

Biggest Winner Recipe Packet

Pasta Fagioli (Pasta and Beans)

Skinnytaste.com

Servings: 5 • **Serving Size:** about 2 cups • **Old Points:** 5 pts • **Points+:** 6 pts

Calories: 254.5 • **Fat:** 3.4 g • **Protein:** 10.3 g • **Carb:** 47.5 g • **Fiber:** 6.8 g

Ingredients:

- 1 tbsp olive oil
- 1/2 onion
- 3 cloves garlic, chopped
- 1 celery stalk, chopped
- 1 carrot, finely chopped
- 1 15 oz can cannellini beans
- 15 oz can tomato sauce or crushed tomatoes
- 1 large bay leaf
- 1 tbsp basil
- 1 tbsp parsley
- 1 tsp oregano
- 2 (14 oz each) cans fat free chicken broth (or vegetable broth for vegetarians)
- 2 cups water
- salt and pepper to taste
- 6 oz dry Ditalini pasta or other small pasta
- grated parmesan cheese for topping (optional)

Directions:

In a deep pot, **sauté** onion and garlic in olive oil over medium heat.

Blend the can of beans with one can water in electric blender until almost smooth.

Add blended beans to pan then **add** the can of tomato sauce, celery, carrots, chicken broth, basil, bay leaf, parsley, oregano, salt and pepper. **Add** 1 cup water and bring to slow boil. Let simmer for 20 minutes stirring occasionally. **Add** pasta and cook uncovered until pasta is al dente, according to pasta directions.

Orange, Red Onion, Gorgonzola and Arugula Salad

Skinnytaste.com

Servings: 1 • **Size:** about 2 cups • **Old Points:** 4 pts • **Weight Watcher Points+:** 5 pt

Calories: 196 • **Fat:** 10.5 g • **Carb:** 18.5 g • **Fiber:** 4 g • **Protein:** 8 g • **Sugar:** 11 g

Sodium: 294 mg (without the salt) • **Cholest:** 20 mg

Ingredients:

- 1 small orange, peeled, and sectioned
- 1 tsp balsamic vinegar
- 1 tsp extra virgin olive oil
- 1/2 tsp honey
- salt and fresh pepper, to taste
- 2 cups baby greens such as arugula and spinach
- 3 tbsp crumbled gorgonzola cheese (blue cheese works great too)
- 2 - 3 slices red onion (to taste)

Directions:

Take 2 sections of the orange and squeeze into a small bowl, **whisk** in the balsamic, oil, honey, salt and pepper.

Cut the remaining orange sections into bite sized pieces.

Place the baby greens on a plate, then top with cut orange pieces, sliced red onion and Gorgonzola cheese. **Drizzle** the vinaigrette over the top and enjoy!!

Skinny Baked Broccoli Macaroni and Cheese

Skinnytaste.com

Servings: 8 • **Serving Size:** 1 cup • **Old Points:** 6 pts • **Points+:** 8 pts

Calories: 314.9 • **Fat:** 9.8 g • **Protein:** 17.7 g • **Carb:** 44.3 g • **Fiber:** 6.3 g • **Sugar:** 4 g

Sodium: 215.7 (without salt)

Ingredients:

- 12 oz high fiber elbows like Ronzoni Smart Taste
- 1 1/2 tbsp butter
- 1/4 cup minced onion
- 1/4 cup flour
- 2 cups skim milk
- 1 cup fat free chicken broth (vegetarians use vegetable broth)
- 8 oz (2 cups) reduced-fat sharp cheddar (Cabot 50%)
- salt and fresh pepper to taste
- 12 oz fresh broccoli florets (I used pre-cut bag)
- 2 tbsp grated parmesan
- 1/4 cup seasoned bread crumbs
- cooking spray

Directions:

Cook pasta and broccoli together in a large pot of salted water, according to package directions for al dente (or slightly under cook 2 minutes). **Spray** a baking dish with cooking spray. **Preheat** oven to 375°.

In a large, heavy skillet, **melt** butter. **Add** onion and cook over low heat about 2 minutes, **add** flour and cook another minute, or until the flour is golden and well combined. **Add** milk and chicken broth and whisk, **raising heat** to medium-high until it comes to a boil; cook about 5 minutes or until the sauce becomes smooth and thick. **Season** with salt and pepper.

Once the sauce is thick, **remove from heat**, **add** cheese and **mix** well until cheese is melted. **Adjust** salt and pepper to taste, **add** cooked macaroni and broccoli and mix well. **Pour** into prepared baking dish. **Top** with grated cheese and breadcrumbs. **Spray** a little more cooking spray on top.

Bake for 15-20 minutes, then broil for a few minutes to get the breadcrumbs golden

Zucchini Noodles (Zoodles) with Lemon-Garlic Spicy Shrimp

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Servings: 1 • Size: 1 zucchini + shrimp • Old Points: 5 pts • Points+: 6 pts

Calories: 235.5 • Fat: 9 g • Carb: 14.5 g • Fiber: 4 g • Protein: 25 g • Sugar: 4 g

Sodium: 179 mg (without salt) • Cholesterol: 173 g

Ingredients:

- 1 1/2 teaspoons olive oil
- pinch crushed red pepper flakes
- 4 oz peeled and deveined shrimp
- 2 cloves garlic, sliced thin and divided
- 1 medium zucchini, spiralized or use a julienne peeler
- pinch salt and fresh black pepper
- 1/4 lemon
- 1/4 cup halved grape tomatoes

Directions:

Heat a medium nonstick skillet over medium-high heat. Add 1 teaspoon of the oil and crush red pepper flakes, add the shrimp and season with pinch salt and pepper; cook 2 to 3 minutes. Add half of the garlic and continue cooking 1 more minute, or until the shrimp is cooked through and opaque. Set aside on a dish.

Add the remaining 1/2 teaspoon oil and garlic to the pan, cook 30 seconds then add the zucchini noodles and cook 1 1/2 minutes. Add the shrimp and tomatoes to the pan and squeeze the lemon over the dish. Remove from heat and serve. Makes 1 serving.

Baked Spaghetti Squash and Cheese

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Servings: 7 • **Serving Size:** 1 cup • **Old Points:** 4 pts • **Points+:** 5 pts

Calories: 165 • **Fat:** 8 g • **Protein:** 10 g • **Carb:** 16 g • **Fiber:** 2 g • **Sugar:** 6.5 g

Sodium: 278.5 mg (without salt)

Ingredients:

- 5 1/2 cups cooked spaghetti squash (from about 2 small)
- 1 tbsp butter
- 1 tbsp olive oil
- 1/4 cup minced onion
- 1/4 cup flour (use 2 tbsp corn starch for gf)
- 2 cups skim milk
- 1 cup fat free chicken broth (vegetable broth for vegetarian)
- 8 oz Sargento 2% reduced fat mild cheddar
- salt and pepper, to taste
- 4 cups (about 4 oz) baby spinach
- 1/8 cup grated parmesan

Directions:

Preheat the oven to 375°F.

Cut the squash in half lengthwise; **remove** and **discard** seeds. **Place** squash on a baking sheet. **Bake** until tender, about 1 hour. **Separate** the strands of squash with a fork and place in a medium bowl; **discard** shells. Maintain the oven temperature.

Heat butter and oil in a large saucepan over medium heat. **Add** onions and cook about 2 minutes. **Stir** in flour. **Reduce** heat to low and cook, stirring continually 3 - 4 minutes.

Add milk and chicken broth and continue whisking, raising heat to medium-high until it comes to a boil and becomes smooth and thick, about 2 minutes stirring; **season** with salt and pepper.

Once it becomes thick, **remove** from heat, **add** cheddar cheese and mix well until cheese is melted. **Adjust** salt and pepper to taste, add cooked spaghetti squash and baby spinach, **pour** into a baking dish and sprinkle parmesan cheese on top. **Bake** until bubbly and golden 25 to 30 minutes.

Makes 7 cups.

Crock Pot Chicken Taco Chili

Gina's Weight Watcher Recipes

Servings: 10 ✂ **Size:** 1 1/4 cups ✂ **Old Points:** 3 pts ✂ **Points+:** 5 pts

Calories: 203.7 • **Fat:** 1.4 g • **Carb:** 33.3 g • **Fiber:** 10.0 g • **Protein:** 16.9 g

Ingredients:

- 1 onion, chopped
- 1 16-oz can black beans
- 1 16-oz can kidney beans
- 1 8-oz can tomato sauce
- 10 oz package frozen corn kernels
- 2 14.5-oz cans diced tomatoes w/chilies
- 1 packet taco seasoning (Mrs. Dash is suggested)
- 1 tbsp cumin
- 1 tbsp chili powder
- 24 oz (3-4) boneless skinless chicken breasts
- chili peppers, chopped (optional)
- 1/4 cup chopped fresh cilantro

Directions:

Combine beans, onion, chili peppers, corn, tomato sauce, cumin, chili powder and taco seasoning in a slow cooker. **Place** chicken on top and cover. **Cook** on low for 10 hours or on high for 6 hours. Half hour before serving, remove chicken and shred. Return chicken to slow cooker and stir in. Top with fresh cilantro. Also try it with low fat cheese and sour cream (extra points).

Berry Yogurt Popsicles

Gina's Weight Watcher Recipes

Servings: 16 • **Size:** 1 popsicle, about 1/2 cup ✂ **Old Points:** 1 pts ✂ **Points+:** 1 pts

Calories: 51 • **Fat:** 0.1 g ✂ **Protein:** 4.0 g ✂ **Carb:** 8.7 g ✂ **Fiber:** 1.1 g ✂ **Sugar:** 7.0 g

Sodium: 14.1 mg

Ingredients:

For the purple:

- 1 cup blueberries
- 1/2 cup blackberries

- 6 oz fat free blueberry yogurt
- 1 cup crushed ice

For the white:

- 14 oz fat free vanilla yogurt
- 2 tbsp agave or sugar
- 1 cup crushed ice

For the pink:

- 3/4 cup raspberries
- 3/4 cup strawberries
- 6 oz fat free strawberry yogurt
- 1 cup crushed ice

Blend each color smoothie separately in a blender and **set aside**.

Pour the first color into the [popsicle mold](#) 1/3rd of the way and **freeze** for 30 minutes.

Remove from the freezer and **insert** the sticks, then freeze one hour.

Add the white yogurt into each [popsicle mold](#) 1/3 of the way and **freeze** an additional hour. **Add** the purple smoothie and fill it to the top of the mold and **freeze** until ready to eat.