

EAT MORE OF WHAT YOU LOVE "FREE" SMART POINT COMPARISON*

Recipe Name	Page #	Free/Smart
SUPER SIPPERS, SMOOTHIES, SHAKES, AND COCKTAILS		
Iced Tea Lemonade	34	0
"Honest" Cranberry Lemonade	35	2
Cherry Lemonade Freeze	36	5
Peachy Green Tea Blast	38	2
Orange Cream "Soda"	39	1
Strawberry Banana Orange Julius	41	5
Mango-Tango Smoothie	42	4
Frosty Caramel Frappe	43	6
Strawberry Shortcake Milkshake	44	8
Jump for Java Smoothie	46	4
Berry Slim Protein Shake	47	5
Frosty Chocolate and Vanilla Malts	49	8
Thin Mint Milkshake	50	8
FRESH BAKED BREADS, MUFFINS AND COFFEECAKES		
Triple Lemon Blueberry Muffins	55	4
Cream Cheese Filled Pumpkin Muffins	57	4
Any Day Sunshine Muffins	58	5
Whole Grain Oatmeal Muffins	59	4
Favorite Focaccia Muffins	60	4
Cheddar Bay-Style Biscuits	62	4
Bran-ana Nut Mini-Loaves	63	3
Marvelous Marble Poundcake	65	7
Razzle-Dazzle Lemon Loaf	66	7
Chocolate Zucchini Bread	67	4
Berry Best Old Fashioned Coffee Cake (5 with Greek yogurt)	68	6
Chocolate Chip Quick Cake	70	5
BREAKFAST AND BRUNCH		
Grab 'n Go Oat Bars	73	5
Big Bowl Carrot Cake Oatmeal	74	7
The Elvis Oat Bowl	76	6
Denver Style Egg White Melt	77	3
Amazing 2-Minute Egg Muggs	78	0
Chuck's Everyday Egg Scramble	79	1
Creamy Scrambled Eggs in Crispy Potato Skins	81	5
Easy Morning Egg "McMuffin" Strata (4 with 6 servings)	82	6
Chile Relleno Casserole	83	4
Quick 'n Easy Quiche	85	5
Eggs Benedict (4 with 4 servings)	86	8

Chicken Hash	87	2
Crispy Waffles with Creamy Maple Syrup	88	9
Wholesome Silver Dollar Hots	89	7
Strawberry Cheesecake Pancake Stacks	90	8
Berry Good Breakfast Sundaes	92	3
APPETIZERS AND SMALL BITES		
Creamy Fruit Dip	96	1
Ooey Goey Pizza Dip	97	3
Pan Fried Onion Dip	98	2
Susan's "Zero Point" Wonder Dip	100	0
More Baked Pita Chips	101	1
Seven Layer Greek Dip	103	2
Jalapeno Artichoke Party Squares	104	1
James' Pepperoni Pizza Puffs	105	2
Coconut Coconut Shrimp (3 without sauce)	107	4
Parmesan Crusted Asparagus Straws	108	2
Awesome Nacho Quesadilla	109	3
Beef and Blue Quesadillas	110	2
Barbecued Chicken Flatbread Pizza	111	5
Cheesy Chili Nachos (5 with very lean ground turkey)	112	9
SUPER SOUPS AND SENSATIONAL SANDWICHES		
New England Clam Chowder	117	2
Chicken Pot Pie Soup	118	4
Chicken Enchilada Soup	120	2
The Shadows Hearty Lentil Soup	121	2
15-Minute Roasted Red Pepper Bisque	123	2
Very Veggie Soup	124	0
Loaded Baked Potato Soup	125	5
Cincinnati Chili	126	2
Buffalo Chicken Salad Sandwich	128	4
Tuna Salad with a Twist	129	3
Grilled Cheese and Tomato Soup Sandwiches	131	6
Deli-icious French Dip Thinwich	132	6
Knife & Fork Chicken Caesar "Salad" Sandwich	133	7
Western Chicken Bacon Cheese Sandwiches	134	7
Terrific Turkey Burgers (4 with very lean turkey)	136	8
Outside-In Southwest Turkey Cheddar Burger (5 with very lean ground turkey)	137	9
Stuffed Black and Blue Steak Burgers	139	8
Shortcut Caramelized Onions	140	0
Brand New Reuben Sandwich	141	9

BEST DRESSED SALADS		
Good Ol' Iceberg with Classic French Dressing	145	2
Green Leafy Salad with Green Goddess Dressing	147	1
Mixed Greens with Everyday Balsamic Vinaigrette	148	2
Lime Cottage Cheese Jell-O Salad	149	2
Classic Spinach Salad with Bacon Dressing	150	1
Creamy Ranch Slaw	152	1
Potluck Peanut Slaw	153	2
Farmer's Market Potato Salad	154	3
Corn and Tomato Salad	156	2
Super Spinach and Orzo Pasta Salad	157	2
Almost Everything Chopped Salad	159	5
Apple, Chicken and Walnut Salad with Raspberry Vinaigrette	161	4
Crispy Chicken Salad with Honey Mustard Dressing (9 with Greek yogurt)	162	10
Anything Goes Asian Salad	163	2
Quick 'n Healthy Taco Salad (2 with very lean turkey)	164	6
SLOW COOKER FAVORITES		
Chicken Chile Verde	169	3
Barbecued Pulled Pork	171	4
Italian Stuffed Peppers	172	6
Chicken at the Ready	173	0
Lazy Day Lasagna	174	7
Creamy King Ranch Casserole	176	3
Wendy's-Style Chili	177	3
Stephen's Beef Stew	179	9
Italian Bean and Bacon Soup	180	1
Marlene's All-Purpose Marinara Sauce	181	1
Boston Baked Beans	182	1
Boston Baked Beans	183	1
Creamy Slow Cooker Cheesecake Sundaes	184	5
Slow Cooker Appels – Baked and Sauced	186	1
PASTAS, PIZZAS, AND MORE		
Cajun Jambalaya Pasta	190	6
Sneaky Beef and Penne Skillet	192	7
Buffalo Chicken Pasta	193	7
Chicken Parmesan Pasta Toss	195	5
At-Home Pad Thai	196	6
Quick-Fix Turkey Chili Mac SKillet	197	6
Cheesy Seaside Shells	198	7
Chicken Fettuccine Alfredo	200	8
Creamy Pesto Penne-Two Ways	201	7

15-Minute Shrimp Fettuccine	202	8
Easy Eggplant Parmesan	203	8
Pizza Pasta Pie (6 with extra lean ground turkey)	204	7
Homemade Pizza Dough	206	4
Loaded Cheese and Pepperoni Pizza	207	5
Individual New-York Style Pizzas	209	4
SIDES THAT MAKE THE MEAL		
Classic Creamed Spinach	213	3
Lemony Buttery Green Beans	214	1
Fresh Orange-Glazed Carrots	215	1
Oven-Fried Broccoli Bites	216	3
Smoky Garlicky Greens	218	1
Inside-Out Stuffed Mushrooms	219	2
Sautéed Cabbage, Onions, and Apples	220	1
Roasted Onions with Sweet Balsamic Glaze	221	1
Fresh Asparagus with Hollandaise Sauce	223	2
Easy Everyday Vegetable Latkes	224	1
Light-as-a-Feather Zucchini Casserole	225	3
Creamy Golden Mashed Potatoes	226	5
Sour Cream and Onion Smashed Potatoes	227	3
Fiesta Lime Rice	229	1
Spicy Sweet Potato Mash	230	4
10-Minute Broccoli, Cheese, and Rice Skillet	231	2
Quick-Fix Macaroni and Cheese Muffins	232	4
Cheesy Skillet Cornbread	234	4
Everyday Garlic Toast	235	3
FAST AND FIT CHICKEN DISHES		
Good 'n Easy Garlic Chicken	238	2
Fast and Fabulous Roast Chicken (white meat only 0)	239	2
Chicken Chicken Fried Steak with Cream Gravy	240	5
Chicken Cordon Bleu	243	4
Sticky Lemon Chicken	245	3
Triscuit® "Fried" Chicken Tenders	246	3
Cheesecake Factory-Style Chicken Madeira	247	4
1-2-3 Balsamic Chicken	248	3
Super Simple Chicken Pizzaiolo	250	4
General Tso's Chicken	251	4
Curried Cashew Chicken Stir-Fry	253	5
Chicken Enchilada Bake	254	5
One Pan Creamy Turkey and Rice Skillet	255	7
Turkey Kabobs with Greek Cucumber Yogurt Dip	256	2

Mile High Meatloaf (Times Two!) (4 with extra lean turkey)	260	5
East Meets West Salisbury Steak	261	7
Steak Diane	263	6
Biscuit and Burger Pie	262	10
Crispy Pork Scaloppini	265	7
P.F. Chang's-Style Mongolian Beef	266	6
15-Minute Maple Glazed Pork Chops	268	5
Sassy Grilled Pork with Memphis-Style BBQ Sauce	269	3
Skillet Pork and Peppers	271	3
Plum Good Pork	272	6
Shrimp Scampi	273	3
Simple Southwestern-Style Tilapia	274	4
Nut-Crusted Fish Fillets	276	2
Honey Walnut Shrimp	277	6
Grilled Salmon with Raspberry Chipotle Sauce	279	2
PIES, PUDDINGS, AND SPECIALTY DESSERTS		
Fast Fix Fruit Pies	283	3
Free Form Apple Pie	285	5
Amazing Pecan Pie Cups	286	7
Chocolate Pavlova Pie	288	7
Impossible Cheesecake Pie	289	6
Cheesecake-Stuffed Strawberries	291	1
Pumpkin Pie Cheesecake Squares	292	3
Quick and Creamy Cinnamon Rice Pudding	293	3
Creme Caramel Pudding Squares	294	6
Fresh Peach and Blueberry Cobbler	296	4
Easy Lemon Ice Cream with Quick Raspberry Sauce	297	6
5-Ingredient Dark Chocolate Soufflés	299	5
HOMESTYLE COOKIES AND CAKES		
Snickerdoodle Softies	303	3
Krispy Meringues	304	2
One Bowl Three-Bite Brownies	305	4
Raspberry Oat Bars	307	4
No-Bake Chocolate Sandwich Cookies	308	4
Sugar-Free Lemon Shortbread	309	4
Unbelievable Whoopie Pies	310	6
Old-Fashioned Chocolate Mayo Cake	312	4
Fresh Orange and Almond Cake	313	4
Double Pineapple Upside Down Cake	315	6
Heavenly Pumpkin Spice Cake	316	5
Unbelievable Chocolate Cake	317	6

CUPCAKES, CUPCAKES, CUPCAKES		
Red Velvet Cupcakes	321	6
Best-Ever Banana Cupcakes	322	6
90-Calorie Cupcakes	324	3
Triple Strawberry Stuffed Cupcakes	325	5
Ooey-Gooey Peanut Butter Stuffed Chocolate Cupcakes	327	5
Heavenly Angel Cupcakes with Luscious Lemon Frosting	328	4
Tuxedo Cheesecake Cupcakes	329	5
No-Bake Red, White, and Blue Cheesecake Cupcakes	330	5
Basic Whipped Cream Cheese Frosting	332	1
Strawberry Sour Cream Frosting	333	1
Chocolate Whipped Cream Frosting	334	2
Chocolate Fudge Glaze	335	1

Nutrition Notes.

*** Only recipes whose Smart Point comparison value differs from its Plus Point comparison appear here. If a recipe does not appear here the Smart Point comparison value is equal to the Plus Point comparison found on the recipe in Eat More of What You Love.**

Please note that the point value reflected here in many cases will be *less* than the number you will get if you simply plug the nutritional numbers at the bottom of the recipe into a Weight Watcher’s Smart Points Calculator.

The nutrition information you find on each of my recipes is accurate and comprehensive (including all ingredients that are in the recipe with the exception of “optional” ingredients). As per the new guidelines set forth by Weight Watchers for the calculation of SmartPoints™, the nutritional value of fruits and zero point vegetables added to recipes were counted as zero when computing the Smart Point comparison points.

I am happy to say, as my healthy recipes have always been lower not only in calories but also added sugars and saturated fat - and generous in lean healthy protein - they are perfect for eating smart!

Enjoy!

Marlene

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