

Index



A

Almond Mishmishya, 439
Anisette Toasts, 437
Antipasto Platter, 56, 57
Apple(s):
 Apple-Cranberry Crisp, 391
 Apple-Oatmeal Cookies, 393
 Baked, with Caramel Sauce, 390
 Brown Betty, 390
 Chicken with Cider and, 154, 155
 Chutney, 26–27
 Strudel, Double Apple, 389
Apricot Drumettes, 52
Arroz con Pollo, 160
Artichokes, Herb-Stuffed, 318
Arugula, 117
 Crêpes, Creamy Ham and, 93
 Roast Beef Salad with, 100
Asian Beef Skewers, 196
Asian Sea Bass, 226
Asian Shrimp, Snow Peas, and Rice, 239
Asian Vinaigrette, 32
Asparagus:
 Roasted, and Red Peppers, 319
 Soup, Cream of, 136–137
Avgolemono Chicken Soup, 122

B

Baba Ghanouj, 40
Baked Apples with Caramel Sauce, 390

Baked Beans, 276
Baked Scrod with Ratatouille, 225
Baking powder, yeast vs., 80
Baking tips, 382, 418, 435
Balsamic-Glazed Veal Chops, 212
Banana:
 Bread, 80
 Cream Pie, 374, 375, 411
 Cupcakes, 385
Barbecue Pork with Mop Sauce, 205
Barley, Leek, and Rosemary Gratin, 349
Basic Beef Stock, 2
Basic Brown Sauce, 5
Basic Cheese Pizza, 301
Basic Chicken Stock, 3
Basic Crêpes, 92
Basic Croutons, 93
Basic Crumb Crust, 370
Basic Dry Rub, 20
Basic Marinade, 18
Basic Muffins, 85
Basic Pie Crust, 368
Basic Pizza Dough, 300
Basic Tart Crust, 368, 369
Basic Tomato Sauce, 5
Basic Vegetable Stock, 3
Basic Yogurt Biscuits, 89
Basil, 16
Beans:
 Baked, 276
 Black Bean Salad, Southwestern, 107

Black Bean Salsa, Mango and, 24
Black Bean Soup, 128
Chinese Long, with Hot Chili Sauce, 324
 dried, cooking times for, 263
Egyptian Fava Bean Salad, 106
Italian-Style White, 262
Navy Bean Soup, 127
Pasta e Fagioli, 293
Red Beans, Garlicky Pork and, 209
Red Beans, Moroccan, Dip, 40
Salad, Classic Four-Bean, 105
Salad, Potato and, with Walnut Vinaigrette, 114
Slow-Cook Tuscan Sausage-and-Bean Soup, 141
White Beans, Tuna with Onions and, 103
Béchamel Sauce, 13
Beef, 201
 Asian Beef Skewers, 196
 Chili, Bean and, 198
 Chinese Pepper Steak Wraps, 193
 Filet Mignon, Grilled, & Chipotle Butter, 186
 Flank Steak, Marinated, 186
 grilling steaks, 187
 Hamburger, Classic, 197
 Kebabs, Middle Eastern, 192
 Korean Steak on a Stick, 55
 London Broil, 184

- marinating, 18
 - Pot Roast, Classic, 189
 - Roast Tenderloin, Pepered, 188
 - Salad, Roast Beef with Arugula, 100
 - Sirloin Teriyaki, Grilled, 188
 - Soup, Classic Barley and, 120
 - Steak with Two Peppers, 187
 - Stew, 190, 191
 - Stew, Slow-Cook, 191
 - Stir-Fry, Spicy Broccoli and, 194, 195
 - storing, 197
 - T-Bone Steak, Grilled, 184, 185
 - Beets:
 - Borscht, 145
 - Oven-Roasted, Garlic and, 320
 - Roasted, Asian Pear Salad and, 116
 - Behavior, weight loss and, x–xi
 - Berry Muffins, 85
 - Bibb lettuce, 117
 - Biscotti:
 - Chocolate Espresso, 429, 431
 - Double Chocolate Hazelnut, 392
 - Biscuits, Basic Yogurt, 89
 - Bisque, 141
 - Black and White Strawberries, 396, 397
 - Black Bean(s):
 - and Rice, 262
 - Sauce, 8
 - Soup, 128
 - Blueberry Buttermilk Pancakes, 91
 - Blueberry Sherbet, 398
 - Blue Cheese Dressing, 34, 35
 - Boiled Stuffed Lobster, 235
 - Borscht, 145
 - Boston lettuce, 117
 - Bow Ties with Salmon and Asparagus, 292
 - Braised Endive with Lemon, 327
 - Braised Halibut and Tomatoes with Orzo, 230
 - Bran Bread, 67
 - Bread, *See also* Buns; *also* Rolls
 - Banana, 80
 - Basic Yogurt Biscuits, 89
 - Bran, 67
 - Caraway Rye, Bread-Machine, 72
 - Carrot Tea, 81
 - Challah, 68
 - Cheese, 62
 - Cheese Corn, 83
 - Cinnamon Raisin, Bread-Machine, 73
 - Corn, Classic, 83
 - Focaccia, 70, 71–72
 - Herb and Olive Ciabatta, 69
 - Holiday Stollen, 422, 423
 - Honey Wheat Bread, 66
 - Irish Soda, 77
 - Italian, 65
 - Microwave-Baked English Muffin, 74
 - Naan, 77
 - Pan Bagnat, 274
 - Panettone, 421
 - Pumpkin-Apple, 82, 83
 - Raisin, 62
 - Roasted Vegetable Crostini, 42
 - Sourdough White, 64
 - Stuffed French Toast, 94
 - Sweet Brown, 81
 - Three Kings Day (Rosca de Reyes), 424
 - White, Classic, 62, 63
 - yeast bread tips, 67
 - Zucchini, 84
 - Bread machines:
 - adjusting recipes for, 73
 - Caraway Rye Bread, Bread-Machine, 72
 - Cinnamon Raisin Bread, Bread-Machine, 73
 - Broccoli:
 - Cavatelli with, 294
 - Cream of Broccoli Soup, 137
 - with Garlic, 320
 - Lemon-Butter Spears, 321
 - Roasted, with Cumin-Chipotle Butter, 321
 - Broccoli Rabe:
 - Chicken and, with Polenta, 165
 - Fettuccine with Chicken and, 282
 - Orecchiette with, 298, 299
 - Pan-Braised, 322
 - and Sausage Risotto, 180–181
 - Broiled Tuna with Corn Relish, 230–231
 - Brown and Wild Rice with Walnuts and Cranberries, 344
 - Brownies, 428
 - Brussels Sprouts, Caramelized Pearl Onions, Fennel, and, 330
 - Bûche de Noël, 426, 427
 - Buffalo Burgers, Cheddar-Stuffed, 214, 215
 - Buffalo Wings, 52
 - Bulgur:
 - cooking guidelines for, 347
 - Pilaf, 346
 - Tabbouleh, 346
 - Buns:
 - Classic Sticky Buns, 78, 79
 - Hot Cross, 419
 - Saint Lucia, 420
 - Buttermilk Pancakes, 91
 - Buttermilk Waffles, 91
- C**
- Cabbage, 117
 - Coleslaw with Caraway-Mint Dressing, 108
 - Red, with Ginger, 322
 - Slaw, Radicchio, Jicama, and, 113
 - Caesar Salad, 108, 109
 - Cajun Dry Rub, 21
 - Cajun Red Snapper, 221
 - Cake:
 - baking tips for, 382
 - Banana Cupcakes, 385
 - Bûche de Noël, 426, 427
 - Caramel, with Bourbon-Pear Sauce, 380
 - Carrot, 381
 - Cheesecake, 382
 - Chocolate Layer, 378
 - Citrus Passover, 414
 - Cranberry Cheesecake, 417
 - Cranberry-Orange Loaf, 416
 - Dark Christmas Fruitcake, 418
 - Flourless Chocolate, 425

- Honey, 412, 413
- Lemon Angel Food, with Berries, 384
- Pumpkin Spice, 415
- Rolled Orange Sponge, 383
- Sour Cream Coffee Cake, 84
- Vanilla Layer, with Chocolate-Ginger Frosting, 379
- California Seafood Salad, 104
- California Sushi Rolls, 58, 59
- Calzones, 312
 - Mushroom Whole-Wheat, 313
- Cannellini Bean-Stuffed Peppers, 265
- Capellini with Fresh Tomato Sauce, 281
- Caponata, 41
- Caramel Cake with Bourbon-Pear Sauce, 380
- Caramelized Garlic Spread on Toasts, 42
- Caramelized Onion, Fig, and Stilton Pizza, 308
- Caramelized Pearl Onions, Fennel, and Brussels Sprouts, 330
- Carrot(s):
 - Cake, 381
 - Dilled, 323
 - Tea Bread, 81
- Cashew Brittle, Spicy, 438
- Catfish, “Fried,” with Potato Sticks, 218
- Cauliflower with Tomato-Curry Sauce, 323
- Cavatelli with Broccoli, 294
- Challah, 68
- Chard, 117, *See also* Swiss Chard
- Cheddar-Stuffed Buffalo Burgers, 214, 215
- Cheese:
 - Ball, 44
 - Basic Cheese Pizza, 301
 - Blue Cheese Dressing, 34, 35
 - Bread, 62
 - Cheddar-Stuffed Buffalo Burgers, 214, 215
 - Corn Bread, 83
 - Creamy Blue Cheese Polenta, 351
 - Crisps, 45
 - Feta Cheese Topping, 71
 - Garlic and Herb Yogurt, 31
 - Goat, Pissaladière Squares with Tomato Coulis and, 310
 - Manicotti, Cheese-Stuffed, 291
 - Quiche, Spinach and, 251
 - Sauce, 13
 - Scones, 90
 - Soufflé, Classic, 253
 - Stovetop Macaroni and, 296, 297
 - Straws, 45
 - Yogurt, 30
- Cheesecake, 382
 - Cranberry, 417
- Cheese-Stuffed Manicotti, 291
- Cherry Pie, 406
- Cherry Soup, Sweet, 146
- Chicken:
 - with Apples and Cider, 154, 155
 - Apricot Drumettes, 52
 - Arroz con Pollo, 160
 - Breasts, Creole Poached, 153
 - and Broccoli Rabe with Polenta, 165
 - Buffalo Wings, 52
 - Casserole, Zesty Chicken-Noodle, 156
 - Chili, Chickpea and, 158, 159
 - Fajitas, 164
 - Fettuccine with Broccoli Rabe and, 282, 283
 - Fried Rice, 166
 - Garlic Roasted, with Gravy, 148, 149
 - Greek Roast, 150
 - Hash, 158
 - marinating, 18
 - Moo Shu, 168, 169
 - with Olives and Dates, 163
 - Orange, with Broccoli, 164
 - Orange-Crumbed Baked, 162, 163
 - Picadillo, 170
 - poaching, 153
 - Pot Stickers, 167
 - Quesadillas, with Corn Salad, 170
 - Rosemary, with Wild Rice, 155
 - Salad, Chinese Chicken, 98, 99
 - Salad, Classic, 99
 - Salad, with Bell Pepper Dressing, 97
 - with Sausage, and Capers, 152
 - Sauté, Chicken-Escarole, 156
 - Shepherd’s Pie, 157
 - Soup, Avgolemono, 122
 - Soup, Slow-Cook, 140
 - Soup, with Matzo Balls, 120
 - Southern Oven “Fried,” 151
 - Stir-Fry, 152
 - storing, 161
 - Strips, Provençal, 161
 - tips for buying/using, 160
 - types of, 151
- Chickpea(s):
 - Cakes, Hot-and-Spicy, 51
 - Chili, Chicken and, 158
 - and Pasta, 295
 - Pasta and, 295
 - Soup, 131
 - Spicy Wheat Berry-Chickpea Medley, 263
 - and Spinach Stew, Smoky, 336
- Chicory, 117
 - with Mustard and Caper Dressing, 112, 113
- Chili:
 - Beef and Bean, 198
 - Chicken and Chickpea, 158, 159
 - Hearty Meatless, 258
 - Tempeh, Sweet Onion, & Mushroom, 259
- Chinese Chicken Salad, 98, 99
- Chinese Long Beans with Hot Chili Sauce, 324
- Chinese Pepper Steak Wraps, 193
- Chinese Vegetables, Stir-Fried, 326, 327
- Chives, 334
- Chocolate:
 - Biscotti, Chocolate Espresso, 429, 431
 - Fondue, 388
 - Layer Cake, 378
 - Mousse, Classic, 388
 - Muffins, 85
 - Sauce, 402, 403

- Chowder:
 Corn and Bacon, 123
 Creamy Clam, 127
 Manhattan Clam, Slow-Cook, 142
 stew vs., 141
 Turkey, Slow-Cook, 140
- Chutney:
 Apple, 26–27
 Mango, 26
 Pineapple, Pork Chops with, 206
- Cilantro, 16
- Cioppino, 126
- Citrus fruits, sectioning, 397
- Citrus Marinade, 20
- Citrus Passover Cake, 414
- Clams:
 Chowder, Creamy Clam, 127
 Chowder, Slow-Cook
 Manhattan, 142
 Linguine with Red Peppers and, 284
- Classic Apple Pie, 370
- Classic Beef and Barley Soup, 120
- Classic Cheese Soufflé, 253
- Classic Chicken Salad, 99
- Classic Chocolate Mousse, 388
- Classic Corn Bread, 83
- Classic Crêpes Suzette, 92
- Classic Deviled Eggs, 44
- Classic Four-Bean Salad, 105
- Classic Guacamole, 38
- Classic Hamburger, 197
- Classic Pot Roast, 189
- Classic Quiche, 250
- Classic Roasted Vegetables, 332, 333
- Classic Salad Niçoise, 101
- Classic Scones, 89
- Classic Spaghetti and Meatballs, 278, 279
- Classic Split Pea Soup, 131
- Classic Steamed Lobster, 237
- Classic Sticky Buns, 78, 79
- Classic Vinaigrette, 31
- Classic White Bread, 62, 63
- Coconut:
 Bread Pudding, with Chocolate Sauce, 387
 Cream Pie, 411
 Macaroons, 430, 431
- Cod:
 in Grape Leaves, 219
 Stew, with Potatoes, 218
- Coffee Cake, Sour Cream, 84
- Cognitive skills, x–xi, xi
- Colcannon, 361
- Cold Sesame Noodles, 286
- Coleslaw:
 with Caraway-Mint Dressing, 108
 Radicchio, Cabbage, and Jicama, 113
- Comfort Zone scale, x
- Confetti Corn Cakes, 355
- Cookies:
 Apple-Oatmeal, 393
 baking tips for, 382, 435
 Coconut Macaroons, 430, 431
 Gingerbread People, 436
 Lebkuchen, 433
 Lemon-Poppy Seed Crisps, 394
 Linzer Thumbprint Jewel, 430, 431
 Macadamia-Coconut Kisses, 394
 Mocha Meringues, 440
 Neapolitan, 434
 Nun's Signs (Susiros de Monja), 435
 Peanut Butter, 393
 Rugelach, 432
- Core Plan, ix, x, xii
- Corn:
 Cakes, Confetti, 355
 Chowder, Bacon and, 123
 on the Cob, Oven-Roasted, 324, 325
 Pudding, 354
 Relish, Tomato and, 25
 Spanish-Style Hominy, 348
- Cornbread, Apricot, and Cranberry Dressing, 356
- Cornish Hens with Apricot Sauce, 181
- Cornmeal Pizza Dough, 300
- Couscous with Lime-Scallion Sauce, 348
- Crab Cakes:
 Maryland, 236, 237
 Mini, 60
- Cranberry:
 Cheesecake, 417
 Crisp, Apple-Cranberry, 391
 Loaf Cake, Cranberry-Orange, 416
 Relish, Cranberry-Walnut, 25
 “Creamed” Spinach, 336
- Cream of Asparagus Soup, 136–137
- Cream of Broccoli Soup, 137
- Cream of Mushroom Soup, 138
- Creamy Blue Cheese Polenta, 351
- Creamy Clam Chowder, 127
- Creamy Ham and Arugula Crêpes, 93
- Creamy Polenta with Sautéed Vegetables, 271
- Creamy Potato Soup with Roasted Garlic, 134
- Creole Poached Chicken Breasts, 153
- Creole-Style Okra, 329
- Crêpes:
 Basic, 92
 Creamy Ham and Arugula, 93
 Suzette, 92
- Crostini, Roasted Vegetable, 42
- CROUTONS:
 Basic, 93
 Garlicky, Gazpacho with, 145
- Crunchy Lentil Salad, 106
- Cucumber and Yogurt Soup, Herbed, 146
- Currant Scones, 90
- Curried Basmati Rice, 341
- Curried Lentil Salad, 105
- Curry Sauce, 9
- Custard, Toasted Coconut, 386
- D**
- Dandelion greens, 117
- Dark Christmas Fruitcake, 418
- Dijon-Herb Marinade, 18
- Dill, 16
- Dilled Carrots, 323
- Dip(s), 43
 Moroccan Red Bean, 40
 Roasted Red Pepper, 39, 41

White Bean-Garlic, Veggies &, 43
 Dolmades, 39, 47
 Double Apple Strudel, 389
 Double Chocolate Hazelnut Biscotti, 392
 Double-Chocolate Sorbet, 399
 Dressing:
 Cornbread, Apricot, and Cranberry, 356
 Sausage and Rice, 345
 Wild Rice and Mushroom Stuffing, 345
 Duck Breasts, Grilled, with Orange-Balsamic Glaze, 182
 Dulce de Calabaza (Pumpkin Jam), 440
 Dumplings, Easy Shu Mai, 53

E

Easy Enchiladas, 180
 Easy Shu Mai Dumplings, 53
 Eggs, Classic Deviled, 44
 Eggplant:
 Baba Ghanouj, 40
 Grilled, Tomato and, 272
 Rollatini, 273
 Egyptian Fava Bean Salad, 106
 Enchiladas, Easy, 180
 Endive, 117
 Braised, with Lemon, 327
 Escarole, 117
 Sauté, Escarole-Chicken, 156
 Exercise, ix–x

F

Fajitas, Chicken, 164
 Falafel, Fiery, 264
 Fat-cutting techniques, 376
 Feta Cheese Topping, 71
 Fettuccine:
 with Chicken and Broccoli Rabe, 282, 283
 with Walnut Sauce, 283
 Fiery Falafel, 264
 Fish. *See also specific types of fish*
 checking doneness of, 228
 Cioppino, 126
 food safety tips for, 247

grilling, 221
 marinating, 18
 nutritional values of, 243
 selecting, 219
 Smoked, and Fresh Tomato Salsa Bruschetta, 234
 storing, 224
 substituting, 227
 Whole Broiled, Moroccan Style, 228, 229
 Flex Plan, viii–ix, x, xii
 Flounder:
 with Broiled Tomatoes, 220
 “Fried,” with Tartar Sauce, 220
 Flour, 74
 Flourless Chocolate Cake, 425
 Focaccia, 70, 71–72
 Fondue, Chocolate, 388
 Food plans, viii–ix
 French Lemon Tart (Tarte au Citron), 410
 French Onion Soup, 136
 “Fried” Catfish with Potato Sticks, 218
 “Fried” Flounder with Tartar Sauce, 220
 Frisee, 117
 Frozen Mango-Lime Mousse, 395
 Fruit. *See also specific types of fruit*
 Mini Muffins, 88
 preventing browning of, 391
 sectioning citrus fruits, 397
 Fruitcake, Dark Christmas, 418
 Fusilli, Sicilian, with Spinach, Ricotta, and Raisins, 290

G

Garlic, 21, 334
 Broccoli with, 320
 Chicken, Garlic Roasted, with Gravy, 148, 149
 Croutons, Garlicky, Gazpacho with, 145
 and Herb Yogurt Cheese, 31
 Red Beans and Pork, Garlicky, 209
 roasting, 134
 Tapas, Garlic Shrimp, 55
 Vegetables, Garlic-Ginger, Orzo with, 297

Gazpacho with Garlicky Croutons, 145
 German Potato Salad, 114
 Gingerbread, Triple-Ginger, 385
 Gingerbread People, 436
 Grains:
 cooking guidelines for, 347
 types of, 340
 Granita, 400
 Pink Grapefruit and Raspberry, 400, 401
 Grape Leaves:
 Cod in, 219
 Dolmades, 39, 47
 Greek Meatballs (Keftedes), 200
 Greek Pizza, 303
 Greek Roast Chicken, 150
 Greek Salad with Oregano-Feta Dressing, 111
 Greens, *see* Salad greens
 Green Beans, Lemon-Sautéed, with Parsley, 328
 Green Goddess Dressing, 36
 Grilled Duck Breasts with Orange-Balsamic Glaze, 182
 Grilled Eggplant and Tomato, 272
 Grilled Filet Mignon & Chipotle Butter, 186
 Grilled Sirloin Teriyaki, 188
 Grilled T-Bone Steak, 184, 185
 Grilled Teriyaki Shrimp, 238
 Grilling, 46
 fish, 221
 steaks, 187
 Guacamole, Classic, 38
 Gumbo, Quick, 124, 125

H

Halibut, Braised, and Tomatoes with Orzo, 230
 Ham, 201
 Crêpes, Creamy Ham and Arugula, 93
 Orange-Glazed, 210
 Steak, Maple Mustard, with Sherry-Raisin Sauce, 210
 Hash, Chicken, 158
 Hash Brown Potatoes, 360
 Healthy Eating Guidelines, ix

Hearty Meatless Chili, 258
 Herbs, 16
 Herb and Olive Ciabatta, 69
 Herb-Crusted Red Snapper, 222, 223
 Herbed Brown Rice, 344
 Herbed Cucumber and Yogurt Soup, 146
 Herbed Mashed Potatoes, 362
 Herbed Quinoa with Peas and Scallions, 350
 Herbed Vinegar, 29
 Herb-Stuffed Artichokes, 318
 Hogazas, Sausage & Pepper, 54
 Holiday Stollen, 422, 423
 Hollandaise, Light, 12
 Hominy, Spanish-Style, 348
 Honey Cake, 412, 413
 Honey-Mustard Dressing, 33
 Honey-Mustard Pork Chops, 207
 Honey Wheat Bread, 66
 Honey-Wheat Crescent Rolls, 75
 Horseradish Sauce, 14
 Hot-and-Sour Soup, 138–139
 Hot-and-Spicy Chickpea Cakes, 51
 Hot Chocolate, Mexican, 428
 Hot Cross Buns, 419
 Hummus, 38, 39
 Sandwich, Roasted Vegetable and, 264

I

Individual Salad Pizzas, 307
 Irish Soda Bread, 77
 Italian Bread, 65
 Italian Dressing, 33
 Italian Sausage with Peppers, 211
 Italian-Style White Beans, 262

J

Jam, Pumpkin (Dulce de Calabaza), 440
 Jamaican Jerked Grilled Swordfish, 226
 Jamaican Jerk Paste, 22, 23
 Jumbo Bran Muffins, 86, 87

K

Kale, 117
 with Balsamic Vinaigrette, 328

Kasha Varnishkes, 347
 Keema Samosas, 50–51
 Keftedes (Greek Meatballs), 200
 Korean Steak on a Stick, 55

L

Lamb, 201
 Chops, with Yogurt-Mint Sauce, 202
 Meatballs, Yogurt Soup with, 121
 Moroccan-Style Roast Leg of, 201
 Shish Kebabs, 202
 Stew, Savory, 203
 Stew, Slow-Cook Savory, 203 storing, 197
 Lasagna with Meat Sauce, 289
 Lebkuchen, 433
 Leeks, 334
 Gratin, Barley, Rosemary and, 349
 Soup, Golden Potato and, 133
 Lemon:
 Angel Food Cake, with Berries, 384
 Broccoli Spears, Lemon-Butter, 321
 Crisps, Lemon-Poppy Seed, 394
 Green Beans, Lemon-Sautéed, with Parsley, 328
 Muffins, 85
 Risotto, Lemony Spring-Vegetable, 268
 Zucchini, Lemon-Thyme, on Flatbread, 314, 315
 Lentil(s):
 Salad, Crunchy, 106
 Salad, Curried, 105
 Soup, Slow-Cook Dal, 144
 Soup, Swiss Chard and, 132
 Lettuce, 117
 Lifetime Members (LTMs), x–xi
 Light Hollandaise, 12
 Light Mayonnaise, 30
 Linguine:
 Alfredo, 285
 with Clams and Red Peppers, 284

Linzer Thumbprint Jewel Cookies, 430, 431

Lobster:
 Boiled Stuffed, 235
 Classic Steamed, 237
 Salad, 104

London Broil, 184
 LTMs (Lifetime Members), x–xi
 Lyonnaise Potatoes, 358

M

Macadamia-Coconut Kisses, 394
 Macaroni and Cheese, Stovetop, 296, 297
 Mâche, 117
 Mango:
 Chutney, 26
 Frozen Mousse, Mango-Lime, 395
 Salsa, Black Bean and, 24
 Manicotti, Cheese-Stuffed, 291
 Maple Mustard Ham Steak with Sherry-Raisin Sauce, 210
 Marinade(s), 18
 Basic, 18
 Citrus, 20
 Dijon-Herb, 18
 Tandoori Yogurt, 19
 Teriyaki, 19
 Marinated Flank Steak, 186
 Marinated Tofu-Vegetable Kebabs, 256
 Marjoram, 16
 Maryland Crab Cakes, 236, 237
 Mayonnaise, Light, 30
 Measuring ingredients, 64
 Meat, 201. *See also specific types of meats*
 checking for doneness, 201
 storing, 197
 tenderness of cuts, 200
 Meatballs, Greek (Keftedes), 200
 Meatloaf, Spicy, 196
 Mesclun, 117
 Salad, Orange, Walnut and, 115
 Mexican Hot Chocolate, 428
 Mexican-Style Baked Potatoes, 357
 Microwave-Baked English Muffin Bread, 74
 Microwave cooking, 12

Middle Eastern Beef Kebabs, 192
 Middle Eastern Salad Wraps, 276
 Millet, cooking guidelines for, 347
 Minestrone, 129
 Mini Crab Cakes, 60
 Mint, 16
 Minted Quinoa Fruit Salad, 116
 Mishmishya, Almond, 439
 Miso, 256
 Miso Soup with Spinach & Tofu, 139
 Mixed Vegetable Pickles, 28, 29
 Mocha Meringues, 440
 Mocha Semifreddo, 398
 Monterey Jack Turkey Burgers, 178
 Moo Shu Chicken, 168, 169
 Mornay Sauce, 14
 Moroccan Red Bean Dip, 40
 Moroccan-Style Roast Leg of Lamb, 201
 Mousse:
 Classic Chocolate, 388
 Frozen Mango-Lime, 395
 Muffins, 86
 baking tips for, 382
 Basic, 85
 Berry, 85
 Chocolate, 85
 Fruit Mini, 88
 Jumbo Bran, 86, 87
 Lemon, 85
 Orange, 85
 Spinach-Broccoli, 88
 Sweet, 85
 Mulligatawny, 122
 Mushrooms:
 Calzones, Mushroom Whole-Wheat, 313
 Chili, Tempeh, Sweet Onion, &, 259
 Pizza, Three-Mushroom, Onion, and Bacon, 309
 Portobello Burgers, 275
 Sauce, 8
 Soup, Cream of, 138
 Spinach-Stuffed, 50
 Strudel, Wild Mushroom, 48–49
 Stuffing, Wild Rice and, 345

Turkey Breast, Mushroom-Stuffed, 176, 177
 Mussels Mariniere, 242

N

Naan, 77
 Nachos Grande, 54
 Nasturtium, 117
 Navy Bean Soup, 127
 Neapolitan Cookies, 434
 Neapolitan Easter Pie (Pastiera), 408
 Noodles:
 Sesame, Cold, 286
 Soba, with Miso-Glazed Vegetables, 288
 Tuna-Noodle Casserole, 232
 Zesty Chicken-Noodle Casserole, 156
 Nun's Sighs (Suspiros de Monja), 435
 Nutritional information for recipes, xii

O

Oak leaf, 117
 Oatmeal-Apple Cookies, 393
 Okra, Creole-Style, 329
 Onion(s), 334
 Caramelized, Fig and Stilton Pizza with, 308
 Caramelized Pearl, Fennel, Brussels Sprouts and, 330
 Gravy, Roast Turkey with, 172
 Pizza, Three-Mushroom, Bacon and, 309
 Rings, Oven-Baked, 329
 Salad, Orange and, with Citrus Dressing, 115
 Soup, French Onion, 136
 Sweet, Tempeh & Mushroom Chili with, 259
 Tartlets, Spicy, 48
 Topping, Roasted Red Pepper and, 72
 Tuna with White Beans and, 103
 Orange:
 Chicken, Orange-Crumbed Baked, 162, 163
 Chicken, with Broccoli, 164

Cranberry-Orange Loaf, 416
 Ham, Orange-Glazed, 210
 Muffins, 85
 Salad, Mesclun, Walnut &, 115
 Salad, Onion and, with Citrus Dressing, 115
 Sponge Cake, Rolled Orange, 383
 Vinaigrette, Orange-Mustard, 32
 Orecchiette with Broccoli Rabe, 298, 299
 Oregano, 16
 Orzo with Garlic-Ginger Vegetables, 297
 Oven-Baked Onion Rings, 329
 Oven "Fries," 358, 359
 Oven-Roasted Beets and Garlic, 320
 Oven-Roasted Corn on the Cob, 324, 325

P

Pad Thai, Salad Bar, 270
 Paella, 240
 Pan Bagnat, 274
 Tuna, 232
 Pan-Braised Broccoli Rabe, 322
 Pancakes:
 Blueberry Buttermilk, 91
 Buttermilk, 91
 Potato, 362
 Potato-Vegetable, 49
 Whole-Wheat Moo Shu, 168
 Panettone, 421
 Panzanella, Tuscan, 110
 Pappardelle with Shrimp, 286, 287
 Parmesan-Turkey Meatloaf, 174
 Pasta. *See also specific types, e.g.:*
 Fettuccine
 Bow Ties with Salmon and Asparagus, 292
 Chickpeas and, 295
 choice of sauce and types of, 294
 e Fagioli, 293
 Fra Diavolo, 288
 fresh vs. dried, 285
 low-fat sauces for, 291
 Pastitsio, 290
 Peasant, 293

- Primavera, with Provolone, 292
 Salad, Primavera, 107
 Salad, Tricolor, 110
 Pastiera (Neapolitan Easter Pie), 408
 Pastitsio, 290
 Pastries, *See also* Pie
 Basic Crumb Crust, 370
 Basic Tart Crust, 368, 369
 French Lemon Tart (Tarte au Citron), 410
 Keema Samosas, 50–51
 Spicy Onion Tartlets, 48
 Strawberry-Rhubarb Tartlets, 376, 377
 Peach(es):
 Crumb Pie, 372, 373
 Melba, 395
 in Red Wine, 391
 Peanut:
 Sauce, 10, 11
 Soup, Senegalese, 132
 Tempeh and Vegetable Stir-Fry, Peanuttly, 260
 Peanut Butter Cookies, 393
 Peanuttly Tempeh and Vegetable Stir-Fry, 260, 261
 Peasant Pasta, 293
 Pecan Pie, 406
 Peppers:
 Cannellini Bean-Stuffed, 265
 Chinese Pepper Steak Wraps, 193
 Italian Sausage with, 211
 Red, Linguine with Clams and, 284
 Roasted Red, Asparagus and, 319
 Roasted Red, Coulis, 9
 Roasted Red, Dip, 39, 41
 Roasted Red, Topping of Onion and, 72
 roasting, 97
 Sausage & Pepper Hogazas, 54
 Steak with Two Peppers, 187
 Stuffed, 199
 Turkey Sausage and, 179
 Pepper Dry Rub, 22
 Peppered Roast Tenderloin, 188
 Pesto, 15
 Parsley-Brandy, Scallops with, 248
 Spaghetti with Tomatoes and, 281
 Pickles, Mixed Vegetable, 28, 29
 Pico de Gallo Salsa, 24
 Pie:
 Banana Cream, 374, 375, 411
 Basic Pie Crust, 368
 Cherry, 406
 Classic Apple, 370
 Coconut Cream, 411
 crisp crusts for, 409
 Neapolitan Easter (Pastiera), 408
 Peach Crumb, 372, 373
 Pecan, 406
 Sour Cream Pumpkin, 409
 Strawberry-Rhubarb, 407
 Sweet Potato, 371
 Pink Grapefruit and Raspberry Granita, 400, 401
 Pissaladière Squares with Tomato Coulis and Goat Cheese, 310
 Pizza:
 baking, 302
 Basic Cheese, 301
 Calzones, 312
 Caramelized Onion, Fig, and Stilton, 308
 Greek, 303
 Individual Salad, 307
 Margherita, with Roasted Grape Tomatoes, 302
 Pissaladière Squares with Tomato Coulis and Goat Cheese, 310
 Potato-Crusted Tuna Niçoise, 306
 Sicilian Sausage-Stuffed, 304, 305
 Three-Mushroom, Onion, and Bacon, 309
 toppings for, 308, 309
 Pizza Dough:
 Basic, 300
 Cornmeal, 300
 Semolina, 300
 Whole-Wheat, 300
 working with, 301
 Poached Salmon and Cucumber, 224
 POINTS® System, viii, x, xii
 Polenta:
 Chicken & Broccoli Rabe with, 165
 Creamy, with Sautéed Vegetables, 271
 Creamy Blue Cheese, 351
 with Fontinella-Mushroom Sauce, 352, 353
 Pork, 201
 Barbecue, with Mop Sauce, 205
 Chops, Honey-Mustard, 207
 Chops, with Pineapple Chutney, 206
 Garlicky Red Beans and, 209
 Roast, Puertorriqueño, 204
 Roast, Tuscan-Style, 208, 209
 Stir-Fry, Spicy, 207
 storing, 197
 Portobello Burgers, 275
 Potage, 141
 Potato(es):
 Cod Stew with, 218
 Colcannon, 361
 cooking tips for, 357
 Creamy Potato Soup with Roasted Garlic, 134
 Crisps, 363
 Hash Brown, 360
 Herbed Mashed, 362
 Leek and Golden Potato Soup, 133
 Lyonnais, 358
 Mexican-Style Baked, 357
 Oven “Fries,” 358, 359
 Pancake, Potato-Vegetable, 49
 Pancakes, 362
 Potato-Crusted Tuna Niçoise Pizza, 306
 Roasted Garlic Mashed, 361
 Salad, Bean and, with Walnut Vinaigrette, 114
 Salad, German, 114
 Swiss Chard with, 360
 Topping, Potato-Tomato, 71
 Twice-Baked, 272

types of, 357
 Vichyssoise, 144
 Pot Stickers, Chicken, 167
 Poultry. *See also specific types of poultry, e.g.:* Turkey
 food safety tips for, 178
 roasting times for, 150
 Provençal Chicken Strips, 161
 Provolone, Pasta Primavera with, 292
 Pudding:
 Coconut Bread, with
 Chocolate Sauce, 387
 Corn, 354
 Rice, with Golden Raisins, 386
 Pumpkin:
 Bread, Pumpkin-Apple, 82, 83
 Cake, Pumpkin Spice, 415
 Jam (Dulce de Calabaza), 440

Q

Quesadillas:
 Chicken, with Corn Salad, 170
 Vegetable, 274
 Quiche:
 Classic, 250
 Spinach and Cheese, 251
 Quick Gumbo, 124, 125
 QuikTrak™ system, x
 Quinoa:
 cooking guidelines for, 347
 Fruit Salad, Minted Quinoa, 116
 Herbed, with Peas and
 Scallions, 350

R

Radicchio, 117
 Slaw, Cabbage, Jicama and, 113
 Raisin Bread, 62
 Cinnamon Raisin, Bread-Machine, 73
 Raita, 27
 Raspberry and Pink Grapefruit
 Granita, 400, 401
 Raspberry Sauce, 403
 Ratatouille:
 Baked Scrod with, 225
 Casserole, 331
 Red Cabbage with Ginger, 322

Red Snapper:
 Cajun, 221
 Herb-Crusted, 222, 223
 Seviche, 246, 247
 Relish:
 Corn, Broiled Tuna with, 230–231
 Corn and Tomato, 25
 Cranberry-Walnut, 25
 Ribollita, 130
 Rice:
 Black Beans &, 262
 Brown and Wild, with Walnuts
 and Cranberries, 344
 cooking guidelines for, 341
 Curried Basmati, 341
 Fried, Chicken, 166
 Fried, Vegetable, 340
 Frittata, Roman, 252
 Herbed Brown, 344
 microwave cooking of, 343
 Paella, 240
 Pudding, with Golden Raisins, 386
 Salad, Black Bean, Corn and, 96
 Salad, Wild Rice and
 Asparagus, 96
 Stuffing Wild Rice and
 Mushroom, 345
 Venetian, Peas and, 342
 Rich Roasted Vegetable Stock, 4
 Risotto:
 Lemony Spring-Vegetable, 268
 Milanese, 343
 Sausage and Broccoli Rabe, 180–181
 Seafood, 245
 with Swiss Chard, 269
 Zucchini, with Sun-Dried
 Tomatoes, 266, 267
 Roast Beef Salad with Arugula, 100
 Roasted Asparagus and Red
 Peppers, 319
 Roasted Beet and Asian Pear
 Salad, 116
 Roasted Broccoli with Cumin-
 Chipotle Butter, 321
 Roasted Garlic:

and Chive Dressing, 34
 Mashed Potatoes, 361
 technique for, 134
 Roasted peppers, 97
 Roasted Red Pepper Coulis, 9
 Roasted Red Pepper Dip, 39, 41
 Roasted Scallops with Fennel, 248
 Roasted Tomato Sauce, 6, 7
 Roasted Vegetable Crostini, 42
 Roasting times, poultry, 150
 Roast Pork Puertorriqueño, 204
 Roast Turkey with Onion Gravy, 172
 Rolls. *See also Buns*
 Honey-Wheat Crescent, 75
 Tomato-Herb, 76
 Rolled Orange Sponge Cake, 383
 Romaine, 117
 Roman Rice Frittata, 252
 Rosca de Reyes (Three Kings Day
 Bread), 424
 Rosemary, 16
 Rosemary Chicken with Wild
 Rice, 155
 Rubs:
 Basic Dry, 20
 Cajun Dry, 21
 Pepper Dry, 22
 Rugelach, 432
S
 Sage, 16
 Saint Lucia Buns, 420
 Salad Bar Pad Thai, 270
 Salad dressings, 32
 Blue Cheese, 34, 35
 Green Goddess, 36
 Honey-Mustard, 33
 Italian, 33
 Roasted Garlic and Chive, 34
 Thousand Island, 36
 Salad greens:
 cleaning/storing, 101
 nutritional value of, 337
 types of, 107
 Salad Niçoise, Classic, 101
 Salmon:
 Bow Ties with Asparagus and,
 292
 Poached, and Cucumber, 224

- Salad, with Horseradish, 103
- Southwestern, 225
- Salsa:
 - Fresh Tomato, Bruschetta, Smoked Fish and, 234
 - Mango and Black Bean, 24
 - Papaya-Lime, Spicy Shrimp with, 240
 - Pico de Gallo, 24
 - Tacos with, 198–199
- Sandwiches, Latino Tuna Salad, 233
- Sauce(s):
 - Béchamel, 13
 - Black Bean, 8
 - Brown, Basic, 5
 - Cheese, 13
 - Chocolate, 402, 403
 - Curry, 9
 - Horseradish, 14
 - low-fat, for pasta, 291
 - Mornay, 14
 - Mushroom, 8
 - for pastas, 291, 294
 - Peanut, 10, 11
 - Raspberry, 403
 - Smoky Barbecue, 7
 - Sweet-and-Sour, 10
 - Teriyaki, 19
 - Tomato, Basic, 5
 - Walnut, Fettuccine with, 283
- Sausage:
 - Chicken, Capers and, 152
 - Dressing, Rice and, 345
 - Hogazas, Pepper and, 54
 - Risotto, Broccoli Rabe and, 180–181
 - Soup, Slow-Cook Tuscan Bean-and-, 141
 - Turkey, Peppers and, 179
- Sautéed Summer Squash, 333
- Savory Lamb Stew, 203
- Scallions, 334
- Scallops:
 - with Parsley-Brandy Pesto, 248
 - Roasted, with Fennel, 248
- Scones:
 - Cheese, 90
 - Classic, 89
 - Currant, 190
- Scrod, Baked, with Ratatouille, 225
- Sea Bass, Asian, 226
- Seafood:
 - en Papillote, 243
 - Kebabs, Veggie-Seafood, 244
 - Risotto, 245
 - Salad, California, 104
- Self-monitoring, x–xi
- Semifreddo, Mocha, 398
- Semolina Pizza Dough, 300
- Senegalese Peanut Soup, 132
- Sesame Noodles, Cold, 286
- Shallots, 334
- Shepherd's Pie, 157
- Sherbet, 400
 - Blueberry, 398
- Shish Kebabs, 202
- Shrimp:
 - Asian, with Snow Peas, and Rice, 239
 - Creole, 239
 - Pappardelle with, 286, 287
 - Scampi, 238
 - Spicy, with Papaya-Lime Salsa, 240, 241
 - Tapas, Garlic Shrimp, 55
 - Teriyaki, Grilled, 238
 - Thai Corn Soup with, 128
- Sicilian Fusilli with Spinach, Ricotta, and Raisins, 290
- Sicilian Sausage-Stuffed Pizza, 304, 305
- Sicilian Tuna Wraps, 233
- Slow-Cook Beef Stew, 191
- Slow-Cook Chicken Soup, 140
- Slow-Cook Dal Soup, 144
- Slow-Cook Manhattan Clam Chowder, 142
- Slow-Cook Savory Lamb Stew, 203
- Slow-Cook Turkey Chowder, 140
- Slow-Cook Tuscan Sausage-and-Bean Soup, 141
- Slow-Cook Vegetable Barley Soup, 142, 143
- Smoked Fish and Fresh Tomato Salsa Bruschetta, 234
- Smoked Turkey Panini, 179
- Smoky Barbecue Sauce, 7
- Smoky Spinach and Chickpea Stew, 336
- Snacks, 53
- Soba Noodles with Miso-Glazed Vegetables, 288
- Sorbet, 400
 - Double-Chocolate, 399
 - Watermelon, 399
- Sorrel, 117
- Soups. *See alsospecific recipes*
 - cooking tips for, 137
 - defined, 141
 - healthy tips for, 121
 - leftover, 126
 - as lunches, 129
 - thriftiness of, 130
- Sour Cream Coffee Cake, 84
- Sour Cream Pumpkin Pie, 409
- Sourdough White Bread, 64
- Southern Oven “Fried” Chicken, 151
- Southwestern Black Bean Salad, 107
- Southwestern Salmon, 225
- Soy-glazed Tofu and Kale Sauté, 257
- Soy milk, 256
- Soy products, 256
- Spaghetti:
 - and Meatballs, Classic, 278, 279
 - with Pesto and Tomatoes, 281
- Spaghetti Squash Primavera, 335
- Spanakopita Triangles, 46
- Spanish-Style Hominy, 348
- Spanish Tortilla, 254, 255
- Spicy Beef and Broccoli Stir-Fry, 194, 195
- Spicy Cashew Brittle, 438
- Spicy Meatloaf, 196
- Spicy Onion Tartlets, 48
- Spicy Pork Stir-Fry, 207
- Spicy Shrimp with Papaya-Lime Salsa, 240, 241
- Spicy Stir-Fried Sesame Spinach, 337
- Spicy Wheat Berry-Chickpea Medley, 263
- Spinach, 117
 - and Chickpea Stew, Smoky, 336
 - “Creamed,” 336

- Miso Soup with Tofu &, 139
 - Muffins, Spinach-Broccoli, 88
 - Mushrooms, Spinach-Stuffed, 50
 - Quiche, Cheese and, 251
 - Sicilian Fusilli with Ricotta, Raisins, and, 290
 - Spanakopita Triangles, 46
 - Spicy Stir-Fried Sesame, 337
 - Split Pea Soup, Classic, 131
 - Squash:
 - Spaghetti, Primavera, 335
 - Summer, Sautéed, 333
 - Summer, Soup, 135
 - Winter, Soup, 135
 - Steak with Two Peppers, 187
 - Stew(s):
 - Beef, 190, 191
 - chowders vs., 141
 - Cod, with Potatoes, 218
 - cooking tips for, 137
 - Savory Lamb, 203
 - Slow-Cook Beef, 191
 - Slow-Cook Savory Lamb, 203
 - Smoky Spinach and Chickpea, 336
 - Sticky Buns, Classic, 78, 79
 - Stir-Fry:
 - Chicken, 152
 - Chinese Vegetables, Stir-Fried, 326, 327
 - Peanutty Tempeh and Vegetable, 260, 261
 - Sesame Spinach, Spicy, 337
 - Spicy Beef and Broccoli, 194, 195
 - Spicy Pork, 207
 - tips for, 194
 - Tofu, 254
 - Stock(s), 2
 - Basic Beef, 2
 - Basic Chicken, 3
 - Basic Vegetable, 3
 - Rich Roasted Vegetable, 4
 - Stovetop Macaroni and Cheese, 296, 297
 - Strawberries, Black and White, 396, 397
 - Strawberry-Rhubarb Pie, 407
 - Strawberry-Rhubarb Tartlets, 376, 377
 - Stromboli, 311
 - Stuffed French Toast, 94
 - Stuffed Peppers, 199
 - Stuffed Swiss Chard, 268–269
 - Stuffing:
 - Cornbread, Apricot, and Cranberry Dressing, 356
 - Sausage and Rice Dressing, 345
 - Wild Rice and Mushroom, 345
 - Substitutions, baking, 72
 - Succotash, 338
 - Summer Squash:
 - Sautéed, 333
 - Soup, 135
 - Sushi Rolls, California, 58, 59
 - Suspiros de Monja (Nun's Sighs), 435
 - Sweet-and-Sour Sauce, 10
 - Sweet Brown Bread, 81
 - Sweet Cherry Soup, 146
 - Sweet Muffins, 85
 - Sweet Potato(es):
 - Casserole, 364
 - Chips, 363
 - Fritters, 365
 - with Fruit Topping, 364
 - Pie, 371
 - Swiss Chard:
 - au Gratin, 338
 - with Potatoes, 360
 - Risotto with, 269
 - Soup, Lentil and, 132
 - Stuffed, 268–269
 - Swordfish, Jamaican Jerked Grilled, 226
- T**
- Tabbouleh, 346
 - Tacos with Salsa, 198–199
 - Taco Salad, 102
 - Tamale Casserole, 173
 - Tandoori Yogurt Marinade, 19
 - Tarragon, 16
 - Tempeh, 256
 - Chili, Sweet Onion, Mushroom and, 259
 - Stir-Fry, Peanutty Vegetable and, 260, 261
 - Teriyaki-Grilled Tuna with Water Chestnuts, 231
 - Teriyaki Sauce/Marinade, 19
 - Textured vegetable protein (TVP), 256
 - Thai Corn Soup with Shrimp, 128
 - Thousand Island Dressing, 36
 - Three Kings Day Bread (Rosca de Reyes), 424
 - Three-Mushroom, Onion, and Bacon Pizza, 309
 - Thyme, 16
 - Toast(s):
 - Anisette, 437
 - Caramelized Garlic Spread on, 42
 - Stuffed French, 94
 - Toasted Coconut Custard, 386
 - Tofu, 256
 - Kebabs, Marinated Tofu-Vegetable, 256
 - Miso Soup with Spinach &, 139
 - Soy-Glazed, and Kale Sauté, 257
 - Stir-Fry, 254
 - Tomato-Curry Sauce, Cauliflower with, 323
 - Tomato-Herb Rolls, 76
 - Tomato Salad with Red Onion & Basil, 111
 - Tomato Sauce:
 - Fresh, Capellini with, 281
 - Roasted, 6, 7
 - Tools for Living, xi
 - Tortellini in Broth, 133
 - Tortilla, Spanish, 254, 255
 - Tricolor Pasta Salad, 110
 - Triple-Ginger Gingerbread, 385
 - Trout Amandine, 227
 - Tuna:
 - Broiled, with Corn Relish, 230–231
 - Casserole, Tuna-Noodle, 232
 - Pan Bagnat, 232
 - Potato-Crusted Tuna Niçoise Pizza, 306
 - Teriyaki-Grilled, with Water Chestnuts, 231
 - with White Beans and Onions, 103
 - Wraps, Sicilian, 233
 - Tuna Salad Sandwiches Latino, 233

Turbot à la Nage, 234

Turkey:

- Breast, Mushroom-Stuffed, 176, 177
 - Breast, Peruvian, 171
 - Burgers, Monterey Jack, 178 carving, 172
 - Chowder, Slow-Cook, 140
 - Cutlets, with Cranberry Sauce, 174
 - with Feta Topping, 171
 - Meatloaf, Parmesan-Turkey, 174
 - Panini, Smoked, 179
 - Roast, with Onion Gravy, 172
 - Sausage, Peppers and, 179
 - sizes of, 177
 - Smoked, Wheat Berries with Fruit and, 100
 - Wraps, Vietnamese, 175
- Tuscan Panzanella, 110
- Tuscan-Style Pork Roast, 208, 209
- TVP (textured vegetable protein), 256
- Twice-Baked Potatoes, 272

V

- Vanilla Layer Cake with Chocolate-Ginger Frosting, 379
- Veal:
- Chops, Balsamic-Glazed, 212
 - Pizzaiola, 212
 - storing, 197
- Vegetable(s):
- cooking techniques for, 319
 - fresh vs. frozen/canned, 330
 - Fried Rice, 340
 - grilling, 46
 - Kebabs, Veggie-Seafood, 244
 - Quesadillas, 274
 - Roasted, Classic, 332, 333

- Soup, Slow-Cook Vegetable Barley, 142, 143
- Vegetarian meals, 252
- Veggie-Seafood Kebabs, 244
- Venetian Rice and Peas, 342
- Venison Steaks with Blackberry Sauce, 213
- Vichyssoise, 144
- Vietnamese Turkey Wraps, 175
- Vinaigrette:
 - Asian, 32
 - Balsamic, Kale with, 328
 - Classic, 31
 - Orange-Mustard, 32
 - Walnut, Potato and Bean Salad with, 114
- Vinegar, 29
- Herbed, 29

W

- Waffles, Buttermilk, 91
- Watercress, 117
- Watermelon Sorbet, 399
- Weekly Allowance, ix
- Weight Watchers program:
- behavior changes in, x–xi
 - contact information for, x, xi
 - exercise recommendations, ix–x
 - Healthy Eating Guidelines, ix
 - principles of, vii–viii
 - supportive atmosphere of, xi
- Weight Watchers Turn Around™ program, viii–ix
- Wheat Berries with Smoked Turkey and Fruit, 100
- White Bean-Garlic Dip & Veggies, 43
- Whole Broiled Fish Moroccan Style, 228, 229
- Whole grains, 340
- Whole Wheat:

- cooking guidelines for, 347
 - Moo Shu Pancakes, 168
 - Pizza Dough, 300
- Wild Mushroom Strudel, 48–49
- Wild Rice:
- Salad, Asparagus and, 96
 - Stuffing, Mushroom and, 345
- Winter Squash Soup, 135
- Wraps:
- Chinese Pepper Steak, 193
 - Middle Eastern Salad, 276
 - Sicilian Tuna, 233
 - Vietnamese Turkey, 175

Y

- Yeast:
- baking powder vs., 80
 - types of, 78
- Yeast bread tips, 67
- Yogurt:
- Biscuits, Basic Yogurt, 89
 - Cheese, 30
 - Garlic and Herb, 31
 - Raita, 27
 - Sauce, Yogurt-Mint, Lamb Chops with, 202
 - Soup, Cucumber and, Herbed, 146
 - Soup, with Lamb Meatballs, 121
 - Tandoori, Marinade, 19

Z

- Zesty Chicken-Noodle Casserole, 156
- Zucchini:
- Bread, 84
 - Lemon-Thyme, on Flatbread, 314, 315
 - Risotto, with Sun-Dried Tomatoes, 266, 267