

canadian bacon-cheddar frittata

SERVES 4

1 medium onion, chopped
1 small red bell pepper,
thinly sliced
3 large eggs
3 large egg whites
1 cup fat-free milk
1/8 teaspoon ground pepper
4 slices Canadian
bacon, chopped
1 large tomato, chopped
1 cup shredded reduced-fat
sharp cheddar cheese

This hearty frittata is a natural for breakfast or brunch, but it also makes a wonderful family dinner. Try dressing it up with fresh herbs (chopped parsley or fresh oregano would be particularly good) and serving it with a salad of baby lettuces and halved grape tomatoes tossed with an oil and vinegar mix.

1 Spray a 10-inch ovenproof nonstick skillet with nonstick spray and set over medium heat. Add the onion and bell pepper; cook, stirring occasionally, until softened, 5 minutes. Transfer to a small bowl.

2 Preheat the broiler.

3 Whisk the eggs, egg whites, milk, and pepper in a large bowl until blended. Stir in the onion mixture, bacon, tomato, and cheese.

4 Wipe out the skillet; spray with nonstick spray and set over medium heat. Add the egg mixture. Reduce the heat to medium-low and cook, undisturbed, until the bottom of the frittata is firm, 8–10 minutes.

5 Place the skillet under the broiler and broil 5 inches from the heat until the frittata is set in the center, 5 minutes. Cut into 4 wedges and serve at once.

PER SERVING (1/4 of frittata): 233 Cal, 11 g Fat, 4 g Sat Fat, 165 mg Chol, 612 mg Sod, 10 g Carb, 1 g Fib, 23 g Prot, 308 mg Calc.
PointsPlus value: 6.

**good
idea**

Instead of the red bell pepper, you can use another vegetable that you might have on hand. Try zucchini, broccoli florets, or fresh fennel.



Canadian Bacon-Cheddar Frittata

mushroom-barley soup

SERVES 8

2 tablespoons olive oil
2 onions, chopped
3 carrots, chopped
3 celery stalks, chopped
½ cup dry white wine
9 cups reduced-sodium
beef broth
⅓ cup pearl barley
2 (10-ounce) packages
mushrooms
½ cup minced flat-leaf parsley
Freshly ground pepper
2–3 tablespoons minced flat-
leaf parsley (optional)

“Mushrooms, an unlimited vegetable, are a mainstay of the W.W. Program,” notes the mushroom-recipe section in the first Weight Watchers Cookbook. And we’re still in love with these meaty, flavorful, and fat-free gems. This warming soup is a worthy homage—and a perfect choice on a blustery winter day.

1 Heat a large nonstick saucepan or Dutch oven. Swirl in the oil, then add the onions, carrots, and celery. Sauté until wilted, about 5 minutes. Add the wine; simmer until the liquid is reduced by one-fourth. Add the broth; bring to a steady simmer. Stir in the barley; cover and cook, stirring occasionally, until the barley is tender, about 45 minutes.

2 Meanwhile, clean and trim the mushrooms; separate the stems from the caps. Chop the stems and one-third of the caps; slice the remaining caps.

3 Transfer ½ cups of the vegetables and barley and ½ cup of the liquid to a food processor; puree. Return the mixture to the saucepan.

4 Add the mushrooms, parsley, and pepper; stir and bring to a gentle boil. Simmer, covered, until the mushrooms are cooked, 15 minutes. Garnish with the additional parsley, if using.

PER SERVING (1½ cups): 123 Cal, 4 g Fat, 1 g Sat Fat, 0 mg Chol, 531 mg Sod, 15 g Carb, 3 g Fib, 7 g Prot, 47 mg Calc.

PointsPlus value: 3.



The small amount of wine in this soup adds a great deal of flavor. However, if you’d like to leave it out, substitute ½ cup water and a tablespoon of white-wine vinegar instead.

the beloved weight watchers vegetable soup

In the early days of Weight Watchers members swore by the famous Garden Vegetable Soup for filling you up and not having to count it. We’ve revisited this classic dish (it now has a *PointsPlus* value of 1), along with two other delicious original versions that are also low in *PointsPlus* value, but big on flavor.

the classic garden vegetable soup

SERVES 6

1 POINTSPPLUS VALUE PER SERVING

½ cup sliced carrot
¼ cup diced onion
2 minced garlic cloves
3 cups fat-free beef, chicken, or vegetable broth
1 cup diced green cabbage
1 cup chopped spinach
1 tablespoon tomato paste
½ teaspoon dried basil
¼ teaspoon dried oregano
¼ teaspoon salt
1 cup diced zucchini

Spray a large saucepan with nonstick spray and set over low heat. Add the carrot, onion, and garlic and cook, stirring often, until softened, about 5 minutes. Add the broth, cabbage, spinach, tomato paste, basil, oregano, and salt; bring to boil. Reduce the heat; simmer, covered, about 15 minutes. Stir in the zucchini; cook 3–4 minutes more.

vegetable soup 1984

SERVES 2

2 POINTSPPLUS VALUE PER SERVING

¼ cup diced onion
1 garlic clove, minced
2 cups water
1 cup each thinly sliced carrots and zucchini
¼ teaspoon each thyme leaves and salt
⅛ teaspoon black pepper
2 teaspoons chopped fresh parsley

Spray a small saucepan with nonstick spray and set over medium heat. Add the onion and garlic

and cook stirring often until onion is softened, 5 minutes. Add the water, carrots, zucchini, thyme, salt, and pepper. Cover and cook over low heat, stirring occasionally, until vegetables are tender, about 10 minutes. Stir in the parsley.

microwave chickpea and vegetable soup 1990

SERVES 4

3 POINTSPPLUS VALUE PER SERVING

½ cup each chopped onion, diced
celery, and diced carrot
1 large garlic clove, minced
1 teaspoon olive oil
1 cup each canned diced tomatoes and
reduced-sodium chicken broth
1 cup canned chickpeas, rinsed and drained
1 tablespoon grated Parmesan cheese
1 tablespoon each chopped fresh
parsley and chopped fresh basil or
½ teaspoon dried basil leaves
Dash black pepper

Stir together the onion, celery, carrot, garlic, and oil in a large microwave-safe bowl. Cover with wax paper and microwave on High for 3 minutes, stirring once. Stir in the tomatoes, broth, and chickpeas. Cover with wax paper and microwave on High until the vegetables are tender, 5 minutes. Stir in the cheese, parsley, basil, and pepper.

Note: All *PointsPlus* values were calculated using the Weight Watchers online recipe builder.

southwestern chicken-vegetable soup

SERVES 4

3 cups reduced-sodium chicken broth
2 cups frozen mixed vegetables (broccoli, cauliflower, carrots, corn, and red bell pepper)
1 (14½-ounce) can diced tomatoes
2 teaspoons chili powder
2 teaspoons ground cumin
1 cup chopped skinless cooked chicken breast
3 tablespoons chopped fresh cilantro
1 tablespoon fresh lime juice
12 baked tortilla chips, crumbled

Rich chicken soup, flavored with tomatoes and chiles and topped with strips of crisp tortillas, is a Mexican classic that first became popular north of the border in the 1980s. Our speedy version is loaded with vegetables and flavored with chili powder, cumin, and plenty of fresh cilantro.

1 Combine the broth, vegetables, tomatoes, chili powder, and cumin in a large saucepan. Bring to a boil; reduce the heat and simmer, covered, until the vegetables are tender, 10 minutes.

2 Stir in the chicken and cook until heated through, 2 minutes. Stir in the cilantro and lime juice. Top each serving with 3 of the tortilla chips.

PER SERVING (¼ cups soup with 3 tortilla chips): 142 Cal, 3 g Fat, 1 g Sat Fat, 29 mg Chol, 719 mg Sod, 15 g Carb, 4 g Fib, 16 g Prot, 79 mg Calc.

PointsPlus value: 4.

Southwestern Chicken-
Vegetable Soup



turkey sloppy joes

SERVES 4

1 tablespoon canola oil
1 medium onion, finely chopped
1 green bell pepper,
finely chopped
2 garlic cloves, minced
1 teaspoon chili powder
½ teaspoon dried oregano
½ teaspoon dry mustard
1 pound ground skinless
turkey breast
1 cup prepared barbecue sauce
4 multigrain hamburger rolls

Nobody knows who Joe was, but these beloved messy sandwiches certainly pack a flavor punch. Bypass the too-salty packaged flavoring mix—our heady mix of seasonings tastes fresher and better!

1 Heat a large nonstick skillet over medium heat. Swirl in the oil, then add the onion, pepper, and garlic. Cook, stirring occasionally, until softened, about 5 minutes. Stir in the chili powder, oregano, and mustard; let cool 1 minute.

2 Add the turkey and cook, stirring to break up the meat, until no longer pink, 3–4 minutes. Stir in the barbecue sauce and cook until slightly thickened, about 2 minutes. Remove from the heat and serve on the hamburger rolls.

PER SERVING (1 roll with ¼ cup meat): 356 Cal, 10 g Fat, 2 g Sat Fat, 67 mg Chol, 813 mg Sod, 33 g Carb, 4 g Fib, 32 g Prot, 86 mg Calc.

PointsPlus value: 9.

good idea

It's important not to overcook the ground turkey breast in this recipe or it may become dry and chewy. Keep it moving in the pan, and add the sauce as soon as it is cooked through—not browned.

Turkey Sloppy Joes, page 000,
and Coleslaw, page 000





sausage focaccia

SERVES 12

1⅔ cups warm (105°F–115°F) water
 ¼ teaspoon sugar
 1 envelope quick-rise yeast
 3 teaspoons olive oil
 2¼ teaspoons kosher salt
 1½ links (6 ounces) Italian-style turkey sausage, casing removed
 1 tablespoon drained oil-packed sun-dried tomatoes, minced
 1 tablespoon minced fresh rosemary

Like so many formerly “forbidden” ingredients, a little sausage can provide a lot of flavor—and pleasure. Try this chewy, satisfying bread as an accompaniment for soup or as an appetizer.

- 1 Combine the water and sugar in a small bowl. Sprinkle in the yeast and let stand until just beginning to foam, about 2 minutes. Add 2 teaspoons of the oil.
- 2 Combine the flour and 2 teaspoons of the salt in a large bowl. Make a well in the center; add the yeast mixture, and begin stirring the flour into the liquid with a wooden spoon until well incorporated and the dough begins wrapping around the spoon. Scrape the sides of the bowl and turn the dough out onto a lightly floured work surface. Knead the dough gradually, adding only enough of the remaining flour to stop it from sticking, until smooth and elastic, 8–9 minutes. (The dough should remain soft and pliable; flour your hands frequently instead of adding flour to the dough, when possible.)
- 3 Spray a large bowl with nonstick spray; put the dough in the bowl and lightly spray the top with nonstick spray. Cover lightly with plastic wrap, and let the dough rise in a warm spot until it doubles in size, about 40 minutes.
- 4 Meanwhile, cook the sausage in a nonstick skillet over medium-high heat, breaking up the large pieces with a wooden spoon, until deep brown, 4 minutes. Let cool.
- 5 Preheat the oven to 450°F. Spray a large (10½ × 15½-inch) jelly-roll pan with nonstick spray. Punch down the dough. Sprinkle one third of the sausage, tomato, and rosemary on the surface of dough, spreading with fingertips. Fold dough in half over the mixture and repeat twice more, folding the dough a few more times to fully incorporate ingredients. Press dough evenly into the pan. Cover and let stand until just slightly puffed, about 10 minutes. Bake until crisp-edged and golden, 20–22 minutes. Immediately brush the top with the remaining 1 teaspoon oil and sprinkle with the remaining ¼ teaspoon salt.

PER SERVING (1/12 of loaf): 183 Cal, 3 g Fat, 1 g Sat Fat, 10 mg Chol, 455 mg Sod, 30 g Carb, 1 g Fib, 7 g Prot, 11 mg Calc.
PointsPlus value: 5.



(clockwise from top left)
Cheese Crisps, page 000, Cheese
Balls, page 000, Cheese Puffs, page
000, and Deviled Eggs, page 000

cheese puffs

SERVES 15

Vegetarian

- 1 (12-ounce) can evaporated fat-free milk
- 2 tablespoons unsalted butter
- $\frac{3}{4}$ teaspoon dry mustard
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- 1 cup all-purpose flour
- $\frac{1}{3}$ cup freshly grated Parmesan cheese
- 2 large eggs
- 1 teaspoon baking powder
- 3 egg whites
- $\frac{1}{2}$ cup shredded reduced-fat cheddar cheese

Looking for an easy crowd pleaser? Look back to this sixties classic cocktail-party staple. Crispy on the outside with creamy centers, they're irresistible morsels. Even better, you can make them in advance, freeze them, and reheat them at the last minute.

- 1 Bring the milk, butter, mustard, salt, and pepper to a boil in a medium saucepan; reduce the heat to medium. Beat in the flour and Parmesan cheese with a wooden spoon, stirring vigorously, until the mixture leaves the side of the pan. Cool for 10 minutes.
- 2 Adjust the racks to divide the oven into thirds; preheat the oven to 400°F. Line two baking sheets with foil and lightly coat with nonstick spray.
- 3 With an electric mixer on medium speed, beat the eggs into the flour mixture until well blended. Sift in the baking powder, then add the egg whites and continue beating until the mixture is glossy and smooth. Beat in the cheddar cheese on low speed until just combined.
- 4 Spoon the mixture into a pastry bag or a plastic food-storage bag with a corner cut off. Pipe into 1-inch mounds, spacing 1 inch apart. (You can also pipe the mixture into 1½-inch-long "fingers," if you prefer.) You should have about 75 puffs or fingers. Bake until golden brown and firm to the touch, 22 minutes. Serve hot or warm.

PER SERVING (5 puffs): 96 Cal, 4 g Fat, 2 g Sat Fat, 37 mg Chol, 255 mg Sod, 9 g Carb, 0 g Fib, 6 g Prot, 147 mg Calc.

PointsPlus value: 3.

good idea

To freeze the cooled puffs, place them on a baking sheet in a single layer in the freezer until firm. Transfer them to zip-close freezer bags or plastic containers and store airtight for up to two months. To reheat the puffs, arrange them on baking sheets. Bake in a preheated 375°F oven until heated through and crisped, about 5 minutes (or 10 to 15 minutes if they're still frozen).



yankee pot roast

SERVES 8

2 pounds boneless bottom round roast, trimmed
½ teaspoon salt
½ teaspoon black pepper
2 teaspoons olive oil
½ cup reduced-sodium beef broth
1 onion, chopped
3 garlic cloves, chopped
1 tablespoon chopped fresh thyme
1¼ pounds baby potatoes, halved
3 large carrots, cut into 1-inch pieces
2 turnips, peeled and cut into 1-inch pieces

Unlike European pot roasts, Yankee versions of this iconic dish rarely contain wine or garlic. We've taken the liberty of adding a few cloves of garlic to our pot roast, but otherwise it remains true to the original dinner-in-a-pot that Americans have enjoyed for centuries.

- 1 Preheat the oven to 350°F.
- 2 Sprinkle the beef with the salt and pepper. Heat a Dutch oven over medium-high heat until hot. Swirl in the oil, then add the beef and cook, turning frequently, until browned on all sides, about 8 minutes. Add the broth, stirring to scrape any browned bits from the bottom of the Dutch oven, then add the onion, garlic, and thyme. Bring to a boil. Cover and bake, turning once, 1½ hours.
- 3 Add the potatoes, carrots, and turnips to the Dutch oven. Bake, covered, until the beef and vegetables are fork-tender, 45 minutes longer.
- 4 Transfer the beef to a cutting board and slice across the grain into 16 slices. Serve with the vegetables.

PER SERVING (2 slices beef with generous ½ cup vegetables):
277 Cal, 6 g Fat, 2 g Sat Fat, 84 mg Chol, 261 mg Sod, 19 g Carb,
3 g Fib, 36 g Prot, 45 mg Calc.
PointsPlus value: 7.

oven-fried fish and chips

SERVES 4

2 large (8 ounce) russet potatoes, scrubbed
1 teaspoon salt
¼ + ⅛ teaspoon ground pepper
⅓ cup panko
¼ cup cornmeal
2 large egg whites
1 tablespoon Dijon mustard
2 (8-ounce) tilapia or catfish fillets, each cut into 4 pieces

There's nothing more British than a piping hot fish fillet surrounded by crisp fries. We've done away with the deep-frying to make the dish healthier and easier to recreate at home. Our version uses panko and cornmeal in the crust for superb oven browning.

1 Preheat the oven to 475°F.

2 Cut each potato lengthwise into eight wedges. Place on a medium rimmed baking sheet; spray lightly with nonstick spray. Sprinkle with ½ teaspoon of the salt and ¼ teaspoon of the pepper, and toss to coat. Arrange the potatoes in a single flat layer and bake, without turning, until the bottoms are deep golden and crisp, about 15 minutes. Turn the potatoes to the opposite cut side and bake until crisp, 10–15 minutes longer.

3 Meanwhile, to prepare the fish, spray another medium rimmed baking sheet with nonstick spray.

4 Combine the panko and cornmeal in a food processor and pulse until finely ground. Spread the mixture on a piece of wax paper. Whisk together the egg whites and mustard in a shallow bowl.

5 Sprinkle the fish with the remaining ½ teaspoon salt and the remaining ⅛ teaspoon pepper. Dip each piece into the egg white mixture, then into the panko mixture, pressing to adhere. (Discard any leftover panko or egg mixture.) Place the fish on the baking sheet and bake until the fish is golden brown and flakes easily when tested with a fork, 6–8 minutes.

PER SERVING (2 pieces fish with 4 potato wedges): 235 Cal, 4 g Fat, 2 g Sat Fat, 50 mg Chol, 847 mg Sod, 31 g Carb, 3 g Fib, 19 g Prot, 50 mg Calc.

PointsPlus value: 6.

good idea

The Japanese-style bread crumbs known as panko have become so popular in the last few years that you'll now find them on the shelves of most supermarkets. Panko features large, airy flakes that cook up light and crisp, making them perfect for dishes like this.

Oven-Fried Fish and Chips





green bean casserole

SERVES 4

Vegetarian

- 4 cups frozen cut green beans
- 1 medium onion, chopped
- 1 teaspoon sugar
- 1 (10³/₄-ounce) can reduced-fat condensed cream of mushroom soup
- ³/₄ cup reduced-fat shredded sharp cheddar cheese
- 1 teaspoon Worcestershire sauce
- ¹/₂ teaspoon garlic powder
- ¹/₂ cup French-fried onions

This beloved dish comes straight out of the fifties: Made with canned and/or frozen ingredients, it epitomizes that era's penchant for convenience food in all forms. Yet it still finds a place on our tables today, especially around the holidays. We've found a way to capture that same convenience without blowing your weekly PointsPlus Allowance.

- 1 Preheat the oven to 350°F. Spray an 8-inch-square baking pan with nonstick spray.
- 2 Cook the green beans according to package directions on the stovetop or in the microwave. Drain and transfer to a large bowl.
- 3 Spray a small nonstick skillet with nonstick spray and set over medium-high heat. Add the onion and sugar, cook, stirring, until starting to brown, 5–6 minutes. Transfer the onion to the bowl with the green beans. Stir in the soup, cheese, Worcestershire sauce, and garlic powder. Pour into the baking pan.
- 4 Bake 25 minutes; sprinkle with the French-fried onions and bake until bubbly, 5 minutes longer.

PER SERVING (1 cup): 173 Cal, 8 g Fat, 3 g Sat Fat, 13 mg Chol, 514 mg Sod, 18 g Carb, 4 g Fib, 8 g Prot, 231 mg Calc.

PointsPlus value: 4.

good idea

The topping for this classic casserole, canned French-fried onions are just that—onions dipped in flour and seasonings and deep-fried. If you'd like a modern (and healthier) touch of crunch, try panko bread crumbs, crumbled whole grain snack crackers, or bran cereal.



classic red velvet cake

SERVES 16

Vegetarian

cake

2 cups cake flour
3 tablespoons unsweetened
cocoa powder
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
¾ cup low-fat buttermilk
¾ cup granulated sugar
3 tablespoons canola oil
1 large egg
2 teaspoons red food coloring

frosting

1 (8-ounce) package fat-
free cream cheese, at
room temperature
1¼ cups confectioners' sugar
½ cup fat-free Greek yogurt
¾ teaspoon vanilla extract
¼ cup chopped pecans

The original incarnation of this cake was most likely a devil's food cake that obtained a subtle reddish hue from the combination of cocoa powder and buttermilk. When food dyes became popular with home bakers in the 1930s and '40s, however, the cake got a scarlet boost from the addition of red food coloring. Today red velvet is enjoying a resurgence and is wildly popular.

- 1** Cake: Preheat the oven to 350°F. Spray an 8-inch round baking pan with nonstick spray.
- 2** Whisk together the flour, baking powder, baking soda, and salt in a large bowl. Whisk together the buttermilk, granulated sugar, oil, egg, and food coloring in a medium bowl. Add the buttermilk mixture to the flour mixture and stir until well blended.
- 3** Scrape the batter into the pan. Bake until a toothpick inserted into the center comes out clean, 35–40 minutes. Let cool completely in the pan on a rack. Run a knife around the edge of the cake to loosen it from the pan. Invert onto the rack.
- 4** Frosting: With an electric mixer on high speed, beat the cream cheese, confectioners' sugar, yogurt, and vanilla in a medium bowl until smooth, about 1 minute.
- 5** Cake assembly: Split the cake layer in half with a long serrated knife. Place the bottom layer, cut side up, on a serving plate. Spread ½ cup of the frosting over the layer, leaving a ½-inch border. Place the remaining cake layer on top, rounded side up. Spread the remaining 1 cup frosting over the top and side of the cake. Sprinkle the pecans onto the side of the cake, pressing to adhere. Cover the cake and store in the refrigerator up to 2 days. Bring to room temperature before serving.

PER SERVING (¼ of cake): 197 Cal, 5 g Fat, 1 g Sat Fat, 15 mg Chol, 274 mg Sod, 34 g Carb, 0 g Fib, 5 g Prot, 95 mg Calc.
PointsPlus value: 5.