

In 20 Minutes – *PointsPlus*[™] Values

Ch. 1 Welcome the Morning

Fruit and Cheese–Stuffed French Toast

PointsPlus value: 8.

Mixed Berry French Toast

PointsPlus value: 8.

Raspberry-Cornmeal Pancakes

PointsPlus value: 9.

Brown Sugar–Banana Waffles

PointsPlus value: 6.

Lemon Pancakes with Fresh Raspberry Sauce

PointsPlus value: 8.

Buckwheat-Applesauce Griddle Cakes

PointsPlus value: 5.

Berry-Stuffed Cinnamon Crêpes

PointsPlus value: 6.

Strawberry and Sour Cream Blintzes

PointsPlus value: 4.

Pressure-Cooked Honey and Spice Porridge

PointsPlus value: 7.

Oatmeal with Dried Fruit and Brown Sugar

PointsPlus value: 7.

Spiced Oatmeal Brûlée

PointsPlus value: 7.

Rich and Creamy Oatmeal with Blueberries and Walnuts

PointsPlus value: 7.

Fresh Fruit with Orange-Scented Ricotta

PointsPlus value: 4.

Mango-Honey Breakfast Cooler

PointsPlus value: 5.

Mango-Peach Smoothie

PointsPlus value: 6.

Banana-Peach Protein Smoothie

PointsPlus value: 4.

Tropical Sorbet Smoothie

PointsPlus value: 6.

Denver Omelette

PointsPlus value: 4.

Provençal Vegetable Omelette

PointsPlus value: 3.

Potato and Green Pepper Frittata

PointsPlus value: 4.

Crab and Chive Frittata

PointsPlus value: 3.

Southwestern-Style Scrambled Eggs

PointsPlus value: 5.

Scrambled Eggs with Smoked Salmon and Onion

PointsPlus value: 6.

Poached Eggs with Salsa and Cheese

PointsPlus value: 4.

Mixed Vegetable Egg Foo Yong

PointsPlus value: 4.

Apple-Raisin Matzo Brei

PointsPlus value: 6.

Smoked Salmon, Dill, and Red Onion Pizzas

PointsPlus value: 8.

Italian Salad Pizza

PointsPlus value: 5.

Microwave Sausage and Chile Corn Bread

PointsPlus value: 6.

Turkey, Potato, and Sage Patties

PointsPlus value: 6.

Pinto Bean and Pepper Jack Burritos

PointsPlus value: 6.

Ch. 2 It's Noon...Time to Eat

Pork, Orange, and Fennel Salad

PointsPlus value: 6.

Bartlett Pear and Ham Salad

PointsPlus value: 5.

Frisée Salad with Canadian Bacon and Poached Eggs

PointsPlus value: 5.

Lebanese Chicken-Pita Salad

PointsPlus value: 7.

Santa Fe–Style Roasted Chicken Salad

PointsPlus value: 4.

Easy Salmon Niçoise

PointsPlus value: 6.

Tuna Salad–Stuffed Tomatoes

PointsPlus value: 4.

Shrimp and Papaya Salad with Honey-Lime Dressing

PointsPlus value: 6.

Asparagus-Shrimp Salad

PointsPlus value: 6.

Citrus and Scallop Salad

PointsPlus value: 6.

Chickpea and Feta Cheese Salad

PointsPlus value: 4.

Roast Beef and Watercress Sandwiches

PointsPlus value: 6.

Buffalo-Style Chicken Strips

PointsPlus value: 5.

Open-Face Chicken, Tomato, and Arugula Panini

PointsPlus value: 9.

Warm Caesar-Style Chicken Sandwiches

PointsPlus value: 8.

Turkey, Apple, and Honey-Mustard Wraps

PointsPlus value: 8.

Soy-Glazed Fresh Tuna Sandwiches

PointsPlus value: 11.

Salmon Salad Sandwiches

PointsPlus value: 8.

Asian-Style Shrimp Salad Sandwiches

PointsPlus value: 6.

Grilled Vegetable–Gruyère Sandwiches

PointsPlus value: 7.

Avocado, Tofu, and Tomato Sandwiches

PointsPlus value: 7.

Faux Egg Salad Sandwich

PointsPlus value: 6.

Microwave Potato Nachos

PointsPlus value: 5.

Broccoli and Cheddar Quesadilla

PointsPlus value: 5.

White Bean and Roasted Pepper Bruschetta

PointsPlus value: 5.

Barley Soup with Chicken and Vegetables

PointsPlus value: 6.

Kielbasa and Black Bean Soup

PointsPlus value: 4.

Pea Soup with Shrimp and Tarragon

PointsPlus value: 5.

Corn and Crab Chowder

PointsPlus value: 7.

Tomato-Basil Soup

PointsPlus value: 3.

Easy Garden Vegetable Soup

PointsPlus value: 2.

Double Mushroom Broth with Soba Noodles

PointsPlus value: 7.

Ch. 3 Delicious Steaks, Chops, and More

Steak with Olive-Mint Sauce

PointsPlus value: 4.

Flank Steak with Chimichurri Sauce

PointsPlus value: 4.

Easy Pepper Steak

PointsPlus value: 4.

Onion-Smothered Sirloin Steak

PointsPlus value: 5.

Peppered Steak with Brandy-Mustard Sauce

PointsPlus value: 7.

Moroccan-Style Beef Kebabs

PointsPlus value: 9.

Quick Burgundy-Style Beef Stew

PointsPlus value: 7.

Beef and Green Beans with Asian Flavors

PointsPlus value: 8.

Garlicky Beef and Snow Peas

PointsPlus value: 4.

Japanese-Style Beef and Vegetable Salad

PointsPlus value: 6.

North African-Style Burgers

PointsPlus value: 7.

Microwave Chili-Stuffed Tomatoes

PointsPlus value: 6.

Tex-Mex Beef and Vegetable Salad

PointsPlus value: 8.

Pork Chops with Corn-Bell Pepper Relish

PointsPlus value: 7.

Pork Chops with Fresh Herb Vinaigrette

PointsPlus value: 5.

Skillet Pork Chops with Apricot-Mustard Sauce

PointsPlus value: 8.

Pork with Cauliflower and Walnuts

PointsPlus value: 6.

Salad-Topped Pork Cutlets

PointsPlus value: 8.

Pork Tenderloin with Cranberry Pan Sauce and Butternut Squash

PointsPlus value: 6.

Pork Medallions with Fresh Pear Chutney

PointsPlus value: 5.

Sautéed Pork with Peaches

PointsPlus value: 8.

Stir-Fried Pork and Broccoli with Hoisin Sauce

PointsPlus value: 8.

Black Pepper Pork with Scallions

PointsPlus value: 5.

Glazed Ham Steak with Summer Fruit Relish

PointsPlus value: 4.

Pork with Ginger and Noodles

PointsPlus value: 5.

Broiled Lamb Chops with Parsley-Walnut Pesto

PointsPlus value: 4.

Lamb with Cucumber-Radish Salad

PointsPlus value: 5.

Pressure Cooker Moroccan-Style Lamb

PointsPlus value: 7.

Hunan-Style Lamb and Bell Peppers

PointsPlus value: 5.

Easy Moussaka

PointsPlus value: 7.

Lamb Burgers with Garlicky Yogurt Sauce

PointsPlus value: 9.

Veal Cutlets with Lemon-Caper Sauce

PointsPlus value: 5.

Ch. 4 Chicken and Turkey Any Way You Like It

Chicken with Cremini Mushroom–Port Sauce

PointsPlus value: 6.

Cornmeal-Crusted Chicken with Nectarine-Basil Salsa

PointsPlus value: 6.

Grilled Chicken and Persimmon Salad

PointsPlus value: 6.

Chicken and Coconut Curry

PointsPlus value: 6.

Chicken, White Bean, and Arugula Salad

PointsPlus value: 7.

Stir-Fried Chicken and Mushrooms with Cellophane Noodles

PointsPlus value: 8.

New Orleans–Style Chicken

PointsPlus value: 6.

Chicken with Feta and Tomatoes

PointsPlus value: 3.

Grilled Chicken with Blood Orange Salad

PointsPlus value: 5.

Sautéed Chicken Breasts with Tomato-Caper Sauce

PointsPlus value: 5.

Greek-Style Chicken with Yogurt Sauce

PointsPlus value: 6.

Moroccan-Style Chicken Stew

PointsPlus value: 6.

Szechuan Chicken and Bok Choy Stir-Fry

PointsPlus value: 10.

Sloppy Joes Tex-Mex Style

PointsPlus value: 7.

Microwave Deviled Chicken

PointsPlus value: 7.

Chicken and Mushroom Bolognese

PointsPlus value: 8.

Sausages and Onion on Crispy Polenta

PointsPlus value: 7.

Key West–Style Roasted Chicken Salad

PointsPlus value: 5.

Chicken, Rice, and Black Bean Salad

PointsPlus value: 6.

Warm Curried Chicken Salad

PointsPlus value: 5.

Parmesan Turkey Cutlets with Arugula and Tomato

PointsPlus value: 5.

Ham and Swiss–Stuffed Turkey Rolls

PointsPlus value: 4.

Middle Eastern–Style Turkey Burgers

PointsPlus value: 9.

Turkey–Green Chile Tacos

PointsPlus value: 9.

Scallion-Ginger Meatballs

PointsPlus value: 5.

Turkey and Corn Quesadillas

PointsPlus value: 6.

Sausage and Onion Fajitas

PointsPlus value: 6.

Fresh Linguine with Sausage and Spinach

PointsPlus value: 9.

Ch. 5 Fresh, Fast Fish

Salmon Cakes with Red Pepper Mayonnaise

PointsPlus value: 5.

Soy and Ginger–Marinated Salmon

PointsPlus value: 5.

Orange and Lime–Marinated Halibut

PointsPlus value: 5.

Swordfish with Asian Flavors

PointsPlus value: 7.

Mediterranean-Style Swordfish

PointsPlus value: 5.

Sesame-Crusted Tuna Steaks

PointsPlus value: 6.

Bayou-Style Tuna with Roasted Pepper Sauce

PointsPlus value: 6.

Greek-Style Cod Fillets

PointsPlus value: 4.

Cod with Tomato-Fennel Salsa

PointsPlus value: 3.

Microwave Creole Cod

PointsPlus value: 4.

Mahimahi with Shallot-Mustard Sauce

PointsPlus value: 4.

Snapper with Easy Pesto Sauce

PointsPlus value: 5.

Striped Bass with Cherry Tomato–Caper Sauce

PointsPlus value: 8.

Sea Bass with Green Sauce

PointsPlus value: 6.

Parmesan and Potato–Crusted Flounder with Tomato-Cilantro Sauce

PointsPlus value: 5.

Ham-Wrapped Flounder with Spinach Stuffing

PointsPlus value: 4.

Orange Roughy with Spicy Tomato Sauce

PointsPlus value: 5.

Tilapia and Corn Stew

PointsPlus value: 7.

Chesapeake Bay–Style Catfish

PointsPlus value: 5.

Pan-Fried Catfish with Caper-Herb Sauce

PointsPlus value: 5.

Marseille-Style Bouillabaisse

PointsPlus value: 5.

Stir-Fried Shrimp and Zucchini in Coconut Sauce

PointsPlus value: 5.

Curry-Dusted Shrimp with Mango-Ginger Sauce

PointsPlus value: 5.

Shrimp with Bok Choy and Baby Corn

PointsPlus value: 8.

Crispy Peppery Shrimp in the Shell

PointsPlus value: 3.

Sweet and Tangy Scallops

PointsPlus value: 5.

Watercress, Scallop, and Noodle Soup

PointsPlus value: 7.

Pasta with Red Clam Sauce

PointsPlus value: 8.

Capellini with Mussels in Tomato-Basil Sauce

PointsPlus value: 8.

Ch. 6 Meatless Ways for Great Suppers

Cavatelli with Escarole and White Beans

PointsPlus value: 10.

Curried Vegetables with Lentils and Couscous

PointsPlus value: 7.

Easy Red Beans and Rice

PointsPlus value: 6.

Herbed Bean and Tomato Pita Pizzas

PointsPlus value: 9.

Cuban-Style Black Beans and Rice

PointsPlus value: 5.

Mediterranean-Style Salad Pizzas

PointsPlus value: 7.

Bread Salad with Tomatoes, Beans, and Feta

PointsPlus value: 9.

Tomato, Avocado, and Black Bean Tacos

PointsPlus value: 5.

Warm Lentil Salad with Tahini Dressing

PointsPlus value: 6.

White Bean Bruschetta with Chopped Salad

PointsPlus value: 7.

Spinach Fettuccine with Tomato-Soy Ragu

PointsPlus value: 9.

Linguine with Creamy Roasted Pepper Sauce

PointsPlus value: 6.

Gnocchi with Herb-Walnut Pesto

PointsPlus value: 8.

Double Cheese and Macaroni

PointsPlus value: 8.

Orzo with Spring Vegetables and Ricotta

PointsPlus value: 6.

Vegetable-Topped Orange Couscous

PointsPlus value: 7.

Couscous and Vegetable-Stuffed Tomatoes

PointsPlus value: 4.

Double Cheese Polenta with Golden Onions

PointsPlus value: 8.

Tofu and Vegetable Lo Mein

PointsPlus value: 6.

Asian Vegetables in Coconut Curry

PointsPlus value: 6.

Mixed Vegetable and Tofu Stir-Fry

PointsPlus value: 7.

Brown Rice and Soy Burritos

PointsPlus value: 9.

Hunan-Style Vegetables and Tempeh

PointsPlus value: 9.

Tempeh and Black Bean Tostadas

PointsPlus value: 9.

Cabbage and Mushroom Fajitas

PointsPlus value: 6.

Portobello Mushroom–Garlic Burgers

PointsPlus value: 6.

Spanish Potato Tortilla

PointsPlus value: 5.

Microwave Vegetable Strata

PointsPlus value: 6.

Ricotta and Cheddar Cheese Omelette

PointsPlus value: 4.

Scrambled Eggs with Zucchini and Scallions

PointsPlus value: 3.

Ch. 7 Fabulous in Only 15 Minutes

Filet Mignon with Herb Butter

PointsPlus value: 4.

Flank Steak with Herbes de Provence

PointsPlus value: 5.

Spicy Tangerine Beef

PointsPlus value: 4.

Beef Skewers with Cilantro and Ginger

PointsPlus value: 7.

Thai Beef and Lettuce Rolls

PointsPlus value: 5.

Ginger Beef and Vegetable Fried Rice

PointsPlus value: 5.

Double Mushroom Burgers with Spiced-up Ketchup

PointsPlus value: 7.

Asian-Style Roast Beef Salad

PointsPlus value: 4.

Hungarian-Style Pork Chops with Sour Cream Sauce

PointsPlus value: 5.

Pork Chops with Scallion-Lemon Relish

PointsPlus value: 6.

Mustard-Coated Lamb Steaks

PointsPlus value: 5.

Orange-Glazed Chicken Breasts

PointsPlus value: 5.

Sautéed Chicken with White Wine and Mushrooms

PointsPlus value: 6.

Chicken Milanese Style

PointsPlus value: 4.

Chicken with Shiitakes and Marsala

PointsPlus value: 4.

Sweet-and-Sour Pineapple Chicken

PointsPlus value: 7.

Chicken Burgers on Garlic Bread

PointsPlus value: 9.

Chicken Picadillo

PointsPlus value: 6.

Sausage, Mushroom, and Tomato Stew

PointsPlus value: 6.

Sliced Chicken and Smoked Mozzarella Salad

PointsPlus value: 6.

Currant and Walnut-Topped Turkey Cutlets

PointsPlus value: 5.

Spiced Turkey Burgers with Yogurt and Chutney

PointsPlus value: 8.

Salmon with Balsamic-Honey Sauce

PointsPlus value: 7.

Microwave Salmon Fillet with Lemon Sauce

PointsPlus value: 7.

Salmon with Tomato-Scallion Relish

PointsPlus value: 7.

Cajun Tuna with Scallion-Caper Mayonnaise

PointsPlus value: 7.

Scallops with Garlic Bread Crumbs

PointsPlus value: 6.

Skillet Shrimp with Onion, Succotash, and Tomatoes

PointsPlus value: 5.

Potato Pierogies with Wild Mushroom Sauce

PointsPlus value: 6.

Ch. 8 Sweet Sensations

Fruit-Filled Crêpes with Brown Sugar–Sour Cream

PointsPlus value: 5.

Sautéed Bananas with Rum and Brown Sugar

PointsPlus value: 9.

Berry-Topped Cake with Strawberry Sauce

PointsPlus value: 6.

Cinnamon-Sugared Pineapple with Coconut Sorbet

PointsPlus value: 6.

Orange-Poached Figs with Yogurt and Pistachios

PointsPlus value: 5.

One-Step Fruit Fool

PointsPlus value: 4.

Fresh Fruit with Ricotta Cream

PointsPlus value: 5.

Creamy Brown Rice and Dried Cherry Pudding

PointsPlus value: 5.

Vanilla Yogurt and Anisette-Toast Parfaits

PointsPlus value: 4.

Double Chocolate–Cranberry Pudding

PointsPlus value: 7.

Cold Crenshaw Melon Soup with Honey and Mint

PointsPlus value: 3.

Fresh Fruit Gazpacho

PointsPlus value: 3.

Five Fruit Salad

PointsPlus value: 5.

Watermelon Salad with Mint and Lime

PointsPlus value: 4.

Tropical Fruit Salad with Toasted Coconut

PointsPlus value: 5.

Strawberry-Vanilla Malted

PointsPlus value: 5.

Peach-Strawberry Milk Shakes

PointsPlus value: 4.

Chocolate-Raspberry Cooler

PointsPlus value: 3.

Microwave Spiced Popcorn–Dried Fruit Mix

PointsPlus value: 3.

Bonus Chapter: Double the Pleasure

Chili-Rubbed Flank Steak with BBQ Onions

PointsPlus value: 6.

Beef and Bean Soft Tacos

PointsPlus value: 8.

Honey-Spice Pork

PointsPlus value: 8.

Open-Face BBQ Pork Sandwiches with Pineapple Slaw

PointsPlus value: 10.

Tunisian Lamb Chops

PointsPlus value: 4.

Hearty Lamb and White Bean Stew

PointsPlus value: 9.

Green Chile Chicken

PointsPlus value: 7.

Spicy Chicken and Broccoli Stir-Fry

PointsPlus value: 8.

Basque Chicken Stew

PointsPlus value: 6.

Louisiana Po' boys

PointsPlus value: 10.

Kielbasa with Peppers and Onions

PointsPlus value: 7.

Sausage and Red Bean Gumbo

PointsPlus value: 10.

Mustard-Glazed Salmon with Lemony Potatoes and Snap Pea Salad

PointsPlus value: 8.

Chunky Salmon Salad

PointsPlus value: 5.

Lemon and Herb Crumb–Topped Cod

PointsPlus value: 5.

New England Fish Chowder

PointsPlus value: 8.

Polenta with Chunky Mushroom-Zucchini Ragu

PointsPlus value: 7.

Polenta Lasagna

PointsPlus value: 7.

Veggie Bean Chili

PointsPlus value: 5.

Moroccan Vegetable Tagine

PointsPlus value: 8.

