

<i>Menu Plan and Recipes For Your</i>	<i>POINTS</i>
1 serving Mixed Greens with	0
1 tsp Oil and Balsamic Vinegar	1
1 slice Roast Turkey Breast	2
½ cup Stuffing	4
2 Tbsp Turkey Gravy	1
2 Tbsp Cranberry Sauce	1
1 serving Mashed Sweet Potatoes (see recipe)	2
½ cup steamed Haricots Verts	0
½ cup steamed Cauliflower Florets	0
1 serving Yogurt Biscuits (see recipe)	1
1 serving Pumpkin-Ricotta Cheesecake (see recipe)	3
TOTAL	19

Mashed Sweet Potatoes

Makes 4 Servings

POINTS per Serving: 2

1 pound sweet potatoes, peeled and thinly sliced

¾ teaspoon salt

2 teaspoons unsalted margarine

¼ teaspoon ground ginger

1/8 teaspoon ground cardamom

1/8 teaspoon freshly ground pepper

1/8 teaspoon ground nutmeg

1. Place the sweet potatoes in a medium saucepan; add cold water to cover and 1/2 teaspoon of the salt; bring to a boil. Reduce the heat and simmer until tender, 15 - 20 minutes. Drain, reserving 2 tablespoons of the cooking liquid.

2. With a potato masher or an electric mixer on low speed, mash the potatoes with the cooking liquid, margarine, ginger, cardamom, pepper, nutmeg and the remaining 1/4 teaspoon of salt; serve at once.

Per serving: 137 Calories, 2g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 451mg Sodium, 28g Total Carbohydrate, 3g Dietary Fiber, 2g Protein, 25mg Calcium

YOGURT BISQUITS

Makes 16 Servings

POINTS per Serving: 1

2 cups all-purpose flour
1 cup plain nonfat yogurt
1 teaspoon sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

1. In a large bowl, combine 1 cup of the flour with the yogurt; blend until very smooth. Sprinkle with the sugar; cover loosely with plastic wrap or a damp towel and let stand in a warm, draft-free place at least 4 hours or overnight.

2. Preheat the oven to 425 degrees F. In a medium bowl, combine the remaining 1 cup of flour, the baking powder, baking soda and salt. Stir into the yogurt mixture.

3. Spray a baking sheet with nonstick cooking spray; lightly sprinkle a work surface with flour. Turn out the dough; pat into an 8 x 6" rectangle. Cut into 16 pieces; place the biscuits 1" apart on the baking sheet. Bake 10 minutes; reduce the oven temperature to 400F. Bake until golden brown, about 10 minutes longer. Serve hot.

Per serving: 60 Calories, 0g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 167mg Sodium, 12g Total Carbohydrate, 0g Dietary Fiber, 2g Protein, 51mg Calcium

PUMPKIN-RICOTTA CHEESECAKE

Makes 6 Servings

POINTS per Serving: 4

- 9 (2 1/2" square) graham crackers, made into crumbs
- 1 cups low-fat (1%) cottage cheese
- 3/4 cup part-skim ricotta cheese
- 3/4 cup egg substitute
- 1/2 cup sugar
- 1 teaspoon ground ginger
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon cinnamon
- 1/8 teaspoon salt
- (1) 15-ounce canned pumpkin puree

1. Preheat oven to 350 degrees F. Spray a 9" glass pie plate with nonstick cooking spray. Sprinkle the graham crackers over the bottom of the pie plate.

2. In a food processor, combine the cottage cheese and ricotta; process until smooth, about 1 minute. Transfer to a large bowl; stir in the egg substitute, sugar, vanilla, nutmeg, cinnamon and salt. Reserve 1/4 cup of the batter. Add the pumpkin to the batter; stir until blended. Scrape the batter into the pie plate, then drizzle the reserved batter in 3 concentric circles over the pumpkin batter. With a knife, lightly draw a line through the batter from the outer edge toward the center. Repeat around the pie, alternating directions to make a spider web.

3. Bake 50-60 minutes, or until knife inserted in center comes out clean. Cool completely on rack. Cover and refrigerate until ready to serve.

Per serving: 218 Calories, 4g Total Fat, 2g Saturated Fat, 11mg Cholesterol, 344mg Sodium, 33g Total Carbohydrate, 1g Dietary Fiber, 12g Protein, 138mg Calcium

Sautéed String Beans with Almonds

POINTS® Value: 1

Servings: 8

Preparation Time: 8 min

Cooking Time: 11 min

Level of Difficulty: Easy

Forget fattening green bean casserole.

These string beans are simple and flavorful, with lots of almond crunch.

Ingredients

- ½ cup(s) slivered almonds
- 2 tsp olive oil
- 3 medium garlic clove(s), minced
- 8 cup(s) green snap beans, fresh, trimmed, or thawed if frozen
- ½ cup(s) canned chicken broth, or vegetable broth
- ½ tsp table salt, or to taste
- ¼ tsp black pepper, freshly ground, or to taste

Instructions

- Place almonds in a large dry skillet and place pan over medium heat. Cook until nuts are golden brown, shaking pan frequently, about 2 to 4 minutes. Remove nuts from pan; set aside.
- Heat oil in same skillet over medium-high heat. Add garlic and cook, stirring, 1 minute. Add string beans and sauté 1 minute. Add broth to pan; cover and steam until string beans are crisp-tender, about 3 to 5 minutes. Add salt and pepper; stir to coat. Remove from heat; stir in toasted almonds. Yields about ¾ cup per serving.

Notes

- For variety, substitute pine nuts for almonds. Toast them just as you would the almonds.

You may also use wax beans, snap peas or snow peas, if desired.

Candied Sweet Potatoes

Was **POINTS®** Value: 8

Now **POINTS®** Value: 3

Servings: 4

Preparation Time: 20 min

Cooking Time: 60 min

Level of Difficulty: Easy

Add a little holiday cheer with candied sweet potatoes. Ours are sugary-sweet with fewer calories per serving.

Ingredients

- 2 large sweet potato(es), about 2 lbs, peeled, halved lengthwise and cut crosswise into 2-inch thick pieces
- ¼ cup(s) orange juice
- 2 tbsp packed light brown sugar
- 2 tbsp maple syrup
- 1 tbsp reduced-calorie margarine, melted
- ½ tsp table salt

Instructions

- Preheat oven to 375°F.
- Place sweet potatoes in a large saucepan and pour in enough water to cover potatoes. Set pan over high heat and bring to a boil; reduce heat to medium and simmer 10 minutes, until potatoes are fork-tender. Drain potatoes and arrange them in a single layer in bottom of a shallow baking dish.
- Whisk together juice, sugar, syrup, margarine and salt; pour mixture over sweet potatoes.
- Bake for 30 minutes, then stir to coat potatoes with liquid and bake for 15 minutes more, until sauce is thick and bubbly. Stir once again before serving. Yields about 1 cup per serving.

Chef Tips

- **We renovated Candied Sweet Potatoes by:**
 - Using reduced-calorie margarine instead of butter and cutting back on the amount.
 - Relying on maple syrup and orange juice for added flavor.
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Garlic Mashed Potatoes

POINTS® Value: 3

Servings: 4

Preparation Time: 15 min

Cooking Time: 12 min

Level of Difficulty: Easy**Ingredients**

Fresh garlic and chives give fantastic flavor to these slimmed-down mashed spuds. Serve them smooth or slightly lumpy — the choice is yours.

- 8 small uncooked red potato(es), peeled and cut into 2-inch chunks
- 4 medium garlic clove(s), peeled
- ¼ cup(s) fat-free sour cream
- ¼ cup(s) fat-free skim milk
- 2 tbsp chives, fresh, minced
- ⅛ tsp table salt, or to taste
- ⅛ tsp black pepper, freshly ground, or to taste

Instructions

- Combine potatoes and garlic in a large saucepan and pour in enough water to cover; set pan over high heat and bring to a boil. Reduce heat slightly and boil until potatoes are fork tender, about 8 minutes; drain water from saucepan.
 - Add sour cream, milk and chives to pan; mix until combined. Mash mixture with a potato masher until smooth (or leave some lumps if desired); season to taste with salt and pepper. Yields about ½ cup per serving.
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Mashed Sweet Potatoes

POINTS® Value: 1

Servings: 8

Preparation Time: 10 min

Cooking Time: 8 min

Level of Difficulty: Easy

Sweet potatoes are naturally sweet, nutrient-dense and mash into a wonderfully creamy concoction when blended with fat-free yogurt and a just a touch of sugar.

Ingredients

- 3 medium sweet potato(es), peeled and cut into 1-inch chunks (about 2 pounds)
- 2 medium garlic clove(s), peeled
- ½ cup(s) plain fat-free yogurt, Greek-variety recommended
- 4 tsp sugar
- ⅛ tsp table salt, or more to taste
- ⅛ tsp black pepper, freshly ground, or to taste

Instructions

- Place potatoes and garlic in a large saucepan and pour in enough water to cover potatoes. Set pan over high heat and bring to a boil. Boil until potatoes are fork-tender, about 8 minutes.
- Drain potatoes and garlic; transfer potatoes and garlic to a large bowl. Add yogurt and sugar to bowl; mash until smooth. Season to taste with salt and pepper. Yields about ½ cup per serving.

Notes

- Think beyond regular mashed potatoes and create a colorful addition to any dinner plate.
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Cranberry Orange Relish

POINTS® Value: 2

Servings: 8

Preparation Time: 7 min

Cooking Time: 0 min

Level of Difficulty: Easy

Forget the canned stuff. This fresh cranberry sauce is spiked with orange and requires absolutely no cooking.

Ingredients

- 12 oz cranberries, fresh
- 1 medium orange(s), navel, washed, unpeeled and cut into chunks*
- 1 cup(s) sugar
- 1 piece(s) ginger root, fresh, peeled, about 1-inch, chopped
- ¼ tsp ground cinnamon

Instructions

- Put cranberries, orange, sugar, ginger and cinnamon in a food processor; pulse until finely chopped. Scrape into a serving bowl (or a plastic container if making ahead). Cover and refrigerate until serving. Yields about 1/3 cup per serving.

Notes

- *If the flavor from using the entire orange peel is too strong for you, add some fresh orange zest instead, and then remove the white pith before cutting the orange into chunks.

If you want to give the relish a different spin, add chopped cilantro or mint and minced jalapeno pepper. Also, some or all of the sugar can be substituted with Splenda (could affect **POINTS** values).

You can make this relish up to 5 days ahead. This recipe is great as a spread for leftover turkey sandwiches or as an accompaniment to roast pork or chicken.

Stuffing with Sage and Chives

POINTS® Value: 2

Servings: 8

Preparation Time: 15 min

Cooking Time: 45 min

Level of Difficulty: Easy

This stuffing gets a nutrient boost from whole-wheat bread and is infused with the distinct flavors of sage and chive.

Ingredients

- 1 spray(s) cooking spray
- 12 slice(s) whole-wheat bread, or white bread, preferably day-old, cubed*
- 2 tsp olive oil
- 2 tsp light butter
- 1 cup(s) onion(s), diced
- 3 medium celery, stalks, diced
- 2 tsp dried thyme
- 2 tsp dried sage
- ½ tsp table salt
- ¼ tsp black pepper, freshly ground
- 2 cup(s) canned chicken broth
- 2 tbsp chives, fresh, chopped

Instructions

- Preheat oven to 350°F. Coat a 4-quart shallow baking dish with cooking spray.
- Arrange bread cubes on a large ungreased baking sheet in a single layer (use 2 baking sheets if there's not enough room). Bake until lightly toasted, about 8 to 10 minutes. Remove bread from oven and set aside; leave oven set to 350°F.
- Meanwhile, in a large skillet over medium-high heat, heat oil and butter together for 1 to 2 minutes. Add onion and celery; sauté until soft, about 3 minutes. Add thyme, sage, salt and pepper; stir to coat. Cook until herbs are fragrant, about 1 minute.
- Transfer onion mixture to a large mixing bowl. Add bread, broth and chives; toss to combine. Spoon mixture into prepared baking dish and cover with foil; bake 20 minutes. Uncover and bake until top is golden brown, 15 minutes more. Yields about 1 cup per serving.

Notes

- *Leave the bread bag open and somewhat uncovered for 1 to 2 days (at room temperature) before making the recipe.

You can make this stuffing in advance and bake it just before serving. The stuffing will last up to 3 days in the refrigerator or 3 months in the freezer. Thaw overnight in the refrigerator before baking as directed.

Feel free to substitute your favorite bread, such as whole grain, sourdough or a light variety (could affect **POINTS** values).

For added flavor, you can also add about 1 cup of diced Granny Smith or McIntosh apples to the stuffing (could affect *POINTS* values).

Pumpkin Pie with Graham Cracker Crust

POINTS® Value: 3

Servings: 8

Preparation Time: 10 min

Cooking Time: 65 min

Level of Difficulty: Moderate

Our take on a Thanksgiving classic features a light graham cracker crust. Just the right sweetness to offset the pumpkin pie spice.

Ingredients

- 3 oz reduced-fat cinnamon graham crackers, about 5½ sheets
- 1 tbsp packed light brown sugar
- 2 tbsp unsalted butter, melted
- 2 large egg white(s)
- 1 large egg(s)
- ½ cup(s) dark brown sugar
- ¼ tsp table salt
- 2 tsp pumpkin pie spice, or less to taste
- 1 cup(s) canned pumpkin
- ½ cup(s) fat-free evaporated milk
- 4 tbsp lite whipped topping

Instructions

- Position rack in middle of oven. Preheat oven to 350°F.
 - Place graham crackers and light brown sugar in a food processor and process into crumbs (or smash into crumbs in a sealed plastic food bag with a rolling pin). Spoon crumbs into a small bowl; add melted butter and combine with fingers into a coarse meal. Distribute crumbs evenly on bottom and up sides of an ungreased 9-inch pie plate. Chill for 30 minutes before baking. Bake until crust starts to turn golden, about 8 to 10 minutes; remove from oven and let cool.
 - Meanwhile, in a large bowl, using an electric mixer, whip egg whites until frothy; fold in egg, dark brown sugar, salt, pumpkin pie spice and evaporated milk. Beat pumpkin custard until smooth and pour into pie shell. Bake until a knife inserted in center comes out clean, about 45 to 55 minutes. Slice into 8 pieces, top each piece with ½ tablespoon of whipped topping and serve warm or at room temperature. Yields 1 slice per serving.
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Pecan Tartlets

POINTS® Value: 3

Servings: 12

Preparation Time: 10 min

Cooking Time: 37 min

Level of Difficulty: Easy

Part souffle, part tart—really just pecan pie minus the crust. Whatever you call them, they're absolutely delicious.

Ingredients

- 2 spray(s) cooking spray
- 3 large egg(s)
- 1/8 tsp table salt
- 1 tbsp butter, melted
- 1/3 cup(s) dark corn syrup
- 2/3 cup(s) dark brown sugar
- 1 tsp vanilla extract
- 1/3 cup(s) chopped pecans
- 24 half pecan halves

Instructions

- Preheat oven to 450°F. Place twelve 3-ounce ramekins in a shallow baking pan or on a rimmed cookie sheet for easy handling; coat ramekins with cooking spray.
- In a medium bowl, beat eggs with salt. Add melted butter, corn syrup, sugar and vanilla; beat well. Blend in chopped pecans and then spoon batter half way up ramekins; gently place 2 pecan halves on top of each ramekin.
- Bake for about 17 minutes. Reduce oven temperature to 350°F and bake until a knife or toothpick inserted in center of a ramekin comes out clean, about 15 to 20 minutes more. Remove from oven and allow to cool; serve in ramekins with a spoon, either warm or cold. Yields 1 per serving.