WEIGHT WATCHERS HAS A BREAKTHROUGH NEW PROGRAM: BEYOND THE SCALE!

Unlike our previous plan, the SmartPoints™ plan incorporates the number of calories and the amount of sugar, saturated fat, and protein to calculate the SmartPoints value. The new plan nudges you toward an eating pattern that includes more lean protein, fruits and vegetables, and less sugar and saturated fat. Everything is still on the menu, while taking our strongest stance ever on eating healthier foods!

To make sure your 5th edition of the Weight Watchers New Complete Cookbook is optimized for you, here are the SmartPoints values for all of the recipes.

Chapter 1: Breakfasts and Brunches

**Tomato and Egg Pizzas**  
SmartPoints value: 11

**Scrambled Eggs with Smoked Salmon and Dill**  
SmartPoints value: 3

**Basic Omelette**  
SmartPoints value: 2

**Tomato and Goat Cheese Omelette**  
SmartPoints value: 3

**Canadian Bacon, Asparagus, and Scallion Omelette**  
SmartPoints value: 2
Mixed Mushroom–Herb Omelette
SmartPoints value: 2

Egg and Tomato Biscuit Sandwiches
SmartPoints value: 7

Huevos Rancheros
SmartPoints value: 6

Breakfast Tostadas
SmartPoints value: 4

**COOK’S NOTE**
Serve the tostadas with cooked potatoes sprinkled with salt and black pepper (2 cooked small potatoes with each serving will increase the SmartPoints value by 3).

Cheese Quiche
SmartPoints value: 6

Spinach and Cheese Quiche
SmartPoints value: 6

Overnight Bacon and Greens Strata
SmartPoints value: 6

Sweet Potato Hash and Eggs
SmartPoints value: 6

Shrimp, Mushroom, and Tomato Frittata
SmartPoints value: 5

Breakfast Bread Pudding
SmartPoints value: 7

Sausage and Veggie Breakfast Wraps
SmartPoints value: 7

Basic Pancakes
SmartPoints value: 10

Whole Wheat Pancakes
SmartPoints value: 10

Blueberry Pancakes
SmartPoints value: 10

Buckwheat Pancakes
SmartPoints value: 10

Stuffed French Toast
SmartPoints value: 11

Whole Grain French Toast
SmartPoints value: 4

Whole Wheat–Buttermilk Waffles
SmartPoints value: 8

Orange Waffles
SmartPoints value: 8

Vanilla Waffles
SmartPoints value: 8

Double Maple Waffles
SmartPoints value: 8

Creamy Ham and Arugula Crêpes
SmartPoints value: 6

Crêpes
SmartPoints value: 2

Whole Grain Breakfast Muffins
SmartPoints value: 6

Jam-Filled Whole Wheat Muffins
SmartPoints value: 6

Ginger and Golden Raisin Muffins
SmartPoints value: 6

Orange-Spice Muffins
SmartPoints value: 6

No-Knead Whole Wheat Bread
SmartPoints value: 3

Cranberry-Orange Bread
SmartPoints value: 6

Fig and Anise Flaxseed Muffins
SmartPoints value: 6

Buttermilk-Blueberry Corn Muffins
SmartPoints value: 6

Double Grain Blueberry Scones
SmartPoints value: 5

Whole Wheat–Buttermilk Scones
SmartPoints value: 4

Chocolate-Cherry Scones
SmartPoints value: 7
Lemon-Blueberry Scones
SmartPoints value: 5

Dried Peach–Pecan Scones
SmartPoints value: 6

Ginger-Apricot Cereal Bars
SmartPoints value: 5

Walnut-Raisin Granola
SmartPoints value: 5

Baking Powder Biscuits
SmartPoints value: 3

Mixed Grain Porridge
SmartPoints value: 10

Baked Fruit–Cinnamon Oatmeal
SmartPoints value: 11

Honeyed Fruit and Yogurt Parfaits
SmartPoints value: 3

Very Berry Breakfast Yogurt
SmartPoints value: 4

COOK’S NOTE
Enjoy this fruit and yogurt breakfast with a toasted whole wheat English muffin (1 English muffin with each serving will increase the SmartPoints value by 4).

Apricot-Cranberry Muesli with Yogurt
SmartPoints value: 6

Mocha Banana Smoothie
SmartPoints value: 8

Fruity Kale Smoothie
SmartPoints value: 6

COOK’S NOTE
For a boost of protein add 1 cup plain low-fat Greek yogurt to the smoothie (the per-serving SmartPoints value will increase by 1).

Chapter 2: Appetizers and Beverages

Green Tea Fizz
SmartPoints value: 1

White Virgin Sangria
SmartPoints value: 4

Blood Orange-Watermelon Margarita
SmartPoints value: 4

Pomegranate-Meyer Lemon Rickey
SmartPoints value: 2

Strawberry-Rose Sparkler
SmartPoints value: 6

Elderflower Gin Gimlet
SmartPoints value: 2

Guacamole
SmartPoints value: 1

Hummus
SmartPoints value: 4

Baba Ghanoush
SmartPoints value: 1

Roasted Red Pepper Dip
SmartPoints value: 1

White Bean Dip
SmartPoints value: 2

Creamy Onion Dip
SmartPoints value: 3

Cucumber Dip with Homemade Pita Chips
SmartPoints value: 2

Deviled Eggs
SmartPoints value: 3
Curried Deviled Eggs
SmartPoints value: 3

Horseradish Deviled Eggs
SmartPoints value: 3

Caviar Eggs
SmartPoints value: 3

Keema Samosas
SmartPoints value: 2

NO-COOK APPETIZERS

Goat Cheese Melbas
SmartPoints value: 3

Guacamole Stuffed Cherry Tomatoes
SmartPoints value: 2

Antipasto Platter
SmartPoints value: 3

Prosciutto-Wrapped Peaches
SmartPoints value: 2

Shrimp Salad Bites
SmartPoints value: 0

Sesame-Soy Edamame
SmartPoints value: 2

Mango and Black Bean Salsa
SmartPoints value: 0

Nectarine and Bell Pepper Salsa
SmartPoints value: 0

Pico de Gallo
SmartPoints value: 0

Caponata
SmartPoints value: 1

Spanakopita Triangles
SmartPoints value: 4

Caramelized Garlic Toasts
SmartPoints value: 2

Cheese Straws
SmartPoints value: 4

Roasted Vegetable Crostini
SmartPoints value: 3

Portobello and Ham Bruschetta
SmartPoints value: 3

Italian-Style Stuffed Mushrooms
SmartPoints value: 2

Nachos Grandes
SmartPoints value: 3

Korean Steak on a Stick
SmartPoints value: 5

Asian Beef Sliders
SmartPoints value: 7

Warm Gala, Gorgonzola, and Prosciutto Crostini
SmartPoints value: 7

Smoked Salmon Flatbreads
SmartPoints value: 4

Smoky Onion Tartlets
SmartPoints value: 1

Roasted Kale Chips
SmartPoints value: 1

Sweet and Crunchy Veggie Chips
SmartPoints value: 1

Smoky Spiced Snack Mix
SmartPoints value: 3

Crunchy Soy Snack Mix
SmartPoints value: 4
Chapter 3: Salads—Sides and Main Dishes

Mixed Greens and Avocado with Green Goddess Dressing
SmartPoints value: 3

Baby Romaine with Clementines and Pecans
SmartPoints value: 2

Greek Islands Salad
SmartPoints value: 1

Watermelon-Peach Salad with Ricotta Salata
SmartPoints value: 3

Whole Leaf Caesar Salad with Golden Croutons
SmartPoints value: 2

California Greens Salad with Baked Goat Cheese
SmartPoints value: 3

Kale Salad with Lemon Vinaigrette
SmartPoints value: 3

Bibb and Tomato Salad with Buttermilk-Herb Dressing
SmartPoints value: 1

Asparagus, Arugula, and Mint Salad
SmartPoints value: 2

Tomato, Sweet Onion, and Goat Cheese Salad
SmartPoints value: 2

Green Bean, Orange, and Olive Salad
SmartPoints value: 4

Beet, Apple, and Watercress Salad
SmartPoints value: 1

All-American Potato Salad
SmartPoints value: 4

Mediterranean Potato Salad
SmartPoints value: 4

Bacon and Egg Potato Salad
SmartPoints value: 5

Curried Potato Salad
SmartPoints value: 4

SIMPLE SALAD DRESSINGS

Asian Vinaigrette
SmartPoints value: 2

Carrot-Ginger Dressing
SmartPoints value: 1

Italian Dressing
SmartPoints value: 1

Honey-Mustard Dressing
SmartPoints value: 2

Blue Cheese Dressing
SmartPoints value: 1

Thousand Island Dressing
SmartPoints value: 2

Rainbow Slaw
SmartPoints value: 1

Wild Rice Salad with Pecans and Cranberries
SmartPoints value: 5

Southwestern Black Bean Salad
SmartPoints value: 5

Minted Tabbouleh
SmartPoints value: 4

Warm Roasted Vegetable Salad
SmartPoints value: 4

Lentil Salad with Goat Cheese
SmartPoints value: 9

Classic Chicken Salad
SmartPoints value: 4

Blue Cheese and Walnut Chicken Salad
SmartPoints value: 9

Cilantro-Lime Chicken Salad
SmartPoints value: 4
Asian Ginger Chicken Salad
SmartPoints value: 7

Roast Beef Salad with Arugula
SmartPoints value: 4

Baby Spinach and Bacon Salad
SmartPoints value: 1

Wheat Berries with Smoked Turkey and Fruit
SmartPoints value: 10

Tuscan Panzanella
SmartPoints value: 8

Summery Pasta with Chickpeas and Tomatoes
SmartPoints value: 6

Salmon Salad with Horseradish
SmartPoints value: 8

Salmon Salad with Fresh Dill
SmartPoints value: 5

Salad Niçoise
SmartPoints value: 12

Tuna and White Bean Salad
SmartPoints value: 6

Lobster Salad
SmartPoints value: 12

California Seafood Salad
SmartPoints value: 7

Quinoa, Black Bean, and Shrimp Salad
SmartPoints value: 11

Chapter 4: Soups—Starters and Main Dishes

Borscht
SmartPoints value: 1

Food Processor Gazpacho
SmartPoints value: 1

Summertime Grilled Corn Soup
SmartPoints value: 4

Potato-Watercress Soup
SmartPoints value: 4

South American–Style Pumpkin Soup
SmartPoints value: 1

Fresh Tomato-Basil Soup
SmartPoints value: 3

COOK’S NOTE
Stir 1½ cups cooked whole wheat orzo into the soup along with the basil in step 3. The per-serving SmartPoints value will increase by 1.

Chilled Cucumber-Yogurt Soup
SmartPoints value: 2

Roasted Tomato–Bell Pepper Soup
SmartPoints value: 1

French Onion Soup
SmartPoints value: 5

Butternut Squash and Sage Soup
SmartPoints value: 2

Ribollita
SmartPoints value: 6

Creamy Corn, Potato, and Bacon Soup
SmartPoints value: 7

Carrot Soup with Garam Masala
SmartPoints value: 3

Hot-and-Sour Soup
SmartPoints value: 1

STOCK OPTIONS
Basic Beef Stock
SmartPoints value: 1
Basic Chicken Stock
SmartPoints value: 3

Basic Vegetable Stock
SmartPoints value: 1

Matzo Ball Soup
SmartPoints value: 3

Bok Choy–Noodle Soup
SmartPoints value: 3

Yellow Split Pea Soup
SmartPoints value: 4

Best-Ever Black Bean Soup
SmartPoints value: 4

African Peanut Soup
SmartPoints value: 8

Lentil and Swiss Chard Soup
SmartPoints value: 5

Chinese Noodle Soup
SmartPoints value: 3

Beef-Barley Soup
SmartPoints value: 6

Chicken Noodle Soup
SmartPoints value: 6

Avgolemono Chicken Soup
SmartPoints value: 6

Mexican-Style Chicken-Corn Soup
SmartPoints value: 8

Quick Gumbo
SmartPoints value: 6

Minestrone
SmartPoints value: 4

Smoky Manhattan-Style Clam Chowder
SmartPoints value: 4

Cioppino
SmartPoints value: 6

Miso Soup with Shrimp and Soba
SmartPoints value: 7

Chapter 5: Small Plates: Dishes to Mix and Match for Creative Meals

Thai-Style Roast Beef Salad
SmartPoints value: 3

Beef, Arugula, and Onion Jam Bruschetta
SmartPoints value: 6

Kofte with Pomegranate-Yogurt Sauce
SmartPoints value: 5

Mini BLTs with Basil Mayo
SmartPoints value: 4

Shiitake Bison Sliders
SmartPoints value: 5

Chipotle-Raspberry Glazed Pork
SmartPoints value: 5

Chorizo, Butter Beans, and Roasted Red Peppers
SmartPoints value: 5

Prosciutto, Fig, and Goat Cheese Flatbread Squares
SmartPoints value: 7

Chicken Satay with Peanut Sauce
SmartPoints value: 2
Chicken with Blueberry-Ginger Sauce
SmartPoints value: 3

**COOK’S NOTE**
Serve this elegant chicken dish with steamed green beans and whole wheat couscous (¼ cup cooked whole wheat couscous per serving will increase the SmartPoints value by 3).

Creole Chicken Cutlets with Mango-Apple Relish
SmartPoints value: 2

**COOK’S NOTE**
Serve the chicken and relish with whole wheat orzo (¼ cup cooked whole wheat orzo per serving will increase the SmartPoints value by 2).

Crispy Baked Chicken with Garam Masala Ketchup
SmartPoints value: 4

Grilled Salmon with Romesco Sauce
SmartPoints value: 5

Vietnamese Lobster Summer Rolls with Dipping Sauce
SmartPoints value: 2

Garlic Shrimp Tapas
SmartPoints value: 1

White Bean, Roasted Pepper, and Olive Pizzas
SmartPoints value: 3

Tofu and Vegetable Lettuce Wraps
SmartPoints value: 4

**SMALL PLATES, BIG TASTES MENUS**

Menu #1  SmartPoints value: 9
- Thai-Style Roast Beef Salad, SmartPoints value: 3
- Chicken with Blueberry-Ginger Sauce, SmartPoints value: 3
- Garlic Shrimp Tapas, SmartPoints value: 1
- Vietnamese Lobster Summer Rolls with Dipping Sauce, SmartPoints value: 2

Menu #2  SmartPoints value: 19
- Beef, Arugula, and Onion Jam Bruschetta, SmartPoints value: 6
- White Bean, Bell Pepper, and Olive Pizzas, SmartPoints value: 3
- Chipotle-Raspberry Glazed Pork, SmartPoints value: 5
- Lemon-Thyme Zucchini on Flatbread, SmartPoints value: 5

Menu #3  SmartPoints value: 17
- Shiitake Bison Sliders, SmartPoints value: 5
- Prosciutto, Fig, and Goat Cheese Flatbread Squares, SmartPoints value: 7
- Hot-and-Spicy Chickpea Cakes, SmartPoints value: 5

Menu #4  SmartPoints value: 15
- Chorizo, Butter Beans, and Roasted Red Peppers, SmartPoints value: 5
- Grilled Salmon with Romesco Sauce, SmartPoints value: 5
- Yukon Gold and Manchego Tortilla, SmartPoints value: 5

Naan Pizzas with Spinach and Feta
SmartPoints value: 7

Hot-and-Spicy Chickpea Cakes
SmartPoints value: 5

Mini Chickpea Pita Pockets
SmartPoints value: 9

Cherry Chutney and Cheddar Sandwiches
SmartPoints value: 7

Wild Mushroom-Parmesan Bruschetta
SmartPoints value: 7

Lemon-Thyme Zucchini on Flatbread
SmartPoints value: 5
Yukon Gold and Manchego Tortilla  
SmartPoints value: 5

Roasted Pepper and Tomato–Stuffed Eggplant Rollups  
SmartPoints value: 2

Chapter 6: Beef, Pork, and Lamb Main Dishes

Beef Stew  
SmartPoints value: 10

Middle Eastern Beef Kebabs  
SmartPoints value: 6

Peppered Roast Tenderloin  
SmartPoints value: 4

**COOK’S NOTE**  
Serve the tenderloin with mashed potatoes sprinkled with fresh chives (½ cup mashed potatoes per serving will increase the SmartPoints value by 4).

London Broil  
SmartPoints value: 5

**COOK’S NOTE**  
Round out the meal with potatoes and steamed broccoli. A cooked 3-ounce red potato and 1 cup of steamed broccoli florets with each serving will increase the SmartPoints value by 2.

Brined Eye Round Roast with Pistachio Gremolata  
SmartPoints value: 5

Marinated Flank Steak  
SmartPoints value: 6

Steak Sandwiches with Golden Onions  
SmartPoints value: 7

Classic Pot Roast  
SmartPoints value: 7

Beer-Braised Pot Roast  
SmartPoints value: 8

Greek-Style Pot Roast  
SmartPoints value: 8

Roasted Red Pepper Pot Roast  
SmartPoints value: 7

Spicy Beef and Broccoli Stir-Fry  
SmartPoints value: 4

Beef and Bean Chili  
SmartPoints value: 8

Cheddar-Stuffed Burgers  
SmartPoints value: 9

Shepherd’s Pie with Parmesan Potatoes  
SmartPoints value: 9

Ragu Bolognese  
SmartPoints value: 8

Stuffed Peppers  
SmartPoints value: 4

Our Favorite Meat Loaf  
SmartPoints value: 6

Spinach-Feta Meat Loaf  
SmartPoints value: 7
Barbecue Cheeseburger Meat Loaf
SmartPoints value: 9

Italian Meat Loaf with Roasted Red Peppers
SmartPoints value: 7

Lasagna with Meat Sauce
SmartPoints value: 8

Spaghetti and Meatballs
SmartPoints value: 10

Brined Miso-Roasted Pork Loin
SmartPoints value: 5

Pork Roast with Winter Vegetables
SmartPoints value: 5

Caribbean-Style Pork Tenderloin
SmartPoints value: 4

Pulled Pork with Gingery Guava Sauce
SmartPoints value: 10

Pork Tenderloin Medallions with Pomegranate Sauce
SmartPoints value: 7

Pork and Black Bean Chili
SmartPoints value: 5

RUB ON THE FLAVOR
Basic Dry Rub
SmartPoints value: 1

Fennel, Lemon, and Black Pepper Rub
SmartPoints value: 1

Cajun Dry Rub
SmartPoints value: 0

Pepper Dry Rub
SmartPoints value: 1

Jamaican Jerk Paste
SmartPoints value: 2

Oven Barbecued Ribs
SmartPoints value: 12

Pork with Ginger and Soy
SmartPoints value: 4

Garlicky Red Beans and Pork
SmartPoints value: 8

Honey-Mustard Pork Chops
SmartPoints value: 7

**COOK’S NOTE**
Serve these delectable chops with steamed fresh kale and steamed thickly sliced ears of corn (¼ medium ear of corn with each serving will increase the SmartPoints value by 2).

Stir-Fried Pork with Bok Choy and Ginger
SmartPoints value: 5

Old-World Pasta with Pork and Tomato Sauce
SmartPoints value: 10

Prosciutto, Fontina, and Roasted Red Pepper Panini
SmartPoints value: 8

Ham and Peach Kebabs
SmartPoints value: 5

Bratwurst with Braised Cabbage and Pears
SmartPoints value: 8

Kielbasa and Apple Kebabs with Cabbage
SmartPoints value: 7

Moroccan-Style Roast Leg of Lamb
SmartPoints value: 4

**COOK’S NOTE**
Enjoy this lamb the way the locals do in Morocco by serving a bowl of cooked whole wheat couscous sprinkled with chopped fresh mint alongside (¼ cup of cooked whole wheat couscous with each serving will increase the SmartPoints value by 3).

Lamb-Vegetable Stew
SmartPoints value: 10

Lamb Chops with Yogurt-Mint Sauce
SmartPoints value: 6
Chapter 7: Poultry Main Dishes

Garlic-Roasted Chicken with Gravy
SmartPoints value: 13

Chili-Roasted Chicken and Potatoes
SmartPoints value: 11

One-Pan Roasted Chicken Dinner
SmartPoints value: 10

Chicken Cacciatore
SmartPoints value: 5

Beer Can Chicken
SmartPoints value: 8

Chicken with Preserved Lemon
SmartPoints value: 6

Chicken with Rice
SmartPoints value: 7

Chicken and Vegetables with Roasted Garlic Sauce
SmartPoints value: 4

Spicy Chicken Curry
SmartPoints value: 8

Herbed Oven-Fried Chicken
SmartPoints value: 5

Cook’s Note
Serve this juicy and tender chicken with steamed ears of corn and a plate of thickly sliced tomatoes and sweet onion (1 medium ear of corn with each serving will increase the SmartPoints value by 3).

Artichoke Chicken with Orzo
SmartPoints value: 9

Chicken and Broccoli Rabe with Polenta
SmartPoints value: 6

Skillet Chicken with Cherry Tomatoes and Garlic
SmartPoints value: 3

Chicken Breasts with Papaya-Mint Salsa
SmartPoints value: 5

Skillet Chicken Paprika
SmartPoints value: 9

Cumin Chicken Kebabs with Couscous
SmartPoints value: 6

Chicken and Mushroom Stew
SmartPoints value: 4

Boost Flavor with a Delicious Marinade

Hoisin-Ginger Marinade
SmartPoints value: 3

Dijon-Herb Marinade
SmartPoints value: 2

Citrus Marinade
SmartPoints value: 2

Chicken Pot Pie
SmartPoints value: 9

Chicken and Bell Pepper Fajitas
SmartPoints value: 4

Tandoori-Spiced Chicken
SmartPoints value: 6

Chicken with Olives and Dates
SmartPoints value: 5

Chicken and Black Bean Chili
SmartPoints value: 5

Spicy Chicken and Broccoli
SmartPoints value: 7

Sicilian Sausage–Stuffed Pizza
SmartPoints value: 4

Roast Turkey with Onion Gravy
SmartPoints value: 2

Herb Roast Turkey Breast with Pan Gravy
SmartPoints value: 2
Cilantro Turkey Burgers with Caramelized Onions
SmartPoints value: 7

Turkey Cutlets with Fresh Cranberry-Clementine Relish
SmartPoints value: 5

Parmesan-Turkey Meat Loaf
SmartPoints value: 3

Easy Enchiladas
SmartPoints value: 6

Mushroom, Bacon, and Gruyère Pizza
SmartPoints value: 6

Sicilian-Style Sausage and Pepper Heroes
SmartPoints value: 7

Citrus-Glazed Duck Breast
SmartPoints value: 9

Chapter 8: Seafood Main Dishes

Southwestern Salmon
SmartPoints value: 5

Salmon with Watercress Sauce
SmartPoints value: 7

Miso-Glazed Salmon
SmartPoints value: 8

Braised Halibut with Tomatoes and Orzo
SmartPoints value: 7

Broiled Halibut with Pico de Gallo
SmartPoints value: 2

Tuna with Black Bean and Corn Salad
SmartPoints value: 6

Tuna Burgers with Tomato-Ginger Salsa
SmartPoints value: 7

Flounder Pita Sandwiches
SmartPoints value: 5

Catfish with Broiled Tomatoes
SmartPoints value: 9

“Fried” Catfish with Potato Sticks
SmartPoints value: 9

Crispy Catfish with Tartar Sauce
SmartPoints value: 10

Greek-Style Cod
SmartPoints value: 3

Tilapia with Crispy Bacon Bread Crumbs
SmartPoints value: 6

COOK’S NOTE
Serve this quick meal with 0 SmartPoints value steamed baby carrots.

Rosemary-Lemon Tilapia and Vegetables en Papillote
SmartPoints value: 2

Barramundi with Asian-Style Salsa Verde
SmartPoints value: 3

Wasabi Baked Salmon
SmartPoints value: 8

Baked Salmon with Spiced Pepitas
SmartPoints value: 5

Fish Cakes with Creole Rémoulade Sauce
SmartPoints value: 5

COOK’S NOTE
Round out the meal with potatoes and Swiss chard. A cooked 3-ounce red potato and 1 cup of steamed Swiss chard with each serving will increase the SmartPoints value by 2.
Bouillabaisse
SmartPoints value: 7

Paella
SmartPoints value: 8

Shrimp Creole
SmartPoints value: 6

Seafood Risotto
SmartPoints value: 9

Spaghetti with Spicy Mussels and Shrimp
SmartPoints value: 5

Crisped Scallops with Cantaloupe Salsa
SmartPoints value: 3

Maryland Crab Cakes
SmartPoints value: 5

Mussels Marinières
SmartPoints value: 8

Lobster Rolls
SmartPoints value: 8

Chapter 9: Vegetarian Main Dishes

Tempeh and Vegetable Stir-Fry
SmartPoints value: 5

Tofu Burgers
SmartPoints value: 5

Tofu Stir-Fry
SmartPoints value: 4

Soy and Bean Chili
SmartPoints value: 10

Zucchini, Yellow Bell Pepper, and Mint Tart
SmartPoints value: 6

Wheat Berry and Bean Stew
SmartPoints value: 8

North African Chickpea and Vegetable Tagine
SmartPoints value: 10

Falafel Pitas
SmartPoints value: 9

Roasted Bell Pepper and Feta Sandwiches with Walnut Dukkah
SmartPoints value: 8

Black Bean Burgers with Chipotle Mayonnaise
SmartPoints value: 8

Bean and Quinoa-Stuffed Poblanos
SmartPoints value: 7

Chickpea and Wheat Berry Chili
SmartPoints value: 8

Spinach and Bean Burritos
SmartPoints value: 7

Vegetable Wraps with Edamame Spread
SmartPoints value: 7

Cuban-Style Rice and Beans
SmartPoints value: 6

Risotto with Swiss Chard
SmartPoints value: 10

Zucchini Risotto with Sun-Dried Tomatoes
SmartPoints value: 10

Lemony Spring Vegetable Risotto
SmartPoints value: 6

Barley Risotto with Kale and Butternut Squash
SmartPoints value: 8

Farro and Feta-Stuffed Peppers
SmartPoints value: 8
Warm Lentil Salad
SmartPoints value: 8

Red Quinoa with Edamame and Tarragon
SmartPoints value: 7

Millet and Butternut Squash Cakes
SmartPoints value: 4

Winter Vegetable Enchiladas
SmartPoints value: 8

Wheat Berries with Black-Eye Peas and Goat Cheese
SmartPoints value: 10

Broccoli with Pasta and White Beans
SmartPoints value: 7

Baked Macaroni and Cheese
SmartPoints value: 8

Macaroni and Cheese Primavera
SmartPoints value: 9

Macaroni and Cheese with Roasted Vegetables
SmartPoints value: 9

Three Cheese Macaroni
SmartPoints value: 11

Hearty Vegetable Lasagna
SmartPoints value: 7

Pasta with Arugula Pesto
SmartPoints value: 8

Penne with Zucchini and Tomatoes
SmartPoints value: 7

Gnocchi with Roasted Tomato-Basil Sauce
SmartPoints value: 6

Ravioli with Homemade Tomato Sauce
SmartPoints value: 6

Eggplant Rollatini
SmartPoints value: 5

Pissaladière with Tomato Coulis and Goat Cheese
SmartPoints value: 6

Caramelized Onion, Fig, and Stilton Pizza
SmartPoints value: 7

Pizza Margherita
SmartPoints value: 4

Whole Wheat Pizza Dough
SmartPoints value: 3

Basic Cheese Pizza
SmartPoints value: 6

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Chapter 10: Meals from the Grill

Smoky Grilled Brisket
SmartPoints value: 11

Teriyaki Grilled Sirloin
SmartPoints value: 5

Grilled T-Bone Steak
SmartPoints value: 10

**COOK’S NOTE**
Toss together a tasty tomato-corn salad made with 2 cups of raw or cooked corn kernels,
a few halved grape tomatoes, and a little chopped red onion dressed with lemon juice and a pinch of salt. This will increase the per-serving SmartPoints value by 3.

Argentina-Style Steak and Sauce
SmartPoints value: 5

Grilled Flank Steak with Oven Fries
SmartPoints value: 7
Best Grilled Burgers
SmartPoints value: 8

Green Chile Cheeseburgers
SmartPoints value: 9

Soy-Lime Burgers
SmartPoints value: 7

Pesto Burgers
SmartPoints value: 10

Orange-Chipotle Glazed Grilled Pork Tenderloin
SmartPoints value: 5

Barbecued Pork with Mop Sauce
SmartPoints value: 5

Cilantro-Ginger Grilled Pork Chops
SmartPoints value: 4

Pork Tenderloin Flatbread Sandwiches
SmartPoints value: 7

Grilled Pork Chops with Summer Squash
SmartPoints value: 4

Rack of Lamb with Herbed Crumb Topping
SmartPoints value: 6

Grilled Lamb Chops with Tomato–Bell Pepper Sauce
SmartPoints value: 4

Grilled Lamb Chops with Mixed Herb Pesto
SmartPoints value: 6

Tandoori Lamb with Almond-Apricot Couscous
SmartPoints value: 6

Greek-Style Grilled Lamb Burgers
SmartPoints value: 14

Grilled Chicken with Coffee Barbecue Sauce
SmartPoints value: 9

Grilled Chicken with Cucumber-Melon Salad
SmartPoints value: 5

Chicken with Orange Gremolata
SmartPoints value: 4

Middle Eastern–Style Chicken Sandwiches
SmartPoints value: 7

Grilled Lemon Chicken
SmartPoints value: 3

Red-Curry Coconut Chicken Kebabs
SmartPoints value: 3

Vietnamese-Style Grilled Chicken Sandwiches
SmartPoints value: 14

Grilled Turkey with Tropical Fruit Salsa
SmartPoints value: 2

Honey-Glazed Salmon with Watermelon-Mint Salsa
SmartPoints value: 7

Grilled Arick Char and Niçoise Salad
SmartPoints value: 8

Teriyaki-Grilled Tuna with Vegetable Skewers
SmartPoints value: 3

Grilled Jamaican-Style Halibut
SmartPoints value: 3

Mixed Seafood Skewers with Couscous
SmartPoints value: 6

Grilled Summer Vegetables with Israeli Couscous
SmartPoints value: 4

Grilled Spicy Shrimp with Papaya-Lime Salsa
SmartPoints value: 2

**COOK’S NOTE**
Serve the shrimp on a bed of cooked brown basmati rice (½ cup of cooked brown basmati rice with each serving will increase the SmartPoints value by 3).

Grilled Shrimp Sandwiches
SmartPoints value: 9

Grilled Vegetable Pizzas with Pesto
SmartPoints value: 10
Chapter 11: 20-Minute Main Dishes

Quick Beef-Vegetable Stew  
SmartPoints value: 4

Broiled Skirt Steak with Mustard-Spice Rub  
SmartPoints value: 4

Filet Mignon with Red Wine Sauce  
SmartPoints value: 7

Filet Mignon with Wild Mushroom Sauce  
SmartPoints value: 7

Filet Mignon with Balsamic Steak Sauce  
SmartPoints value: 7

Filet Mignon with Brandy Blue Cheese Sauce  
SmartPoints value: 7

Grilled Pork Chops with Mixed Fruit Salsa  
SmartPoints value: 3

Pork Chops with Honey-Orange BBQ Sauce  
SmartPoints value: 9

Easy Pork Curry with Apples  
SmartPoints value: 3

COOK’S NOTE  
As a delicious, as well as traditional, accompaniment to curry, serve this dish with brown basmati rice (½ cup of cooked brown rice with each serving will increase the SmartPoints value by 3).

Spicy Pork Stir-Fry  
SmartPoints value: 6

Quick Beef Stir-Fry with Spinach  
SmartPoints value: 4

Teriyaki Beef Stir-Fry  
SmartPoints value: 3

Pork Chops with Cabbage and Pear  
SmartPoints value: 5

COOK’S NOTE  
Pear nectar adds a rich, fruity sweetness to this classic combination that you can’t get from juice alone. To use any leftover nectar, enjoy it over ice with a splash of seltzer (½ cup of pear nectar has 5 SmartPoints value).

Chicken Tacos  
SmartPoints value: 6

Easy Chicken–Pumpkin Seed Mole  
SmartPoints value: 6

Chicken in Lemon-Caper Sauce  
SmartPoints value: 4

COOK’S NOTE  
Serve the chicken with a whole grain rice blend (½ cup cooked whole grain rice blend with each serving will increase the SmartPoints value by 3).

Chicken Tostadas with Tomatillo Sauce  
SmartPoints value: 6

Chicken with Roasted Pepper-Parmesan Sauce  
SmartPoints value: 4

Cheddar-Chicken Quesadillas  
SmartPoints value: 7

Picadillo  
SmartPoints value: 3

Turkey with Feta Topping  
SmartPoints value: 3

Turkey Cutlets with Cranberry Sauce  
SmartPoints value: 7

COOK’S NOTE  
Serve the turkey with Broccolini with Harissa and Shallots and mashed sweet potatoes (½ cup mashed sweet potatoes per serving will increase the SmartPoints value by 5).
Monterey Jack Turkey Burgers
SmartPoints value: 8

Salmon with Lemon and Herb Crumbs
SmartPoints value: 5

**COOK’S NOTE**
Serve the salmon with baked potatoes and a bowl of steamed broccoli. A 3-ounce baked potato with each serving will increase the SmartPoints value by 2.

Asian Striped Bass
SmartPoints value: 5

Soft Tacos with Tilapia and Chili-Lime Mayonnaise
SmartPoints value: 5

Salmon with Lemon and Herb Crumbs
SmartPoints value: 5

Grilled Teriyaki Shrimp
SmartPoints value: 6

Pappardelle with Shrimp
SmartPoints value: 9

Shrimp Scampi
SmartPoints value: 5

Stir-Fried Sea Scallops and Snow Peas
SmartPoints value: 2

Mussels in Saffron-Tomato Sauce
SmartPoints value: 6

Pasta with Broccoli and Goat Cheese
SmartPoints value: 8

Capellini with Fresh Tomato Sauce
SmartPoints value: 7

Chapter 12: Slow-Cooker Favorites

Tomato-Smothered Pot Roast
SmartPoints value: 9

**COOK’S NOTE**
In Italy, slow-cooked pot roast is called stracotto, which means “overcooked.” The dish is appreciated for the fact that once the ingredients are combined, most of the work is done. Enjoy this tasty dish with a side of whole wheat pasta (2/3 cup of cooked whole wheat pasta with each serving will increase the SmartPoints value by 3).

Mediterranean Beef Stew
SmartPoints value: 6

Italian-Style Beef Rolls
SmartPoints value: 9

Flank Steak Carnitas
SmartPoints value: 4

Beef Stew with Carrots and Peas
SmartPoints value: 14

Hearty Root Vegetable–Beef Soup
SmartPoints value: 4

Pork Chops with Golden Onions and Prunes
SmartPoints value: 10

**COOK’S NOTE**
Serve this Moroccan-inspired dish with a bowl of cooked whole wheat couscous (½ cup of cooked whole wheat couscous with each serving will increase the SmartPoints value by 3).

Corned Beef and Cabbage
SmartPoints value: 9

Pulled Pork and Slaw Sandwiches
SmartPoints value: 9

Pork Roast with Sauerkraut and Apples
SmartPoints value: 5

North African Lamb and Squash Stew
SmartPoints value: 13
Savory Lamb Stew  
SmartPoints value: 8

Lamb Shanks with White Beans  
SmartPoints value: 11

Chicken in White Wine  
SmartPoints value: 5

Cioppino-Style Chicken  
SmartPoints value: 4

Chicken with Mushrooms and Sage  
SmartPoints value: 9

Spiced Chicken Tagine  
SmartPoints value: 11

**COOK’S NOTE**  
End the meal on a sweet note by serving sliced peaches, apricots, and pitted cherries topped with plain fat-free Greek yogurt and sprinkled with thinly sliced fresh mint (¼ cup plain fat-free Greek yogurt with each serving will increase the SmartPoints value by 1).

Chicken Soup  
SmartPoints value: 3

Garlicky White Bean Soup  
SmartPoints value: 4

Vegetable-Barley Soup  
SmartPoints value: 2

Yellow Split Pea Soup  
SmartPoints value: 7

**COOK’S NOTE**  
Add 2 small potatoes (10 ounces total), scrubbed and diced, to the split pea mixture in step 1. This will increase the per-serving SmartPoints value by 1.

Kielbasa and Shrimp Jambalaya  
SmartPoints value: 6

Smoky Turkey Chili  
SmartPoints value: 9

**COOK’S NOTE**  
Top each serving of chili with sour cream and Cheddar cheese (2 tablespoons fat-free sour cream and 2 tablespoons shredded fat-free Cheddar cheese with each serving will increase the SmartPoints value by 1).

Kielbasa and Bean Soup  
SmartPoints value: 4

New Orleans Gumbo  
SmartPoints value: 6

Chapter 13: Vegetable Sides

Potato Pancakes  
SmartPoints value: 4

Creamy Mashed Potatoes  
SmartPoints value: 5

Oven Fries  
SmartPoints value: 5

Roasted Garlic Mashed Potatoes  
SmartPoints value: 5

Scalloped Potatoes with Cheese  
SmartPoints value: 5

Celery Root and Mashed Potatoes  
SmartPoints value: 3

Olive Oil and Lemon Smashed Potatoes  
SmartPoints value: 4

Horseradish Mashed Potatoes  
SmartPoints value: 5
Sweet Potato Wedges with Chipotle Mayonnaise  
SmartPoints value: 6

Sweet Potato Casserole  
SmartPoints value: 5

Oven-Baked Onion Rings  
SmartPoints value: 1

Provençal-Style Stuffed Tomatoes  
SmartPoints value: 2

Cherry Tomatoes with Thyme  
SmartPoints value: 0

Pan-Braised Broccoli Rabe  
SmartPoints value: 4

Roasted Asparagus and Red Peppers  
SmartPoints value: 1

Roasted Beets and Garlic  
SmartPoints value: 2

Roasted Brussels Sprouts and Carrots  
SmartPoints value: 1

Maple-Balsamic Beets  
SmartPoints value: 2

Eggplant Parmesan Stacks  
SmartPoints value: 2

Lemony Green Beans with Parsley  
SmartPoints value: 1

Green Beans with Browned Garlic  
SmartPoints value: 2

Kale with Balsamic Vinegar  
SmartPoints value: 1

Escarole with Garlic and Anchovy  
SmartPoints value: 1

Mushrooms with Fresh Thyme  
SmartPoints value: 1

Grilled Peppers with Orange Zest and Olives  
SmartPoints value: 2

Spicy Stir-Fried Sesame Spinach  
SmartPoints value: 1

Maple and Butter–Glazed Acorn Squash Wedges  
SmartPoints value: 4

Cauliflower with Lemon-Parsley Crumbs  
SmartPoints value: 3

Zucchini with Feta and Mint  
SmartPoints value: 1

Roasted Broccoli and Cauliflower with Parmesan  
SmartPoints value: 2

Broccolini with Harissa and Shallots  
SmartPoints value: 1

Summertime Succotash  
SmartPoints value: 4

Swiss Chard au Gratin  
SmartPoints value: 1

Roasted Summer Vegetables  
SmartPoints value: 2

**COOK’S NOTE**
Serve the roasted vegetables over a bed of cooked whole wheat pasta for a flavor-packed vegetarian meal (1 cup of cooked whole wheat penne with each serving will increase the SmartPoints value by 5).
Chapter 14: Grain and Pasta Sides

Herbed Brown Rice
SmartPoints value: 3

Five-Vegetable Fried Rice
SmartPoints value: 5

Curried Basmati Rice
SmartPoints value: 3

Risotto Milanese
SmartPoints value: 4

Red Rice with Bok Choy and Ginger
SmartPoints value: 3

Brown and Wild Rice with Walnuts and Cranberries
SmartPoints value: 6

Black Rice with Avocado and Mint
SmartPoints value: 5

Wild Rice and Mushroom Dressing
SmartPoints value: 2

Orzo with Grilled Eggplant and Red Pepper
SmartPoints value: 3

Couscous with Lime and Scallion
SmartPoints value: 3

Herbed Couscous Pilaf
SmartPoints value: 4

Cornbread, Apricot, and Cranberry Dressing
SmartPoints value: 5

Barley, Leek, and Rosemary Gratin
SmartPoints value: 4

Spinach, Mushroom, and Bulgur Pilaf
SmartPoints value: 7

Quinoa with Asparagus and Tarragon
SmartPoints value: 4

Kasha Varnishkes
SmartPoints value: 4

Wheat Berries with Roasted Cauliflower
SmartPoints value: 4

Israeli Couscous with Roasted Grapes
SmartPoints value: 3

Soba Noodles with Spinach
SmartPoints value: 4

Farro with Tomatoes and Green Beans
SmartPoints value: 5

Creamy Blue Cheese Polenta
SmartPoints value: 5

Pasta Shells with Edamame
SmartPoints value: 3

Chapter 15: Cakes, Pies, Holiday Breads, and Cookies

Flourless Chocolate Cake
SmartPoints value: 10

Chocolate-Buttermilk Bundt Cake
SmartPoints value: 6
Yellow Layer Cake with Cocoa Frosting  
SmartPoints value: 7

Lemon Angel Food Cake with Berries  
SmartPoints value: 8

Blueberry Coffee Cake  
SmartPoints value: 9

Cornmeal-Cardamom Pineapple Upside-Down Cake  
SmartPoints value: 9

Mayan Chocolate Pudding Cake  
SmartPoints value: 6

Cherry-Olive Oil Cake  
SmartPoints value: 7

Sour Cream-Almond Pound Cake  
SmartPoints value: 10

Mini Carrot Bundt Cakes  
SmartPoints value: 6

Caramel Cake with Bourbon-Pear Sauce  
SmartPoints value: 8

Citrus Passover Cake  
SmartPoints value: 9

Triple Ginger Gingerbread  
SmartPoints value: 7

Mahogany Velvet Cupcakes with Cream Cheese Frosting  
SmartPoints value: 10

Chocolate Cupcakes with Peanut Butter Frosting  
SmartPoints value: 5

Raspberry-Almond Cupcakes  
SmartPoints value: 10

Lemon Cheesecake with Blueberry Sauce  
SmartPoints value: 7

Crustless Orange-Anise Goat Cheese Cheesecake  
SmartPoints value: 6

Pie Dough for Single Crust  
SmartPoints value: 2

Pie Dough for Double Crust  
SmartPoints value: 4

Cherry Pie  
SmartPoints value: 7

Pecan Pie  
SmartPoints value: 8

Sour Cream Pumpkin Pie  
SmartPoints value: 6

Classic Apple Pie  
SmartPoints value: 6

Apple-Blackberry Pie  
SmartPoints value: 6

Apple-Pear Pie  
SmartPoints value: 5

Apple-Cranberry Pie  
SmartPoints value: 7

Coconut Cream Pie  
SmartPoints value: 6

Banana Cream Pie  
SmartPoints value: 6

French Lemon Tart  
SmartPoints value: 8

Easy Apple Tart  
SmartPoints value: 5

Apricot-Pear Crostata  
SmartPoints value: 5

Panettone  
SmartPoints value: 7

Holiday Stollen  
SmartPoints value: 8

Rugelach  
SmartPoints value: 4

Brownies  
SmartPoints value: 6

Cranberry-Oatmeal Cookies  
SmartPoints value: 5
Chocolate Chip Cookies  
SmartPoints value: 5

Peanut Butter Cookies  
SmartPoints value: 4

Cream Cheese Sugar Cookies  
SmartPoints value: 4

Cornmeal-Ginger Shortbread Bars  
SmartPoints value: 5

Linzer Thumbprint Jewel Cookies  
SmartPoints value: 3

Double Chocolate–Hazelnut Biscotti  
SmartPoints value: 2

Lemon Squares  
SmartPoints value: 5

Coconut Macaroons  
SmartPoints value: 3

Lemon Poppy Seed Crisps  
SmartPoints value: 5

Mocha Meringues  
SmartPoints value: 2

Chapter 16: Fruit and Frozen Desserts, Puddings, and More

Strawberry Shortcakes  
SmartPoints value: 9

Double Apple Strudel  
SmartPoints value: 7

Spiced Double Berry Crisp  
SmartPoints value: 8

Rice Pudding with Golden Raisins  
SmartPoints value: 11

Coconut Bread Pudding with Chocolate Sauce  
SmartPoints value: 7

Creamy Chocolate Mousse  
SmartPoints value: 7

Lemon Pear Tiramisu  
SmartPoints value: 11

SWEET AND SIMPLE  
SmartPoints values are for the added toppings only.

Top Low-Fat Vanilla Ice Cream, Yogurt, or Gelato with:  
• 2 teaspoons apricot jam and ¼ cup raspberries SmartPoints value: 2

Top Orange, Raspberry, or Strawberry Sorbet with:  
• ½ peach, cut into wedges, and 2 tablespoons Raspberry Sauce SmartPoints value: 2

Top Angel Food Cake or Pound Cake With:  
• ½ cup raspberries and ½ cup reduced-fat vanilla yogurt SmartPoints value: 3
• ½ peach, cut into wedges, 1 teaspoon honey, and 2 teaspoons chopped pecans SmartPoints value: 2

• ½-cup scoop fat-free vanilla ice cream and ½ cup strawberries SmartPoints value: 2

• ¼-cup scoop lemon sorbet and ¼ cup blueberries SmartPoints value: 4

• ¼-cup scoop vanilla fat-free frozen yogurt and 2 teaspoons caramel topping SmartPoints value: 5

HOMEMADE, MADE EASY
Raspberry Sauce
SmartPoints value: 3

Best Blueberry Sauce
SmartPoints value: 2

Rich Chocolate Sauce
SmartPoints value: 4

Coconut-Lime Flan
SmartPoints value: 9

Dulce de Leche Banana Pudding
SmartPoints value: 9

Chocolate Soufflé
SmartPoints value: 5

Double Chocolate Sorbet
SmartPoints value: 12

Raspberry-Orange Frozen Yogurt
SmartPoints value: 9

Watermelon Sorbet
SmartPoints value: 3

Double Berry Ice Pops
SmartPoints value: 2

Grapefruit-Strawberry Granita
SmartPoints value: 6

Peaches in Red Wine
SmartPoints value: 2

Roasted Strawberries and Sorbet
SmartPoints value: 8

Cinnamon Cider–Baked Apples
SmartPoints value: 5

Grilled Peaches with Maple-Yogurt Sauce
SmartPoints value: 2

Mango-Pineapple Pavlova
SmartPoints value: 9

MENUS FOR EVERY OCCASION
New Year’s Day Brunch
Strawberry-Rose Sparkler, SmartPoints value: 6
Spinach and Cheese Quiche, SmartPoints value: 6
Fig and Anise Flaxseed Muffins, SmartPoints value: 6
Fresh orange segments, SmartPoints value: 0

Super Bowl Party
Roasted Kale Chips, SmartPoints value: 1
Shiitake Bison Sliders, SmartPoints value: 5
Oven Fries, SmartPoints value: 5
Rainbow Slaw, SmartPoints value: 1
Brownies, SmartPoints value: 6

Springtime Celebration
Asparagus, Arugula, and Mint Salad, SmartPoints value: 2
Salmon with Watercress Sauce, SmartPoints value: 2
French Lemon Tart, SmartPoints value: 8

Mother’s Day Lunch
Green Tea Fizz, SmartPoints value: 1
Whole Leaf Caesar Salad with Golden Croutons, SmartPoints value: 2
Zucchini, Yellow Bell Pepper, and Mint Tart, SmartPoints value: 6
Roasted Strawberries and Sorbet, SmartPoints value: 8

**Father’s Day Cookout** Total SmartPoints value: 19
Bibb and Tomato Salad with Buttermilk-Herb Dressing, SmartPoints value: 1
Barbecued Pork with Mop Sauce, SmartPoints value: 5
All-American Potato Salad, SmartPoints value: 4
Strawberry Shortcakes, SmartPoints value: 9

**Summer Barbecue** Total SmartPoints value: 20
White Virgin Sangria, SmartPoints value: 4
Grilled Lemon Chicken, SmartPoints value: 3
Orzo with Grilled Eggplant and Red Pepper, SmartPoints value: 3
Raspberry Almond Cupcakes, SmartPoints value: 10

**Pizza Party** Total SmartPoints value: 11
Kale Salad with Lemon Vinaigrette, SmartPoints value: 3
Sicilian Sausage–Stuffed Pizza, SmartPoints value: 4
Cream Cheese Sugar Cookies, SmartPoints value: 4

**Casual Weeknight Dinner** Total SmartPoints value: 21
Warm Gala, Gorgonzola, and Prosciutto Crostini, SmartPoints value: 7
Chicken with Preserved Lemon, SmartPoints value: 6

Broccolini with Harissa and Shallots, SmartPoints value: 1
Creamy Chocolate Mousse, SmartPoints value: 7

**Comfort Food Dinner** Total SmartPoints value: 16
Baby Spinach and Bacon Salad, SmartPoints value: 1
Shepherd’s Pie with Parmesan Potatoes, SmartPoints value: 9
Mayan Chocolate Pudding Cake, SmartPoints value: 6

**Packable Picnic** Total SmartPoints value: 16
Minted Tabbouleh, SmartPoints value: 4
Vegetable Wraps with Edamame Spread, SmartPoints value: 7
Cornmeal-Ginger Shortbread Bars, SmartPoints value: 5

**Harvest Celebration** Total SmartPoints value: 15
Butternut Squash and Sage Soup, SmartPoints value: 2
Pork Tenderloin Medallions with Pomegranate Sauce, SmartPoints value: 7
Oven-Roasted Brussels Sprouts and Carrots, SmartPoints value: 1
Easy Apple Tart, SmartPoints value: 5

**Vegetarian Dinner** Total SmartPoints value: 19
Smoky Onion Tartlets, SmartPoints value: 1
California Greens Salad with Baked Goat Cheese, SmartPoints value: 3
Barley Risotto with Kale and Butternut Squash, SmartPoints value: 8
Cherry-Olive Oil Cake, SmartPoints value: 7
**Asian Dinner**  Total SmartPoints value: 13
Hot-and-Sour Soup, SmartPoints value: 1
Teriyaki Beef Stir-Fry, SmartPoints value: 3
Red Rice with Bok Choy and Ginger, SmartPoints value: 3
Grapefruit-Strawberry Granita, SmartPoints value: 16

**Italian Dinner**  Total SmartPoints value: 23
Green Bean, Orange, and Olive Salad, SmartPoints value: 4
Ragu Bolognese, SmartPoints value: 8
Lemon Pear Tiramisu, SmartPoints value: 11

**Southwestern Dinner**  Total SmartPoints value: 17
Blood Orange-Watermelon Margaritas, SmartPoints value: 4
Chicken and Bell Pepper Fajitas, SmartPoints value: 4
Dulce de Leche Banana Pudding, SmartPoints value: 9

**Festive Cocktail Party**  Total SmartPoints value: 15
Elderflower Gin Gimlet, SmartPoints value: 2
Roasted Red Pepper Dip, SmartPoints value: 1
Beef, Arugula, and Onion Jam Bruschetta, SmartPoints value: 6

**Italian-Style Stuffed Mushrooms, SmartPoints value: 2**
Chicken Satay with Peanut Sauce, SmartPoints value: 2
Roasted Vegetables with Dukkah and Mint, SmartPoints value: 2

**Thanksgiving Dinner**  Total SmartPoints value: 17
Baby Romaine with Clementines and Pecans, SmartPoints value: 2
Roast Turkey with Onion Gravy, SmartPoints value: 2
Creamy Mashed Potatoes, SmartPoints value: 5
Green Beans with Browned Garlic, SmartPoints value: 2
Sour Cream Pumpkin Pie, SmartPoints value: 6

**Holiday Dinner**  Total SmartPoints value: 15
Peppered Roast Tenderloin, SmartPoints value: 4
Scalloped Potatoes with Cheese, SmartPoints value: 5
Kale with Balsamic Vinegar, SmartPoints value: 1
Apricot-Pear Crostata, SmartPoints value: 5