over shells. Sprinkle with remaining mozzarella cheese. Cover with foil. BAKE at 400°F for 30 to 40 minutes or until thoroughly heated. 5 servings, 4 shells per serving.

Seasoned Red Snapper Packets

3 points per serving

8 oz snapper fillet(s), red, skinless (use two 4-oz pieces)
12 medium cherry tomatoes
1 medium zucchini, diced
1 medium yellow pepper(s), diced
1 medium shallot(s), minced
1 tsp dill, dried
1/2 tsp dried thyme
1/4 tsp table salt
1/4 tsp black pepper, freshly ground

Preheat oven to 400°F. Place two 12-inch pieces of aluminum foil on a large baking sheet.

Place a piece of fish on each piece of foil and top with remaining ingredients in order listed. Fold foil to form 2 tightly sealed packets. Bake 15 minutes (fish will be firm and opaque). Let stand at room temperature for 5 minutes before opening packets (be careful of escaping steam). Yields 1 fillet and about 1 cup of vegetables and sauce per serving.

Southern Oven Fried Chicken

5 points per serving

1/2 cup fat-free buttermilk
2-3 drops of hot pepper sauce
1/2 cups corn flakes, crushed
3 tablespoons flour
1/4 teaspoon salt and pepper
2 pounds chicken parts, skinned
4 teaspoons canola oil

Preheat oven to 400 degrees. Spray large baking sheet. Combine milk and hot sauce in shallow bowl. On wax paper, combine flour, salt and pepper. Dip chicken into milk then coat with cornflake mixture. Place on baking sheet, drizzle with oil. Bake 30 minutes; turn over, then bake another 15-20 minutes. Makes 4 servings.

Spaghetti with Parmesan and Bacon

8 points per serving

- 1 pound uncooked spaghetti
- 12 bacon slices, chopped
- 3 garlic cloves, minced
- 1 cup 2% reduced-fat milk
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 3 large eggs
- 1 cup frozen petite green peas, thawed
- 1 1/2 cups (6 ounces) grated fresh Parmesan cheese

Cook pasta according to package directions. Drain in a colander over a bowl, reserving 1/2 cup hot cooking liquid. While pasta cooks, cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan. Discard remaining drippings; set bacon aside. Add garlic to drippings in pan; cook 30 seconds, stirring constantly. Combine milk, salt, pepper, and eggs, stirring with a whisk. Gradually add reserved hot cooking liquid to milk mixture, stirring constantly with a whisk. Add pasta, milk mixture, and peas to skillet; cook over low heat 3 minutes or until sauce thickens. Add bacon and cheese; stir to combine. Makes 8 servings (serving size: 1 1/4 cups)

Speedy Shephard's Pie

7 points per serving

12 oz extra lean ground beef
½ cup chopped onion
1 cup each sliced baby carrots and frozen baby peas
½ cup low sodium beef broth
2 cups prepared instant potato flakes (prepared according to pkg)
dash paprika

Preheat oven to 375

In 10" nonstick skillet cook beef over medium heat, stirring with a wooden spoon to break up meat, 3-4 minutes, until no longer pink. Add onion, cook, stirring constantly, until onion is softened, 2-3 minutes. Add carrots and peas; continue to cook and stir until vegetables are tender, about 5 minutes. Add broth; bring mixture to a boil. Reduce heat to low; let simmer until most of the liquid is absorbed, about 10 minutes.

Transfer mixture to 1 ½ quart casserole. Top mixture with prepared potato flakes, spread and fluffing with a fork; sprinkle with paprika. Bake until heated through 15-20 minutes. Makes 4 servings.

Spring Asparagus and Lemon Fettuccine

7 points per serving

1/2 pound uncooked fettuccine
2 tsp butter
2 tsp olive oil
1 pound asparagus, cut into 1-inch pieces
1/2 tsp table salt
1/4 tsp black pepper
1 large egg(s)
1 cup fat-free half and half
1 tsp cornstarch, mixed with 1 tablespoon water
1/4 cup parsley, fresh, chopped
2 Tbsp grated Parmesan cheese
1 Tbsp lemon zest
2 Tbsp fresh lemon juice

Cook pasta according to package directions; drain and keep hot. Meanwhile, place butter and oil in a large skillet; melt over medium heat. Add asparagus, sprinkle with salt and pepper and cook, stirring occasionally, until asparagus begins to brown, about 6 minutes; remove from skillet and set aside. In a small bowl, whisk together egg and half and half; add to skillet used to cook asparagus. Place skillet over medium heat; add cornstarch mixture and cook, stirring constantly, until thickened. Remove skillet from heat. Add pasta, asparagus and remaining ingredients to skillet; stir to combine and serve immediately. Yields about 1 1/2 cups per serving.

Tex-Mex Rice and Bean Casserole

4 points per serving

- 1 sprays cooking spray
- 1 cup canned yellow corn, drained, or frozen, thawed corn kernels
- 1 Tbsp canned green chili peppers, chopped, mild or hot
- 15 oz canned pinto beans, drained and rinsed
- 1 cup cooked brown rice, fresh or day old
- 3/4 cup shredded reduced-fat Mexican-style cheese
- 3/4 cup fat-free sour cream
- 1/4 tsp chili powder
- 1/4 tsp table salt
- 1/8 tsp black pepper
- 2 Tbsp scallion(s), chopped (dark green part only)
- 2 Tbsp shredded reduced-fat Mexican-style cheese

Preheat oven to 350°F. Coat a 2-quart glass baking dish with cooking spray. In a large bowl, combine corn, chilies, beans, rice, 3/4 cup of cheese, sour cream, chili powder, salt and pepper; stir in scallions. Spoon mixture into prepared baking dish and bake for 30 minutes. Remove from oven and sprinkle with remaining 2 tablespoons of cheese. Return to oven and bake until cheese melts and casserole is slightly bubbly, about 10 minutes more. Let stand for 5 minutes to firm up before slicing into 6 pieces. Yields 1 piece per serving.

Tortilla Casserole

6 points per serving

3/4 pound extra lean ground beef
15 ounces red kidney beans, 1 can
14.5 ounces no-salt-added diced tomatoes undrained
4 ounces chopped green chilies, 1 can
1 package taco seasoning mix
6 corn tortillas
3/4 cup nonfat sour cream
3 ounces shredded cheddar cheese
2 tablespoons chopped fresh cilantro

Spray large nonstick skillet with nonstick cooking spray. Heat over high heat until hot. Add ground beef; brown 8 to 10 minutes or until thoroughly cooked, stirring constantly. Drain well; return beef to skillet. Add beans, tomatoes, chilies and taco seasoning mix; mix well. Reduce heat; simmer 5 minutes. Meanwhile spray 12x8-inch (2-quart) baking dish with nonstick cooking spray. Cut each tortilla in half; place 6 halves in bottom of sprayed baking dish, overlapping slightly. Spoon half of beef mixture evenly over tortillas. Spoon sour cream over beef mixture; spread evenly. Top with remaining 6 tortilla halves and remaining beef mixture. Cover tightly with foil. Freeze. Thaw overnight. Heat oven to 350°F. Bake at 350°F for 25 minutes. Remove from oven; sprinkle with cheese. Cover; let stand 3 minutes or until cheese is melted. Sprinkle with cilantro. Makes 6 Servings.

Turkey Enchilada Pie

4 points per serving

1 serving cooking spray
3/4 pound uncooked ground turkey breast
1 medium onion(s), chopped
1 tsp chili powder
3 Tbsp all-purpose flour
1 cup fat-free skim milk
4 oz canned jalapeno peppers, drained and chopped
1/2 tsp ground cumin
2 average burrito-size wheat flour tortilla(s)
3 cup tomato(es), chopped
1/2 cup low-fat shredded cheddar cheese
1/8 cup low-fat shredded cheddar cheese, (1/8 cup = 2 tbsp)

Preheat oven to 350°F. Coat a large skillet with cooking spray. Heat skillet 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 mixture from skillet and set aside.

Place skillet over medium-high heat and add flour. Gradually add milk, stirring with a whisk until 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 a 9-inch pie plate. Spread 1/3 of turkey mixture over tortilla. Spoon 1

cup of tomato on top and sprinkle with 1/4 cup of cheese. Repeat layers with remaining ingredients ending up with 2 tablespoons of cheese.

Cover pie plate with aluminum foil and cook until cheese melts, about 15 minutes. Let stand, covered, 2 minutes before cutting into 6 wedges.

Veggie Burgers

2 points per serving (burger only)

1 tablespoon canola oil, divided

1/4 cup each minced onion, green bell pepper, carrot, and celery

2/3 cup drained canned white kidney beans

1 egg, lightly beaten

1/3 cup seasoned dried breadcrumbs

In 8 inch nonstick skillet heat 1 teaspoon of the oil. Add onion, pepper, carrot, and celery; cook over medium heat, stirring occasionally, until vegetables are soft and moisture has evaporated, about 1 minute. Set aside to cool slightly.

Using fork, in medium bowl mash beans; stir in egg. Add breadcrumbs and vegetable mixture; mix until thoroughly combined.

Shape mixture into 4 equal patties. Set patties on plate; cover and refrigerate until chilled, at least 20 minutes.

In same skillet heat 1 teaspoon of the remaining oil. Add 2 patties; cook over medium heat, turning once, until browned on both sides and heated through. Remove patties to plate; keep warm. Repeat with remaining teaspoon oil and 2 patties.

Side Dishes

Cranberry Apple Relish

1 point per serving

1 pound cranberries
2 cups Splenda
1 apple, chopped
¼ cup raisins
1 cup apple juice

Cook uncovered over medium heat until cranberries pop and mixture thickens (7-10 min). Refrigerate. Makes 6 servings.

Crunchy Seasoned Oven Fries

4 points per serving (16 fries)

4 eggs
3 cups cornflake crumbs
6 tablespoons chili powder
2 tablespoons garlic salt
5 1/3 pound potatoes -- cut in 1/2-inch wedges

Lightly beat eggs in shallow bowl. In another bowl, combine crumbs, chili powder and garlic salt. Dip potato wedges into eggs. Dip into crumb mixture; coat completely. Arrange potatoes in 1 layer on baking sheets coated with vegetable cooking spray. Bake in 375°F oven for 20 minutes. Turn potatoes; bake 10-15 minutes longer, until potatoes are browned and crisp and insides are tender when tested with pick. Serve immediately.

"Fried" Onion Rings

4 points per 1/2 Onion

1 serving olive oil cooking spray (5 one-second sprays per serving)
1/4 cup all-purpose flour
1/4 tsp garlic powder
1/4 tsp dry mustard, or mustard powder
1/4 tsp table salt
2 large onion(s), Spanish, sliced into 1/4-inch-thick rounds
1/2 cup buttermilk
1 cup seasoned bread crumbs

Preheat oven to 400°F. Coat a large baking sheet with olive oil cooking spray. In a large bowl, combine flour, garlic powder, mustard powder and salt. Add onions and toss to coat. Pour buttermilk into another large bowl, add onions and toss to coat (use your hands for the best result). Place breadcrumbs in another large bowl, add onions and toss to coat. Transfer onions to

prepared baking sheet and spray with cooking spray. Bake until golden brown, about 35 minutes. Serve hot. Yields about 1/2 an onion per serving.

Hollandaise Sauce

1 point per serving

2 large egg yolk(s)
2 Tbsp water
1/3 cup unsalted butter, melted
2 tsp fresh lemon juice
1/4 tsp table salt, or to taste
1/4 tsp white pepper, or to taste

In a small metal bowl, using a stainless steel whisk, whisk egg yolks and water until completely blended and frothy. Place bowl over double boiler over low heat; whisk constantly until thickened. Remove from heat and continue whisking to help cool a little. Slowly whisk in melted butter; whisk in remaining ingredients. Serve warm. Yields about 1 tablespoon of sauce per serving. Makes 16 servings.

Hungarian Style Potatoes and Green Beans

2 points per serving

1 cup red potatoes, halved and sliced 1/4 inch thick
1 cup fresh green beans, cut into 2" pieces
1/2 cup chopped onion, quartered and sliced
1 tsp sun dried tomato, rehydrated and chopped
1 tsp fresh parsley chopped
1 tsp olive oil
1 tsp butter flavored granules
1/8 tsp paprika

Place the potatoes and green beans in microwave safe steamer. Add a small amount of water. Cover and microwave on High for 3 minutes. Let stand for 2 minutes. Add the onion and continue to microwave on High for 1 minute more. Let stand for 1 minute. Disregard water and empty vegetables into the bowl. Toss with the tomato, parsley, olive oil, butter flavored granules, and paprika. Serve immediately. Makes 2 servings.

Impossibly Easy Zucchini Pie

2 points per serving

1 cup chopped zucchini
1 cup chopped tomato
1/2 cup chopped onion
1/3 cup grated parmesan cheese
2/3 cup reduced fat bisquick
3/4 cup skim milk
2 eggs

½ teaspoon salt
¼ teaspoon pepper

Heat oven to 400. Lightly grease bottom and side of glass pie plate. Sprinkle zucchini, tomato, onion and cheese evenly in the pie plate. Stir together remaining ingredients with fork until blended. Pour evenly into pie plate. Bake about 35 min or until knife inserted comes out clean. Cool 10 min, makes 6 servings.

Italian Potatoes

3 points per serving

1 potato
1 teaspoon olive oil
1 teaspoon Italian seasoning
1/8 teaspoon salt & pepper

Cut potato into chunks or wedges. Toss with remaining ingredients. Bake at 400 for 20 minutes or until tender. Makes 1 serving.

Oriental Green Beans

1 point per serving

1 ½ pounds fresh green beans, trimmed
3 tablespoons soy sauce
1 tablespoon oriental sesame oil
1 teaspoon granulated sugar
6 garlic cloves, minced

In large pot of rapidly boiling water; cook green beans until just tender. 4-5 minutes
While green beans are cooling, in small bowl combine soy sauce, oil, and sugar, set aside
Drain beans, set aside.
Spray wok or 10" skillet with nonstick cooking spray; place over medium-high heat. Add garlic; cook, stirring constantly, until softened, 20-30 seconds. Add green beans; cook, stirring and turning constantly, until well coated, about 2 minutes.
Add soy sauce mixture; continue to stir and turn until most of the liquid is absorbed, 1-2 minutes.
Makes 6 servings.

Stir-Fried Vegetables

1 point per serving

2 tsp sesame oil
2 medium garlic clove(s), minced
2 cup sugar snap peas, or pea pods, trimmed
2 cup carrot(s), sliced
2 medium scallion(s), chopped
1 1/2 Tbsp low-sodium soy sauce
2 Tbsp cilantro, fresh, chopped (optional)

Heat oil in a wok or large nonstick skillet over medium-high heat; add garlic and stir-fry 1 minute. Add sugar snap peas, carrots and scallions; stir-fry 3 minutes, stirring constantly. Add soy sauce and cook until vegetables are crisp-tender, about 1 minute. Remove from heat and stir in cilantro. Yields about 1/2 cup per serving.

Slaw

0 points per serving

1 pound shredded cabbage (bag)
2 chopped ripe tomatoes
Chopped onion to taste
3 tablespoons vinegar
3 packets Splenda
1 teaspoon real mayonnaise or Miracle Whip
salt and pepper to taste

Put all ingredients in a large bowl and stir, stir, stir!

Zesty Broccoli

2 points per serving

1-1/2 cups (12 oz can) evaporated milk
3 tablespoons flour
1/4 teaspoon lemon pepper
1 teaspoon mustard
1 teaspoon horseradish
3 cups (16 oz bag) frozed cut broccoli, cooked and drained

In a covered jar, combine milk, flour and lemon pepper. Shake well. Pour into a medium saucepan sprayed with butter flavored cooking spray. Cook over medium heat, stirring constantly until mixture thickens. Stir in mustard and horseradish. Add broccoli and stir until blended. Makes 4 servings, 3/4 cup each.

Breakfast

Individual Frittatas **2 points per serving**

2 spray(s) cooking spray
1 pound(s) frozen hash brown potatoes, thawed
4 large egg(s), beaten
1 tbsp fat-free skim milk
1/8 tsp table salt, or to taste
1/8 tsp black pepper, or to taste
2 oz cooked lean ham, finely chopped
1/8 cup(s) sweet red pepper(s), finely chopped (2 Tbsp)
1/8 cup(s) green pepper(s), finely chopped (2 Tbsp)
2 tbsp onion(s), finely chopped
1/2 cup(s) low-fat shredded cheddar cheese

Preheat oven to 350°F. Coat 8 muffin tin holes with cooking spray. Spread potatoes around bottom and press potato up sides of each muffin hole; place in oven and cook for 10 minutes.

Meanwhile, beat eggs and milk together in a medium bowl; season with salt and pepper. Add ham, peppers, onion and cheese to bowl; mix to combine.

Remove potatoes from oven (after cooking for 10 minutes) and press potatoes down firmly with a spoon so that they are spread out like mini piecrusts (potatoes should cover bottom and sides of each hole). Pour about 1/4 cup of egg mixture into the center of each muffin hole.

Return pan to oven and cook until potatoes are crisp and golden, and the egg mixture is set, about 15 minutes. Remove from oven and let sit about 5 minutes before serving. Yields 1 frittata per serving.

Desserts

Baked Banana Splits

4 points per serving

1 serving cooking spray (5 one-second sprays per serving)
4 large banana(s), ripe, peeled
8 oz canned crushed pineapple in juice, drained
6 tsp McNeil Nutritionals SPLENDA (R) No Calorie Sweetener, or 2 tablespoons
1/2 tsp ground cinnamon
1 cup fat-free ricotta cheese
1 tsp vanilla extract
1 cups raspberries

Preheat oven to 400°F. Coat a 9-inch baking pan with cooking spray. Place bananas in pan.

Combine pineapple, 1 tablespoon of Splenda and cinnamon in small bowl; pour over bananas. Cover pan with foil and bake for 30 minutes. (Note: The canned pineapple is already sweet so omit the Splenda if you prefer a more 'mild' flavor.)

Meanwhile, combine ricotta, remaining tablespoon of Splenda and vanilla in another small bowl; set aside.

Place one baked banana in each of four individual serving bowls and top each with about 2 tablespoons of pineapple sauce and 1/4 cup of ricotta mixture. Top each with 1/4 cup of raspberries. Serve immediately.

Berry-Lemon Trifle

2 Points Per Serving

2 cups cubed angel food cake
1-8oz. container lemon fat-free yogurt
1/4 of an 8 oz. container frozen Cool Whip Light, thawed
1 cup mixed berries, such as red raspberries, blueberries or sliced strawberries

Divide the angel food cake cubes among 4 dessert dishes. In a small mixing bowl fold together the yogurt and Cool Whip. Dollop yogurt mixture atop cake cubes. Sprinkle with berries. Makes 4 servings

Cafe Ladyfinger Dessert

2 points per serving

2 pkg. (3 oz. each) ladyfingers, split, separated
1 cup freshly brewed strong Coffee, at room temperature, divided
1 pkg. (8 oz.) Philadelphia Fat Free Cream Cheese
2 cups cold fat free milk

2 pkg. (4-serving size each) Jell-O Vanilla Flavor Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling
1 tub (8 oz.) Cool Whip Free Whipped Topping, thawed, divided

Brush cut side of ladyfingers with about 1/4 cup of the coffee. Place ladyfingers on bottom and up side of 2-quart serving bowl. Beat cream cheese and remaining 3/4 cup coffee in large bowl with wire whisk until smooth. Gradually beat in milk until smooth. Add pudding mixes. Beat with wire whisk until blended. Gently stir in 1/2 of the whipped topping. Spoon into prepared bowl; cover. Refrigerate 1 hour or until ready to serve. Top with remaining whipped topping. Makes 12 servings.

Chocolate Banana Wontons

1 Point per Wonton

2 serving butter-flavor cooking spray
1 large banana(s), diced
6 Tbsp mini chocolate chips
24 items wonton wrapper(s), (half a 12 oz package)
1 Tbsp 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.

Chocolate Cups

1 Point per cup

6 Tbsp semi-sweet chocolate chips
3 Tbsp Smucker's Seedless Red Raspberry Jam, or similar product

Place chocolate chips in a small microwavable bowl and microwave on high, stirring every 15 seconds, until chocolate is melted and smooth, about 1 minute.

Spoon 3/4 teaspoon of melted chocolate into one foil cup (1-inch wide by 3/4-inch high). Use a small flat paint brush to spread chocolate evenly over bottom and sides. Repeat with remaining cups, place them on a plate and refrigerate for 3 minutes or until chocolate is firm. (Note: Look for foil candy cups at stores that sell bake ware and kitchen gadgets.)

Spoon 3/4 teaspoon of jam into each chocolate-lined cup. Tap bottom of each cup on counter to settle jam.

Reheat remaining melted chocolate in microwave for 10 seconds on high. Stir and repeat microwaving until chocolate is completely smooth. Spoon 1/2 teaspoon of melted chocolate over top of jam in one cup. Use brush to spread chocolate to sides so that it seals in jam. Repeat with remaining 11 cups.

Refrigerate 3 minutes or until chocolate is firm, or allow chocolate to firm up at room temperature, about 3 hours. Yields 1 cup per serving.

Chocolate Marshmallow Fudge

2 points per serving

1 2/3 cup sugar
2/3 cup fat-free evaporated milk
2 Tbsp reduced-calorie margarine
12 oz semisweet chocolate, chopped (about 1 1/2 cups)
14 large marshmallows

Coat an 8- x 8-inch pan with cooking spray.

Stir together sugar, evaporated milk and margarine. Bring to a boil in a sauce pan, reduce heat to medium-low and cook 3 minutes, stirring constantly.

Stir in chocolate and marshmallows. Remove from heat and stir until smooth.

Pour into pan and refrigerate until firm, about 2 hours. Cut into 36 squares and serve. (Leave fudge in refrigerator or freezer for a firmer consistency.)

Coffee Caramel Flan

3 points per serving

1/4 cup sugar
1 Tbsp cornstarch
1 cup fat-free evaporated milk
2 Tbsp caramel topping
1 Tbsp General Foods Cafe Vienna Coffee Drink, mix
2 large egg white(s)

Preheat oven to 350°F.

In a saucepan, whisk together sugar and cornstarch. Gradually stir in milk. Bring to a simmer, whisking constantly until slightly thickened. Stir in caramel topping and coffee drink mix. Remove from heat.

Whisk egg whites in a large heatproof bowl. Very gradually stir hot milk mixture into egg whites.

Pour about 1/3 cup of mixture into each of four 1/2-cup ramekins. Place ramekins in a shallow baking dish and add enough hot water (on outside of ramekins) to rise about 1 inch up sides of ramekins.

Bake until firm and puffy, about 30 minutes. Carefully remove baking dish from oven, lift out ramekins and let cool before serving. To serve chilled, cover with plastic wrap and refrigerate until cold. Yields 1 per serving.

Creamy Vanilla Raspberry Pavlova

2 points per serving

4 egg whites
1/4 tsp. cream of tartar
1 cup granulated sugar
1-1/2 cups cold fat free milk
1 pkg. (4-serving size) JELL-O Vanilla Flavor Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling
1 cup thawed COOL WHIP LITE Whipped Topping
2 cups raspberries

2 Tbsp. powdered sugar

Preheat oven to 225°F. Beat egg whites and cream of tartar in medium bowl with electric mixer on high speed 5 min. or until soft peaks form. Gradually add granulated sugar, 1 Tbsp. at a time, beating on high speed until stiff peaks form. Spoon onto baking sheet covered with parchment paper. Using large spoon, make 10-inch circle of meringue, indenting slightly in the center of the circle to form a "crust." Bake 1-1/2 hours. Cool. Pour milk into large bowl. Add dry pudding mix. Beat with wire whisk 2 min. or until well blended. Gently stir in whipped topping. Refrigerate 15 min. or until slightly thickened. Place meringue on serving plate. Spoon pudding mixture over meringue, leaving a border of meringue showing around edge. Spoon raspberries over pudding; sprinkle with powdered sugar. Makes 12 servings.

Frozen Peanut Butter Cups

2 points per serving

8 oz. ff cool whip
1/2 cup peanut butter
2 tablespoons chocolate syrup

Line muffin pans with liners. With spoon, mix cool whip and peanut butter until well combined. Spoon even portions into muffin liners. Top each with a swirl of chocolate syrup. Freeze 6-8 hours until frozen. Once solid, remove the pan and place into freezer bag or container. You can also use mini size foil cups and make 24 at 1 pt each. They don't re-freeze real hard and the chocolate never freezes. These melt in your mouth. Servings—12.

Frozen White Chocolate Mousse

4 points per serving

1 package unsweetened gelatin, unflavored
1 Tbsp sugar
1 1/3 cup 1% low-fat milk
6 oz white chocolate chips
1 tsp vanilla extract
1 1/3 cup Cool Whip Free Whipped Topping, or similar product
1 cup sweetened frozen red raspberries, thawed and pureed

Combine gelatin and sugar in a small saucepan; stir in milk and let stand 1 minute. Place over medium-high heat and stir until gelatin is dissolved, about 5 minutes. Add white chocolate and continue cooking, stirring occasionally, until chocolate is melted. Stir in vanilla, remove from heat and whisk until mixture is blended. Pour into large bowl and chill, stirring occasionally, until mixture mounds, about 20 minutes. Fold in whipped topping. Pour into eight 4-oz ramekins. Freeze until firm, about 4 hours. To serve: Dip a ramekin into hot water for about 30 seconds to loosen mousse. Run knife around sides and turn mousse onto plate or shallow bowl. Spoon puréed raspberries over top. Repeat with remaining ramekins.

Mini Cherry Cheesecakes

3 points per serving

8 average graham cracker(s), mashed into crumbs
2 Tbsp reduced-calorie margarine, melted
4 oz fat-free cream cheese
4 oz light cream cheese
2 Tbsp fresh lemon juice
2 large egg white(s)
1 tsp vanilla extract
1/3 cup sugar
20 oz light fruit pie filling, cherry, warmed

Place 12 cupcake liners in a cupcake pan. Combine graham cracker crumbs and margarine; mix well. Spoon 1 tablespoon of crumb mixture into bottom of each liner and press down gently. Refrigerate until ready to fill. Beat cream cheeses until fluffy and add lemon juice, egg whites, vanilla extract and sugar; beat until smooth. Spoon cream cheese mixture evenly into crumb cups. Bake at 375°F for 15 minutes. Cool. Top each cheesecake with 1 tablespoon cherry pie filling.

Key Lime Pie

3 points per serving

1 box (.3 oz) sugar free lime gelatin
1/4 cup boiling water
2 (6oz) containers key lime pie light yogurt (I used Yoplait light)
1 (8oz) container fat-free whipped topping (I used cool whip light - couldn't find fat free)
1 prepared 9" reduced fat graham cracker crust

Dissolve gelatin in boiling water. With wire whisk, stir in yogurt. With wooden spoon, fold in topping. Transfer to prepared crust. Refrigerate 2 hours or overnight.

Mock Coconut Cream Pie

3 points per serving

2 cups cooked spaghetti squash
1 cup skim milk
Egg substitute to equal 4 eggs
1/2 cup evaporated skim milk
1/4 cup each flour and sugar
2 tablespoons plus 2 teaspoons reduced calorie tub margarine
1/2 teaspoon each vanilla extract and coconut extract
1/4 teaspoon baking powder

Preheat oven to 350. Spray 9-inch pie plate with cooking spray. Using the back of a spoon, spread squash over bottom and up sides of plate. In blender, combine remaining ingredients and process until smooth. Pour over squash and bake for 50 minutes to 1 hour, until knife in center

comes out clean. Let cool for 1 hour on wire rack. Cover with plastic wrap and refrigerate overnight before serving. Makes 6 servings.

Orange Dream Cheesecake

2 points per serving

1 Honey Maid Honey Grahams, crushed (about 3 Tbsp.)
2/3 cup boiling water
1 pkg. (4-serving size) Jell-O Brand Orange Flavor Sugar Free Low Calorie Gelatin
1 cup Breakstone's or Knudsen Low Fat Cottage Cheese
1 tub (8 oz.) Philadelphia Fat Free Cream Cheese
2 cups thawed Cool Whip Free Whipped Topping

Sprinkle crumbs onto bottom of 8- or 9-inch spring form pan or 9-inch pie plate sprayed with cooking spray. Stir boiling water into gelatin in large bowl at least 2 min. until gelatin is completely dissolved. Cool 5 min. Pour into blender container. Add cheeses; cover. Blend on medium speed until well blended, stopping occasionally to scrape down side of blender container; pour into large bowl. Add whipped topping; stir gently until well blended. Pour into prepared pan; smooth top with spatula. Refrigerate 4 hours or until set. Remove side of pan just before serving. Store leftover cheesecake in refrigerator. Makes 8 servings.

Southern Bread Pudding

4 points per serving

1 1/4 cups low fat (1%) milk
4 large eggs
1/3 cup sugar
2 teaspoons vanilla extract
1/2 teaspoon cinnamon
1/8 teaspoon ground nutmeg
12 slices cinnamon-raisin bread, crusts discarded, bread cut into 1-inch squares
1 granny smith apple, peeled, cored, and cut into 1/2 inch cubes
3 tablespoons chopped pecans

Preheat the oven to 350. Spray a 1 1/2 quart shallow baking dish with nonstick spray. Combine eggs, milk, sugar, vanilla, cinnamon, and nutmeg in a large bowl; whisk until blended. Add the bread, apple, and pecans. Let the mixture stand, stirring occasionally, until the bread absorbs some of the liquid, about 10 minutes. Pour the mixture into the baking dish. Bake until the pudding is puffed and a knife inserted in the center comes out clean, 25-30 minutes. Remove the pudding from the oven and let cool 15 minutes. Makes 8 servings.

Spice Cake

3 points per serving

- 1 box spice cake mix
- 1 can pumpkin

Preheat oven to 350 and spray a 9 x 13 baking dish. Mix ingredients and pour into baking dish. Bake for 30 minutes. Makes 15 servings.

Strawberry Tiramisu

4 points per serving

- 1/2 cup part-skim ricotta cheese
- 3 Tbsp fat-free cream cheese
- 2 Tbsp powdered sugar
- 1/2 tsp orange zest
- 3/4 cup lite whipped topping
- 2 cups strawberries, hulled and sliced (reserve 6 whole berries for garnish)
- 3 Tbsp sugar
- 1 fl oz orange-flavored liqueur
- 2 Tbsp orange juice
- 3 oz ladyfinger(s), separated

In a food processor, purée ricotta, cream cheese, confectioners sugar and orange zest. Transfer to a medium bowl and fold in whipped topping. In same food processor (no need to clean), purée 1 cup of sliced strawberries, the granulated sugar, liqueur and orange juice. Spoon 1 tablespoon of the strawberry purée into each of six wine glasses. Top each with two ladyfinger halves. Spoon another tablespoon of purée over ladyfingers. Top with half the sliced strawberries then half the cheese mixture. Top with remaining ladyfingers. Spoon on remaining purée, berries and cheese mixture. Cover each glass with plastic wrap and refrigerate overnight. Garnish each with a whole strawberry.