**Apricot-Almond Crisp**

|  |  |
| --- | --- |
| 1/2 c  | quick cooking oats |
| 1/3 c  | packed brown sugar |
| 1/4 c  | all purpose flour |
| 1/4 c  | toasted wheat germ |
| 1/4 c  | whole blanched almonds, finely chopped |
| 1 Tbsp  | cold butter |
| 1  | to 2 tablespoons fat free milk |
| 1 Tbsp  | granulated sugar |
| 3/4 tsp  | ground ginger |
| 2 can(s)  | (14-oz each) apricot halves in juice, drained and cut in half |
| 3/4 tsp  | almond extract |

1. Spray 5- or 6-quart slow cooker with nonstick spray.
2. To make topping, combine oats, brown sugar, flour, wheat germ and almonds in a medium bowl. With a fork, cut in the butter until the mixture resembles coarse crumbs. Gradually add milk, tossing lightly with fork, just until mixture resembles fine crumbs.
3. Mix granulated sugar and ginger in medium bowl. Add apricots and almond extract; toss to coat. Transfer apricot mixture to slow cooker. Sprinkle with topping; lightly spray with nonstick spray. Cover and cook until topping is crisp and begins to brown, about 3-4 hours on LOW. Serves 6. PointsPlus value per serving: 4.

**Key Lime Pie**

1 reduced fat graham cracker crust

1 pkg. sugar-free lime Jello

1/4 cup boiling water

8 oz. fat-free whipped topping

2 (6 oz.) key lime pie yogurt

In a large bowl, dissolve Jello in boiling water. Whisk in yogurt then fold in whipped topping. Spread in crust. Refrigerate for at least 2 hours. Serves: 8. PointsPlus value per serving: 4.

**Weight Watchers Candy**

1 Hershey candy bar

¼ cup reduced-fat peanut butter

1 cup Fiber One cereal

Melt Hershey bar and peanut butter in a microwave safe bowl. Stir in cereal and divide evenly to create 8 pieces of candy. Drop onto wax paper. Can be refrigerated or frozen. Serves: 8. PointsPlus value per serving: 1.

**French Onion Soup**

2 teaspoons olive oil

6 onions, thinly sliced

1 teaspoon sugar

3 cups water

1 (14 ½ oz.) can reduced-sodium beef broth

¼ teaspoon salt

¼ teaspoon black pepper

4 (1-oz.) slices French bread, toasted

1/3 cup shredded Gruyere cheese

1. Heat oil in Dutch oven or large pot over med-low heat. Add onions and sprinkle with sugar; cook, stirring frequently, until onions are deep brown, about 45 minutes.
2. Add water, broth, salt, and pepper to pot; bring to boil, scraping up browned bits from bottom of pan. Reduce heat and simmer, covered, 20 minutes.
3. Preheat broiler.
4. Set 4 flameproof bowls on baking sheet. Ladle soup evenly into bowls. Float 1 slice of bread in each bowl and sprinkle with rounded tablespoon Gruyere. Broil about 5 inches from heat until cheese is melted, about 2 minutes. Serves: 4. PointsPlus value per serving: 5.

**Korean Steak on a Stick**

**Ingredients**

|  |  |
| --- | --- |
|    | 1 1/4 pound(s) uncooked lean flank steak, cut diagonally into thin strips     |
|    | 6 medium uncooked scallion(s), finely chopped     |
|  | 1/2 cup apple cider vinegar     |
|  | 1/4 cup low sodium soy sauce     |
|  | 1/4 cup light brown sugar |
|  |  |
|  |  1 Tbsp ginger root, peeled and freshly grated     |
|  |   |
|  | 1 tsp garlic chili paste, or regular chili paste     |
|  | 2 clove(s) (medium) garlic clove(s), minced     |

**Instructions**

* Thread the steak onto sixteen 12-inch bamboo skewers. Place the ­skewers in a large baking dish.
* Combine the scallions, vinegar, soy sauce, light brown sugar, ginger, chili paste, and garlic in a small bowl; pour over the meat. Cover and refrigerate at least 2 hours or overnight.
* Spray the broiler rack with nonstick spray; preheat the broiler. Drain the marinade into a saucepan; bring to a boil. Cook, stirring occasionally, over high heat, until the sauce is thickened and has the consistency of syrup, about 8 minutes.
* Meanwhile, place the skewers on the broiler rack and broil 5 inches from the heat, turning frequently, until the meat is browned on both sides, about 8 minutes. Arrange the skewers on a platter and drizzle with the sauce. Yield: 16 skewers (serving size: 2 skewers). PointsPlus value per serving: 4.

**Notes**

* When using bamboo skewers, make sure to soak them in cold water for at least 30 minutes before using to prevent them from burning.

**Grilled Eggplant Sandwiches**

1 (1-pound) eggplant, cut crosswise into 6 (1/2-inch-thick) slices

Cooking Spray

½ teaspoon freshly ground black pepper

1/8 teaspoon salt

6 (1 ½ oz.) ciabatta rolls with rosemary and olive oil, halved horizontally

4 oz. goat cheese (about ½ cup)

6 (1/4-inch-thick) slices red onion

1 cup bottled roasted red bell peppers, sliced

1 cup arugula

¼ cup basil leaves, torn

* 1. Preheat grill to med-high heat.
	2. Coat both sides of eggplant slices with cooking spray; sprinkle slices evenly with pepper and salt. Place eggplant slices on grill rack coated with cooking spray. Grill 3 minutes on each side or until tender and browned. Place bread halves, cut sides down, on grill rack. Grill 2 minutes or until lightly toasted.
	3. Spread goat cheese evenly on cut sides of bread halves. Layer eggplant slices, onion slices, bell pepper, arugula, and basil evenly on bottom of rolls. Cover with roll tops. Yield: 6 servings. PointsPlus value per serving: 6.

**Pinwheel Pizza Muffins**

1 refrigerated all-ready pizza crust

2 tablespoons tomato sauce

3 ounces mozzarella cheese, shredded

2 ounces grated Parmesan cheese

½ teaspoon Italian seasoning

### Directions

1) Preheat oven to 425.
2) Use nonstick cooking spray to spray the rolling pin.
3) Roll the pizza dough into a 12 x 8-inch rectangle, about 1/8 inch thick.
4) Use a pastry brush, to brush the dough with tomato sauce.
5) Spread cheese on top and sprinkle with seasoning.
6) Roll the dough tightly in jelly-roll fashion to enclose filling, starting from the wide edge.
7) Slice the roll in 10 equal pieces.
8) Spray ten 2 1/2-inch-diameter muffin-pan cups with nonstick cooking spray.
9) Place 1 slice of roll into each sprayed cup and partially fill remaining cups with water to prevent pan from burning and/or warping.
10) Bake for 20 to 25 minutes, until puffed and golden brown.
11) Carefully drain off hot water from the pan after removing from oven.
12) Invert the muffins on a serving platter and immediately serve.

Serves: 10. Each serving provides: ½ Protein Exchange; 1 Bread Exchange: 2 Optional Calories.

**Banana-Coconut Upside-Down Cake**

Cooking Spray

2 bananas, cut into ¼ inch-thick slices

1/3 cup fat-free caramel sundae syrup

1/3 cup flaked sweetened coconut

5 tablespoons butter

2/3 cup sugar

½ cup low-fat buttermilk (1%)

1 teaspoon vanilla extract

2 large eggs

1¼ cups all-purpose flour

1 teaspoon baking powder

¼ teaspoon baking soda

¼ teaspoon salt

1. Preheat oven to 350.
2. Coat a 9-inch square metal baking pan heavily with cooking spray. Arrange banana slices in bottom of pan. Drizzle caramel topping over bananas; sprinkle with coconut.
3. Place butter in a large microwave-safe bowl; cover and microwave at HIGH 1 minute or until butter melts. Add sugar, buttermilk, and vanilla, stirring with a whisk until blended. Stir in eggs.
4. Combine flour and remaining ingredients in a small bowl. Add flour mixture to butter mixture, stirring just until blended. Pour batter into prepared pan.
5. Bake at 350 for 30 minutes or until wooden pick inserted in center comes out clean. Cool 1 minute in pan on a wire rack. Invert cake onto platter; cut into 12 pieces. Serve warm or at room temperature. Serves: 12. PointsPlus value per serving: 6.

**Mini Red Velvet Cupcakes with Cream Cheese Glaze**

**Ingredients**

|  |  |
| --- | --- |
|  | 3/4 cup(s) all-purpose flour     |
|  | 1/2 cup(s) unsweetened cocoa powder, powder     |
|  | 1/2 tsp baking powder     |
|  | 1/4 tsp baking soda     |
|  | 1/4 tsp table salt     |
|    | 10 oz canned beets without added salt, drained and pureed\*     |
|  | 1/2 cup(s) sugar     |
|    | 1/3 cup(s) plain fat free yogurt     |
|  | 1/4 cup(s) canola oil     |
|    | 1 large egg(s)     |
|  | 1 1/4 tsp vanilla extract, divided     |
|  | 2 drop(s) food coloring, red (optional)     |
|  | 2 oz low fat cream cheese     |
|  | 1 cup(s) powdered sugar     |
|  | 1 tsp lemon zest     |

**Instructions**

* Preheat oven to 350°F. Line a 24 cup mini-muffin pan with paper liners.
* In a large bowl, sift together flour, cocoa powder, baking powder, baking soda and salt.
* In another large bowl, beat together pureed beets, sugar, yogurt, oil, egg, 1 teaspoon vanilla extract and food coloring (if using) until creamy and smooth.
* Make a well in center of dry ingredients and pour in wet ingredients; fold gently until just combined. Evenly spoon mixture into cupcake liners and bake until a toothpick inserted in center of a cupcake comes out clean, about 15 minutes. Remove from oven and let cool completely.
* Meanwhile, beat together cream cheese, powdered sugar and remaining 1/4 teaspoon vanilla extract; spread glaze evenly across top of cooled cupcakes and sprinkle with zest (glaze will set in an hour or two). Yield: 24 cupcakes. PointsPlus value per cupcake: 2.

**Notes**

* \*You need 3/4 cup pureed beets for this recipe. You’ll need to start with about 10 ounces canned whole beets, about two-thirds of a 15 ounce can. Or puree the whole can and freeze the extra puree for another use.

You can also puree beets that you’ve freshly roasted - you’ll need about 2 large or 4 to 5 small beets for this method of preparation.

**Monkey Muffins**

2 (7.5 ounce) cans refrigerated buttermilk biscuit dough

1 teaspoon ground cinnamon

5 tablespoons light butter, melted

¼ cup unpacked light brown sugar

Cooking spray

2 tablespoons chopped pecans, toasted (optional)

1. Preheat oven to 375.
2. Cut each biscuit in half; shape each half into a ball. Place dough balls in a medium bowl; add cinnamon, and toss to coat. Combine butter and brown sugar in a large bowl. Add dough balls to butter mixture, and toss to coat.
3. Place 4 dough balls in each of 10 muffin cups coated with cooking spray. Pour any remaining butter mixture evenly over dough balls. Sprinkle evenly with pecans, if desired. Bake at 375 for 15 – 17 minutes or until golden brown. Yield: 10 servings. PointsPlus value per serving: 5.

 **Caramel-Apple Crisp**

3 (15-ounce) cans fried apples with cinnamon (such as Luck’s), undrained

Cooking Spray

2 tablespoons fat-free caramel sundae syrup

½ cup all-purpose flour

½ cup packed brown sugar

¼ teaspoon salt

1/3 cup chilled butter, cut into small pieces

¾ cup old-fashioned rolled oats

¾ cup caramel light ice cream (such as Edy’s)

* 1. Preheat oven to 350.
	2. Drain apples, reserving ¾ cup syrup. Place apples in an 11 x 7-inch baking dish coated with cooking spray. Add 2 tablespoons caramel syrup to apple syrup, stirring well with a whisk. Pour syrup mixture over apples in dish.
	3. Combine flour, sugar, and salt in a bowl; cut in butter with a pastry blender or 2 knives until mixture is crumbly. Stir in oats. Sprinkle over apple mixture. Bake at 350 for 45 minutes or until topping is crisp. Top each serving with ice cream. Yield: 12 servings. PointsPlus value per serving: 6.

**Japanese Teriyaki Chicken Cakes**

|  |  |
| --- | --- |
| 1  | green onion  |
|  | ice water |
|  |
| 1 lb  | ground chicken |
| 1/4 c  | onion, finely chopped |
| 1 extra large  | Egg or 2 tablespoons egg substitute |
| 1 1/2 tsp  | Sugar |
| 1 1/2 tsp  | soy sauce, low sodium |
| 1 tsp  | ginger powder or 2 teaspoons minced peeled fresh ginger |
|  |
| 4 tsp  | cornstarch, divided |
| Cooking Spray |  |
|  |
| 1 tsp  | dark sesame oil, divided |
| 1/2 tsp  | canola oil, divided |
| 2 Tbsp  | Sugar |
| 2 Tbsp  | sweet rice wine (mirin) |
| 2 Tbsp  | soy sauce, low sodium |
| 4  | lime wedges (optional) |

1. Remove green top of onion; reserve for another use. Cut white part of onion into very thin sticks; place in ice water.
2. Combine chicken & next 5 ingredients in medium bowl; mix well. On a large piece of wax paper, divide chicken mixture into 12 equal portions, shaping each into a 2 1/2" patty; dust tops of patties with 2 tsp cornstarch.
3. Heat a large, non stick skillet over medium high heat. Coat pan with cooking spray. Add 1/2 tsp sesame oil & 1/4 tsp canola oil to pan. Using a rubber spatula, gently add half of chicken patties, cornstarch sides down, to pan; reshape patties if necessary. Cook 2 minutes on each side. Remove patties from pan. Repeat procedure with remaining oils, patties & cornstarch. Return all patties to pan; reduce heat to medium.
4. Combine 2 Tbsp sugar, mirin & 2 Tbsp soy sauce; stir well & pour over chicken patties. Cook 1 minute or until chicken is done & patties are glazed, turning occasionally & stirring sauce to prevent burning. Top patties evenly with green onions. Serve with lime wedges, if desired. Yield: 4 servings (serving size: 3 chicken cakes and about 1 teaspoon glaze). PointsPlus value per serving: 6.

**Apple Tart with Bacon Streusel**

1 (14.1 ounce) refrigerated pie crust

1/3 cup + 1 tablespoon all-purpose flour

3 tablespoons + ¼ cup sugar

2 tablespoons packed brown sugar

1 teaspoon cinnamon

2 tablespoons light stick butter, cut into ½-inch pieces

2 slices center-cut bacon, crisp-cooked, cooled and chopped

2 large Granny Smith apples, peeled and sliced

2 large Golden Delicious apples, peeled and sliced

1. Preheat oven to 375. Line large baking sheet with parchment paper. Soften pie crust according to package directions.
2. Streusel: mix 1/3 cup flour, 3 tablespoons sugar, brown sugar and cinnamon in a small bowl. Add butter; mix with clean fingers to form crumbly mixture. Stir in bacon.
3. Filling: mix remaining ¼ cup sugar and 1 tablespoon flour in large bowl. Add apples and toss to coat.
4. Unroll crust onto prepared baking sheet. Mound filling on crust leaving 1 ½-inch border. Sprinkle streusel evenly over filling. Fold rim of dough over filling, pleating it as you go around. Bake until apples are tender when pierced with tip of knife, 35 – 40 minutes. Cool 10 minutes on baking sheet on rack. Leaving tart on parchment paper, slide baking sheet from tart. Cool completely on rack. Serves 10. PointsPlus value per serving: 6.