

## **All-Time Favorites – *PointsPlus*<sup>™</sup> Values**

### *Ch. 1 Starters and Light Meals*

#### **Crunchy Vegetable Rolls with Peanut Dipping Sauce**

*PointsPlus* value: 2.

#### **Onion-Flavored Cheese Rounds**

*PointsPlus* value: 1.

#### **Feta and Spinach Triangles**

*PointsPlus* value: 3.

#### **Herbed Mushroom Morsels**

*PointsPlus* value: 1.

#### **Pita Chips with Black Bean “Caviar”**

*PointsPlus* value: 3.

#### **Pan-Seared Scallops with Tomato-Corn Hash**

*PointsPlus* value: 4.

#### **Ham and Cheese Soufflé**

*PointsPlus* value: 6.

#### **Sweet Apple and Cheese Pancakes**

*PointsPlus* value: 5.

#### **Bluberry Blintzes**

*PointsPlus* value: 5.

#### **Classic Herbed Omelette**

*PointsPlus* value: 3.

#### **Spicy Corn Pudding**

*PointsPlus* value: 3.

#### **Pasta with Oven-Roasted Tomatoes and Pesto**

*PointsPlus* value: 5.

**Fettucine with Gorgonzola and Toasted Walnuts**

*PointsPlus* value: 6.

**Bow Ties with Smoked Salmon, Goat Cheese, and Chives**

*PointsPlus* value: 4.

**Lima Bean–Tomato Succotash**

*PointsPlus* value: 4.

*Ch. 2 Fresh Salads*

**Mini Burgers and Vegetable Salad with Shallot Vinaigrette**

*PointsPlus* value: 4.

**Roast Beef and Baby Greens Salad**

*PointsPlus* value: 4.

**Pork Chop Salad with Pear-Roquefort Dressing**

*PointsPlus* value: 6.

**Ham and Chickpea Salad**

*PointsPlus* value: 4.

**Sautéed Cauliflower, Broccoli, and Bacon Salad**

*PointsPlus* value: 3.

**Coleslaw-Chicken Salad with Peppery Dressing**

*PointsPlus* value: 5.

**Penne-Chicken Salad with Creamy Ranch Dressing**

*PointsPlus* value: 7.

**Chicken Salad with Grapes and Walnuts**

*PointsPlus* value: 7.

**Cajun Shrimp and Arugula Salad**

*PointsPlus* value: 4.

**Frisée Salad with Truffled Poached Eggs**

*PointsPlus* value: 3.

**Diner-Style Greek Salad**

*PointsPlus* value: 3.

**Spicy Tabbouleh-Pomegranate Salad**

*PointsPlus* value: 5.

**I♥ Tomatoes Salad**

*PointsPlus* value: 3.

**Pickled Beet Salad with Raspberry Vinaigrette**

*PointsPlus* value: 3.

**Fruit Salad with Creamy Mint Dressing**

*PointsPlus* value: 4.

*Ch. 3 Robust Soups*

**Chunky Vegetable-Beef Soup**

*PointsPlus* value: 5.

**Smoky Black Bean Soup**

*PointsPlus* value: 7.

**Garlicky Chicken and Escarole Soup**

*PointsPlus* value: 5.

**Curried Chicken and Vegetable Soup**

*PointsPlus* value: 5.

**Turkey and Sweet Potato Soup**

*PointsPlus* value: 7.

**Asian-Style Shrimp and Vegetable Soup**

*PointsPlus* value: 3.

**Manhattan Clam Chowder**

*PointsPlus* value: 3.

**Italian Bean Soup**

*PointsPlus* value: 5.

**Watercress–Egg Drop Soup**

*PointsPlus* value: 2.

**Mushroom-Rice Soup**

*PointsPlus* value: 3.

**Creamiest Asparagus Soup**

*PointsPlus* value: 3.

**Silky Butternut Squash Soup**

*PointsPlus* value: 5.

**Leek and Sweet Potato Soup**

*PointsPlus* value: 4.

**Chilled Minted Zucchini Soup**

*PointsPlus* value: 2.

**Gazpacho with Garlic Croutons**

*PointsPlus* value: 3.

*Ch. 4 Easy Brunches and Lunches*

**Bacon, Egg, and Cheese Casserole**

*PointsPlus* value: 6.

**Cheese and Chive Omelette**

*PointsPlus* value: 3.

**Green Chile and Cheddar Strata**

*PointsPlus* value: 5.

**Mini Artichoke Frittatas**

*PointsPlus* value: 2.

**Santa Fe–Style Baked Eggs**

*PointsPlus* value: 7.

**Golden Cornmeal Pancakes**

*PointsPlus* value: 6.

**Easy Mushroom-Ham Crêpes**

*PointsPlus* value: 3.

**Broccoli-Tomato Quiche**

*PointsPlus* value: 6.

**Scrambled Egg and Bacon Melt**

*PointsPlus* value: 3.

**Grilled Swiss with Avocado and Tomato**

*PointsPlus* value: 6.

**Almond Butter and Jam–Stuffed French Toast**

*PointsPlus* value: 7.

**Berry and Cream Cheese Open-Face Sandwiches**

*PointsPlus* value: 4.

**Greek-Style Pizza with Feta and Artichokes**

*PointsPlus* value: 6.

**Spicy Chicken Tostadas**

*PointsPlus* value: 4.

**Turkey-Cheddar Tacos**

*PointsPlus* value: 4.

*Ch. 5 Best-Ever Poultry*

**Grilled Whole Chicken with Garlic and Herbs**

*PointsPlus* value: 5.

**Classic Roast Chicken**

*PointsPlus* value: 4.

**Easy Chicken Cacciatore**

*PointsPlus* value: 5.

**Pineapple and Honey–Glazed Chicken**

*PointsPlus* value: 5.

**Baked Mediterranean-Style Chicken**

*PointsPlus* value: 4.

**Grilled Chicken with Fresh Corn Salsa**

*PointsPlus* value: 6.

**Soy-Ginger Chicken Breasts**

*PointsPlus* value: 5.

**Baked Chicken Provençal**

*PointsPlus* value: 5.

**Chicken Tandoori**

*PointsPlus* value: 3.

**Skillet Chicken with Lemon and Capers**

*PointsPlus* value: 5.

**Thai Chicken Satay**

*PointsPlus* value: 4.

**Tex-Mex Chicken Wraps**

*PointsPlus* value: 6.

**Chicken with Green Sauce**

*PointsPlus* value: 6.

**Hunan Chicken Stir-Fry**

*PointsPlus* value: 7.

**Smoky Buffalo Chicken Fingers**

*PointsPlus* value: 6.

**Spanish Chicken and Rice**

*PointsPlus* value: 11.

**Lemon Chicken with Artichokes**

*PointsPlus* value: 9.

**Grilled Margarita Chicken**

*PointsPlus* value: 7.

**Creole Chicken and Okra**

*PointsPlus* value: 5.

**Grilled Asian-Style Drumsticks**

*PointsPlus* value: 8.

**Madras Curry Drumsticks**

*PointsPlus* value: 4.

**Best-Ever Chicken Meatloaf**

*PointsPlus* value: 5.

**Tex-Mex–Spiced Turkey Breast**

*PointsPlus* value: 4.

**Turkey Parmesan**

*PointsPlus* value: 8.

**Ham and Cheese–Stuffed Turkey Cutlets**

*PointsPlus* value: 8.

**Saucy Turkey Meatballs**

*PointsPlus* value: 6.

**Barbecue-Sauced Sloppy Joes**

*PointsPlus* value: 7.

**Turkey Sausage with Peppers and Polenta**

*PointsPlus* value: 7.

**Citrus-Glazed Duck Breasts**

*PointsPlus* value: 4.

**Hoisin Duck and Vegetable Stir-Fry**

*PointsPlus* value: 6.

*Ch. 6 Savory Meats*

**Beef Tenderloin with Red Wine and Mushrooms**

*PointsPlus* value: 7.

**Mini Beef Wellingtons**

*PointsPlus* value: 7.

**Japanese Beef Hot Pot**

*PointsPlus* value: 7.

**Zesty Steak Fajitas**

*PointsPlus* value: 7.

**Cowboy Beef Stew**

*PointsPlus* value: 7.

**Meatloaf with Bell Pepper and Onion**

*PointsPlus* value: 6.

**Cuban-Style Picadillo**

*PointsPlus* value: 6.

**Texas-Style Meatloaf**

*PointsPlus* value: 4.

**Smoky Roast Pork with Peaches and Plums**

*PointsPlus* value: 6.

**Chuck Wagon Chili**

*PointsPlus* value: 5.

**Herb-Grilled Pork Chops with Vegetables**

*PointsPlus* value: 7.

**Pork Chops with Rosemary-Wine Sauce**

*PointsPlus* value: 5.

**Pork and Rice–Stuffed Cabbage**

*PointsPlus* value: 5.

**Thai Pork and Rice Bowl**

*PointsPlus* value: 6.

**Ham, Mushroom, and Ginger Fried Rice**

*PointsPlus* value: 5.

**Lamb and Vegetable Skewers**

*PointsPlus* value: 4.

**Grilled Lamb Chops with Herb Pesto**

*PointsPlus* value: 5.

**Spring Lamb with Artichoke Hearts**

*PointsPlus* value: 5.

**Harvest Shepherd’s Pie**

*PointsPlus* value: 7.

**Veal Scaloppine Marsala**

*PointsPlus* value: 8.

*Ch. 7 Flavorful Fish*

**Salmon with Tabbouleh Salad**

*PointsPlus* value: 8.

**Salmon and Vegetable Packets**

*PointsPlus* value: 9.

**Sesame-Lime Grilled Tuna**

*PointsPlus* value: 5.

**Tuna and Vegetable Bake**

*PointsPlus* value: 8.

**Tuna and Bell Pepper Soft Tacos**

*PointsPlus* value: 9.

**Cod with Tarragon-Lemon Bread Crumbs**

*PointsPlus* value: 4.

**Creole-Seasoned Tilapida**

*PointsPlus* value: 6.

**Halibut with Moroccan Tomato Sauce and Couscous**

*PointsPlus* value: 11.

**Red Snapper with Jalapeño Tartar Sauce**

*PointsPlus* value: 5.

**Mussels in Spicy Tomato Broth**

*PointsPlus* value: 6.

**Maryland Crab Cakes with Lemon Rémooulade**

*PointsPlus* value: 4.

**Ham-Wrapped Scallops with Tangerine-Balsamic Sauce**

*PointsPlus* value: 4.

**Chipotle-Lime Shrimp**

*PointsPlus* value: 3.

**Shrimp and Sausage Paella**

*PointsPlus* value: 6.

**Shrimp and Vegetable Sushi Rolls**

*PointsPlus* value: 5.

*Ch. 8 Quick Vegetarian*

**Eggplant-Mushroom Lasagna**

*PointsPlus* value: 9.

**Spaghetti with Spring Vegetables**

*PointsPlus* value: 8.

**Pasta with Mixed-Vegetable Ragu**

*PointsPlus* value: 7.

**Ricotta Cheese Ravioli with Butternut Squash Sauce**

*PointsPlus* value: 8.

**Bow Ties with Tomato-Vodka Sauce**

*PointsPlus* value: 7.

**Grits with Goat Cheese and Scallions**

*PointsPlus* value: 4.

**Mediterranean Ratatouille Casserole**

*PointsPlus* value: 5.

**Vegetable-Jack Cheese Quesadillas**

*PointsPlus* value: 10.

**Risotto-Style Barley with Shiitake Mushrooms**

*PointsPlus* value: 5.

**Asparagus and Pea Risotto**

*PointsPlus* value: 6.

**Double-Cheese Polenta with Mushroom Sauce**

*PointsPlus* value: 7.

**Grilled Portobello Mushroom and Onion “Burgers”**

*PointsPlus* value: 6.

**Cheddar, Corn, and Tortilla Casserole**

*PointsPlus* value: 7.

**Indian-Style Mixed Vegetable Stew**

*PointsPlus* value: 3.

**Dried Apricot, Chickpea, and Bulgur Pilaf**

*PointsPlus* value: 2.

**Quinoa, Fennel, and Sun-Dried Tomato Pilaf**

*PointsPlus* value: 6.

**Spicy Black Bean Cakes with Tomato Salsa**

*PointsPlus* value: 6.

**Spinach and Lentils**

*PointsPlus* value: 4.

**Potato, Gruyère, and Tofu Casserole**

*PointsPlus* value: 5.

**Barley Salad with Apples, Grapes, and Walnuts**

*PointsPlus* value: 5.

*Ch. 9 Simple Sides*

**Roasted Asparagus with Lemon and Chives**

*PointsPlus* value: 1.

**Beet Greens with Golden Onion**

*PointsPlus* value: 2.

**Stir-Fried Bok Choy with Shiitake Mushrooms**

*PointsPlus* value: 3.

**Broccoli Rabe with Garlic and Parmesan**

*PointsPlus* value: 2.

**Brussels Sprouts with Raisins**

*PointsPlus* value: 3.

**Red Cabbage Slaw**

*PointsPlus* value: 4.

**Cinnamon-Scented Red Cabbage and Apple**

*PointsPlus* value: 4.

**Carrots with Ginger-Honey Dressing**

*PointsPlus* value: 3.

**Cauliflower Parmesan**

*PointsPlus* value: 4.

**Cauliflower with Golden Raisins and Pecans**

*PointsPlus* value: 4.

**Warm Chile-Spiced Edamame**

*PointsPlus* value: 2.

**Green Beans Oreganato**

*PointsPlus* value: 2.

**Creamy Garlic Mashed Potatoes**

*PointsPlus* value: 4.

**German Potato Salad with Turkey Bacon**

*PointsPlus* value: 4.

**Warm Potato Salad with Lemon-Scallion Dressing**

*PointsPlus* value: 3.

**Sweet Potato Pancakes**

*PointsPlus* value: 4.

**Rice Salad with Bell Peppers and Edamame**

*PointsPlus* value: 6.

**Vegetable Stir-Fried Rice**

*PointsPlus* value: 4.

**Oven-Roasted Root Vegetables**

*PointsPlus* value: 3.

**Red Cherry, Grape, and Apple Mold**

*PointsPlus* value: 4.

*Ch. 10 Slow-Cooker Specials*

**Mustardy Pot Roast with Vegetables**

*PointsPlus* value: 6.

**Tuscan Beef with Tomatoes**

*PointsPlus* value: 5.

**Italian-Style Beef Rolls**

*PointsPlus* value: 8.

**Swiss Steak**

*PointsPlus* value: 5.

**Classic New England Dinner**

*PointsPlus* value: 6.

**Favorite Slow-Cooker Meatloaf**

*PointsPlus* value: 5.

**Pork with Cherry-Mustard Glaze**

*PointsPlus* value: 7.

**Fruited Pork Tenderloin**

*PointsPus* value: 8.

**Teriyaki Pork**

*PointsPlus* value: 4.

**Pork Barbecue Sandwiches**

*PointsPlus* value: 7.

**Pork Chops with Cremini Mushrooms**

*PointsPlus* value: 6.

**Braised Pork Chops with Dates and Thyme**

*PointsPlus* value: 10.

**Kielbasa and Vegetable Paella**

*PointsPlus* value: 6.

**Provençal Leg of Lamb**

*PointsPlus* value: 4.

**Fresh Lemon and Herb Chicken**

*PointsPlus* value: 4.

**No-Fuss Chicken Mole**

*PointsPlus* value: 6.

**Country Chicken with Mushrooms and Leeks**

*PointsPlus* value: 5.

**Spicy Apricot Chicken**

*PointsPlus* value: 7.

**Jamaican Jerk Drumsticks**

*PointsPlus* value: 6.

**Cornish Hens with Tarragon Butter**

*PointsPlus* value: 6.

**Turkey Breast with 40 Cloves of Garlic**

*PointsPlus* value: 5.

**Turkey Breast with Spice Butter**

*PointsPlus* value: 5.

**Two-Bean Burritos**

*PointsPlus* value: 5.

**New Orleans Shrimp Gumbo**

*PointsPlus* value: 7.

**Stuffed Peppers with Rice and Beans**

*PointsPlus* value: 7.

*Ch. 11 15-Minute Dishes*

**Tapenade and Roast Beef Crostini**

*PointsPlus* value: 3.

**Spiced Shrimp Salsa**

*PointsPlus* value: 1.

**Sesame Beef Satay**

*PointsPlus* value: 4.

**Beef-Vegetable Fried Rice**

*PointsPlus* value: 6.

**Stir-Fried Beef and Snow Peas**

*PointsPlus* value: 3.

**Hungarian-Style Pork Chops with Baby Spinach**

*PointsPlus* value: 6.

**Pan-Fried Chicken Cutlets with Chunky Nectarine Salsa**

*PointsPlus* value: 5.

**Spicy Moroccan Chicken Soup**

*PointsPlus* value: 5.

**Chicken Sausage and Bean Stew**

*PointsPlus* value: 6.

**Curried Chicken Patties on Lemony Rice**

*PointsPlus* value: 9.

**Spiced Shrimp with Mango Puree**

*PointsPlus* value: 4.

**Microwave Cod with Parsley**

*PointsPlus* value: 4.

**Crab Lovers' Sandwiches**

*PointsPlus* value: 5.

**Soy-Pasta Bolognese**

*PointsPlus* value: 9.

**Double-Cheese Mini Pizzas**

*PointsPlus* value: 9.

**Cheesy Herbed Omelette**

*PointsPlus* value: 5.

**Classic Rice and Beans Cuban-Style**

*PointsPlus* value: 7.

*Ch. 12 Sweet Desserts*

**Boston Cream Pie**

*PointsPlus* value: 6.

**Nectarine-Strawberry Cobbler**

*PointsPlus* value: 7.

**Pineapple Bread Pudding with Chocolate Sauce**

*PointsPlus* value: 6.

**Date-Raisin Baklava**

*PointsPlus* value: 6.

**Crêpes Suzette**

*PointsPlus* value: 4.

**Lemon-Glazed Orange Loaf**

*PointsPlus* value: 5.

**Tiramisù**

*PointsPlus* value: 7.

**Dried Bluberry Scones**

*PointsPlus* value: 5.

**Raspberry-Corn Muffins**

*PointsPlus* value: 5.

**Dried Cranberry–Stuffed Baked Apples**

*PointsPlus* value: 4.

**Pomegranate and Star Anise–Poached Grapefruit**

*PointsPlus* value: 5.

**Lime-Grilled Pineapple, Mango, and Plums**

*PointsPlus* value: 3.

**Broiled Pineapple with Passion Fruit Sorbet and Toasted Coconut**

*PointsPlus* value: 5.

**Mixed Fruit Fool**

*PointsPlus* value: 4.

**Fruit Mélange with Minty Lemon Syrup**

*PointsPlus* value: 6.

**Ruby Port–Poached Plums**

*PointsPlus* value: 5.

**Mocha Granita with Hazelnut Liqueur**

*PointsPlus* value: 5.

**Chocolate-Banana Smoothie**

*PointsPlus* value: 3.