

Carrot Ribbon Salad



Carrot Ribbon

Salad

Getting your hands on a Y-shaped vegetable peeler is the secret to long and beautiful carrot ribbons. Although we used regular carrots here, multicolored carrots would make a vibrant addition to this salad. To save time, make the dressing and carrot ribbons ahead of time.

Ingredients

- 2 tablespoons fresh lemon juice
- 2 teaspoons honey
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- 1 tablespoon olive oil
- 6 ounces carrots, shaved into long strips
- 2 cups arugula
- $\frac{1}{4}$ cup coarsely chopped fresh flat-leaf parsley
- 1 ounce crumbled goat cheese, divided

3 tablespoons chopped toasted pecans, divided

Method

1. Whisk together fresh lemon juice, honey, kosher salt, and black pepper in a small bowl; whisk in olive oil. Toss together carrots, shaved into long strips; arugula; coarsely chopped fresh flat-leaf parsley; and lemon juice mixture.
2. Divide among 4 plates.
3. Top evenly with 1 oz. crumbled goat cheese and 3 Tbsp. chopped toasted pecans.

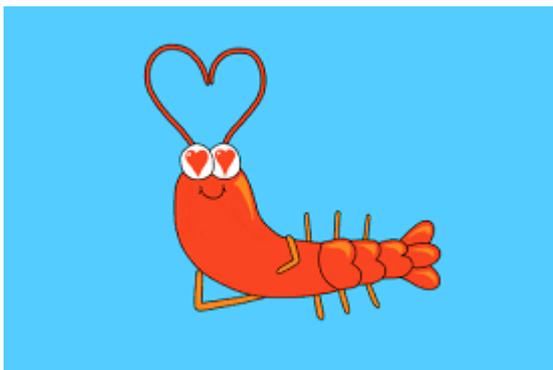
Notes

Pro tip: Soak the ribbons in ice water to get a nice distinct curl.

Prepared 10/2019

Source: Cooking Light (4 servings)

Pesto Shrimp and Pasta



Pesto Shrimp and Pasta

Pesto and shrimp are a wonderful flavor combo for a reason. Plus, both take just minutes to prepare. This beautiful and satisfying dish comes together in just 35 minutes. To make the pesto, all you have to do blend all the ingredients together until the sauce forms. It features classic pesto ingredients, such as lots of fresh basil, grated Parmesan, chopped walnuts,

garlic, and lemon zest. Then you cook the shrimp in a skillet along with grape tomatoes and more garlic until the shrimp is opaque, which takes less than 5 minutes. All that's left to do is toss the shrimp, pesto, and farfalle together in a big bowl and dinner is ready to go.

Ingredients

$\frac{1}{2}$ lb. farfalle, uncooked bow tie pasta
basil
2 cups bay, fresh leaves, loosely packed
 $\frac{1}{3}$ cup(s) water
3 tablespoons grated Parmesan cheese
2 tablespoons chopped walnuts
1 tablespoon extra virgin olive oil
1 teaspoon extra virgin olive oil
3 medium clove(s), minced
1 $\frac{1}{2}$ teaspoons grated lemon zest
 $\frac{1}{4}$ table salt
1 pound, large peeled and deveined uncooked shrimp
2 cups grape tomatoes, halved

Method

1. Cook pasta according to package directions. Drain, transfer to large serving bowl, and keep warm.
2. Meanwhile, to make pesto, combine basil, water, Parmesan, walnuts, 1 tablespoon oil, 2 garlic cloves, lemon zest, and salt in food processor and process until smooth, adding more water, 1 tablespoon at a time, if needed. Set aside.
3. Heat remaining 1 teaspoon oil in large nonstick skillet over medium heat. Add shrimp and cook, stirring often, about 2 minutes. Add tomatoes and remaining garlic and cook, stirring often, until shrimp are just opaque in center and tomatoes are heated through, about 2 minutes longer.
4. Add shrimp mixture and pesto to pasta and toss to combine. Serve at once.

Notes

9 WW Freestyle SmartPoints

Source: Weight Watchers (Servings: 4 | Yield: 1 3/4 cup per serving)

Lemon-Herb Roasted Salmon



Lemon-Herb

Roasted Salmon

Give salmon fabulous flavor with fresh herbs, lemon juice and lemon zest.

Ingredients

1 spray cooking spray

1 ½ pound(s), four 6-oz pieces about 1-inch-thick each (also known as humpback salmon)

uncooked wild pink salmon fillet(s)

⅛ teaspoon table salt, or to taste

⅛ teaspoon coarsely ground black pepper, or to taste

4 tablespoons fresh lemon juice, divided

1 ½ tablespoons sugar

1 Tbsp, chopped fresh parsley (plus extra for garnish, if desired)
1 Tbsp, chopped fresh thyme (plus extra for garnish, if desired)
1 tsp, finely grated lemon zest (plus extra for garnish, if desired)
1 teaspoon minced garlic
1 teaspoon fresh oregano

Method

1. Preheat oven to 400°F. Coat a small, shallow baking dish with cooking spray.
2. Season both sides of salmon with salt and pepper; place salmon in prepared baking dish and drizzle with 2 tablespoons of lemon juice.
3. In a small bowl, whisk together remaining 2 tablespoons of lemon juice, sugar, parsley, thyme, lemon zest, garlic and oregano; whisk until sugar dissolves and set aside.
4. Roast salmon until almost done, about 13 minutes; remove from oven and top with lemon-herb mixture. Return to oven and roast until salmon is fork-tender, about 2 minutes more. Garnish with fresh chopped herbs and grated zest, if desired. Yields about 4 to 5 ounces of salmon per serving.

Notes

We used pink salmon fillets because they are less fatty than some other salmon varieties like coho and sockeye salmon. If you prefer to use a different type of salmon in this recipe make to sure to account for any extra SmartPoints values.

2 WW Freestyle SmartPoints

Prep

- Total Time: 31 Minutes
- Prep: 16 Minutes
- Cook: 15 Minutes

Source: Weight Watchers (4 servings)

Apple Strudel



Apple Strudel

Strudel is a light, crispy pastry made up of layers of filo dough. In our version, cranberries add a bit of tang, but raisins work equally well.

Ingredients

- 2 piece(s) frozen fillo dough, at room temperature (if using 9" x 14" sheets, use 4)
- 3 teaspoons butter, melted
- 2 Tbsp, plain dried plain breadcrumbs
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon ground cinnamon
- 2 small, peeled, cored and sliced fresh apple(s), or 1 extra large
- 1 tablespoon dried cranberries or raisins

Method

1. Preheat the oven to 350°F; spray a baking sheet with nonstick cooking spray.
2. Place the sheets of phyllo on a work surface and cut into four 12 x 8 1/2 inch rectangles; cover with a damp towel. Stack 2 rectangles and brush 1 teaspoon of margarine; sprinkle with 1 teaspoon of bread crumbs. Stack remaining 2 rectangles directly over bread crumbs; brush with another teaspoon of margarine and sprinkle with remaining teaspoon of bread crumbs.
3. In a medium bowl, combine sugar and cinnamon; add apples and toss to coat. Spread apple mixture lengthwise down the center of the phyllo and sprinkle with dried cranberries. Roll up the dough; place the strudel, seam-side down, on the baking sheet. Brush the top of the strudel with the remaining teaspoon of margarine. Bake until golden brown, about 15 minutes.

Notes

My "small" apples were too large. Using 1 extra large apple should be plenty.

I had smaller sheets of fillo (9" x 14"). I used 4 sheets total for this recipe.

3 WW Freestyle SmartPoints

Made – October 2019

Prep

- Total Time: 25 Minutes
- Prep: 10 Minutes
- Cook: 15 Minutes

Source: Adapted from Weight Watchers (4 servings)

Shrimp Fajita Bowls



Shrimp Fajita Bowls

These Shrimp Fajita Bowls are a tasty and easy dinner that your whole family will love! Served over a bed of cilantro-lime rice with peppers and onions, avocado and salsa.

Ingredients

FOR THE SHRIMP:

1 tablespoon olive oil

Juice of 1 lime

1 teaspoon chili powder

1 teaspoon cumin

1 teaspoon oregano

$\frac{1}{2}$ teaspoon smoked paprika

$\frac{1}{2}$ teaspoon kosher salt

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{2}$ teaspoon onion powder

Freshly ground black pepper, to taste
1 lb. large peeled, deveined, tail-off shrimp

FOR THE VEGGIES:

2 medium red bell peppers, sliced
1 large red onion, sliced
1 tablespoon olive oil
 $\frac{1}{2}$ teaspoon kosher salt
Freshly ground black pepper, to taste

FOR THE RICE:

3 cups cooked brown rice
2 tablespoons chopped cilantro
 $\frac{1}{4}$ teaspoon salt
Juice of $\frac{1}{2}$ lime

FOR THE SALSA AND TOPPING:

1 cup diced tomatoes
 $\frac{1}{3}$ cup chopped white onion
 $\frac{1}{4}$ cup chopped cilantro
Pinch kosher salt
Freshly ground black pepper, to taste
1 small, 4-ounce Hass avocado, thinly sliced

Method

1. Preheat oven to 400 degrees F.
2. FOR SHRIMP: In a large bowl, whisk together the shrimp ingredients from olive oil through pepper.
3. Add the shrimp and toss to evenly coat.
4. Set aside and allow to marinate while you make the veggies.
5. FOR VEGGIES: Combine all veggie ingredients in a large bowl. Use your hands to toss and evenly coat veggies with oil and seasoning.
6. Transfer to a sheet pan and roast 20 minutes, tossing halfway through.
7. Meanwhile, prepare the rice and salsa. In a medium bowl, combine rice with cilantro, salt and lime juice.
8. In small bowl, make the salsa by combining the tomatoes, onion, cilantro, salt and pepper.
9. Remove veggies from oven and place marinated shrimp

(leaving excess marinade in the bowl) evenly among the veggies.

10. Return to the oven and roast 8 minutes.

11. Place $\frac{3}{4}$ cup rice in each of 4 bowls. Evenly divide the shrimp, veggies, salsa and sliced avocado among each bowl and serve.

12. [Read more at https://www.skinnytaste.com/shrimp-fajita-bowls/#6Dy1juUDwPoV5Yj5.99](https://www.skinnytaste.com/shrimp-fajita-bowls/#6Dy1juUDwPoV5Yj5.99)

Notes

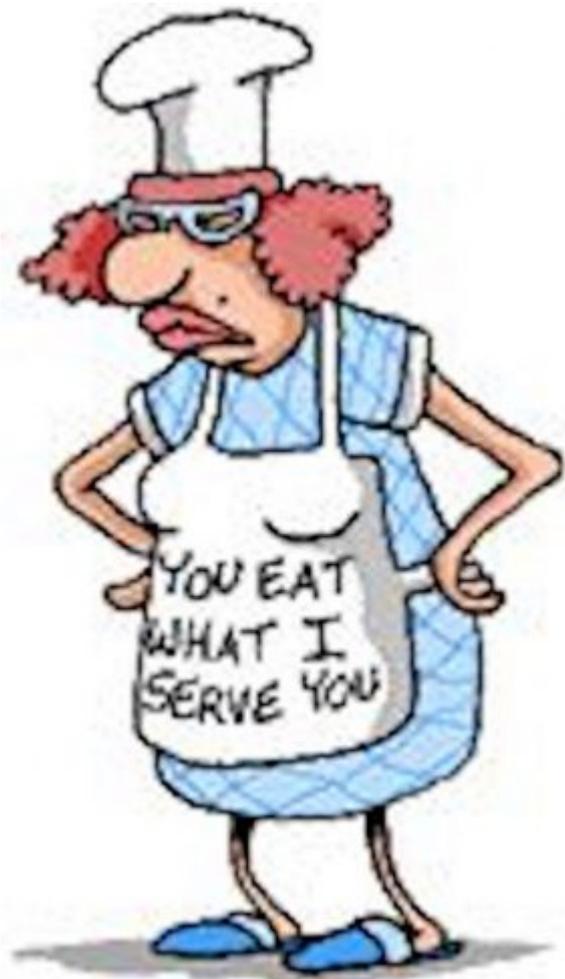
8 WW Freestyle SmartPoints

Prep

- Prep: 15 Minutes
- Cook: 10 Minutes
- Total Time: 25 Minutes

Source: Skinnytaste (4 servings)

[Spicy Pork and Vegetable Lettuce Wraps](#)



Spicy Pork and Vegetable Lettuce

Wraps

Lettuce is a favorite food for Chinese New Year because the word for lettuce in Cantonese saang choi is a homonym for prosperity and wealth.

Ingredients

- 2 tablespoons hoisin sauce
- 2 tablespoons sriracha chili sauce
- 1 tablespoon low sodium soy sauce
- 1 tablespoon peanut oil or vegetable oil
- 1 tablespoon minced ginger root
- $\frac{1}{2}$ lb. uncooked ground pork
- $1 \frac{1}{2}$ cups, uncooked bell peppers, diced in 1/2-inch pieces
- $\frac{1}{2}$ cup, seedless cucumber, unpeeled (diced)
- $\frac{1}{2}$ cup uncooked scallions, chopped
- 12 leaf/leaves bibb lettuce

Method

1. In a small bowl combine hoisin, sriracha and soy sauce.
2. Heat a 14-inch flat-bottomed wok or 12 inch skillet over medium high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in oil, add ginger, and stir-fry 10 seconds or until fragrant. Add pork and stir-fry 1 minute breaking up pork with metal spatula or until meat is almost cooked. Add bell pepper and stir-fry 30 seconds or until just combined. Swirl in sauce and cover for 30 seconds. Uncover, stir-fry 1 to 2 minutes or until pork is just cooked through. Remove from heat and add cucumber and scallions. Serve with lettuce leaves: have diners put about 1/4 cup of filling in a lettuce leaf, fold leaf over and eat like a taco.

Notes

Yields 3 lettuce wraps per serving.

7 WW Freestyle SmartPoints as prepared. I made with Target Sirloin Diced Pork Cubes that I ground up – this reduced the Freestyle SmartPoints to 5.

Prep

- Total Time: 7 Minutes
- Prep: 13 Minutes
- Cook: 4 Minutes

Source: Weight Watchers (4 servings)

[Roasted Chicken Breast with Spiced Cauliflower](#)



Roasted Chicken

Breast with Spiced Cauliflower

Ingredients

- 2 tablespoons olive oil
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{3}{4}$ teaspoons kosher salt, divided
- $\frac{1}{2}$ teaspoon black pepper, divided
- $\frac{1}{8}$ teaspoon cayenne pepper
- 1 lb. uncooked boneless skinless chicken breast, two 8 oz pieces
- 1 lb. uncooked cauliflower, cut into bite-size pieces
- 2 spray(s) cooking spray
- 1 tablespoon cilantro, finely chopped
- $\frac{1}{2}$ medium fresh lime(s), plus wedges for serving

Method

1. Preheat oven to 450°F. Line a large baking sheet with parchment paper.
2. In a large mixing bowl, combine oil, coriander, turmeric, cumin, 1/2 tsp salt, 1/4 tsp pepper and cayenne.
3. Place chicken in center of prepared pan; brush each piece with 1/2 tsp oil mixture.
4. Add cauliflower to bowl; toss to coat. Place cauliflower around chicken; lightly coat chicken and cauliflower with cooking spray. Sprinkle chicken with remaining 1/4 tsp each salt and pepper.
5. Roast until chicken is just cooked through, 15-20 minutes; let rest. Toss cauliflower with chicken juices in pan; continue roasting until browned and tender, about 10 minutes more. Add cilantro; toss.
6. Thickly slice chicken across grain; fan over serving plates. Divide cauliflower among plates; squeeze 1/2 lime over top and serve with additional lime wedges.

Notes

Serving size: 3 oz chicken and 3/4 c cauliflower

2 WW Freestyle SmartPoints

Source: Weight Watchers (4 servings)

[Pulled Chicken Ancho Chili and Black Bean Soup](#)

Pulled Chicken Ancho Chili and Black Bean Soup

A dollop of plain yogurt helps tame the heat in this Mexican-inspired soup.

Ingredients

1 teaspoon olive oil
2 cups uncooked onions, chopped
2 medium poblano chile, chopped
1 $\frac{1}{2}$ teaspoons kosher salt, divided
1 tablespoon minced garlic
1 medium sweet red pepper, diced
2 teaspoons chili powder, or to taste
2 teaspoons ancho chile powder, or to taste
2 teaspoons ground cumin
4 cups fat free chicken broth
15 ounces canned diced tomatoes
1 lb. uncooked boneless skinless chicken breast
15 ounces canned black beans, rinsed and drained
2 cups frozen corn kernels, defrosted
1 tablespoon fresh lime juice
1 cups plain fat free Greek yogurt
1.2 cup cilantro, chopped
 $\frac{1}{2}$ cup uncooked scallions, sliced

Method

1. Heat oil in a large soup pot over medium heat. Add onion, poblano and 1 tsp salt; cook, stirring often, until onion is soft, 7-10 minutes. Add garlic, red pepper, both chili powders and cumin; cook, stirring a few times, 1 minute. Add broth and tomatoes; increase heat to high to bring to a boil. Reduce heat to medium low and bring to a simmer; add chicken to pot. Cover and simmer until cooked through, 7-10 minutes.
2. Remove chicken to a plate; let cool 2-3 minutes. Meanwhile, add beans and corn to pot; cook until heated through, 2-3 minutes.
3. Shred chicken with two forks; add back to soup. Stir in lime juice and remaining $\frac{1}{2}$ tsp salt (or to taste); serve topped with yogurt, cilantro and scallions.

Notes

0 WW SmartPoints

Prep

- Prep: 25 Minutes
- Cook: 30 Minutes

Source: Weight Watchers (Servings: 8 | Yield: 1 c soup, 2 Tbsp yogurt, 2 Tbsp cilantro/scallion)

Small Batch Chocolate Chip Cookies

Small Batch Chocolate Chip Cookies

Small batch chocolate chip cookies for your next cookie craving! Make just a half batch of chocolate chip cookies the next time you need a warm, gooey chocolate chip cookie!

Ingredients

6 tablespoons unsalted butter, softened
 $\frac{1}{4}$ cup dark brown sugar
3 tablespoons granulated sugar
1 large egg yolk (egg white reserved for another use)
 $\frac{3}{4}$ teaspoon vanilla extract
 $\frac{1}{2}$ cup + 2 tablespoons all-purpose flour
 $\frac{1}{8}$ teaspoon fine salt
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{4}$ teaspoon baking powder
 $\frac{1}{3}$ cup chocolate chips

Method

1. Preheat the oven to 375. Line a light-colored baking sheet with a silicone mat.
2. In a medium bowl, beat the butter with an electric mixer on medium speed until fluffy, about 20 seconds.

3. Add the sugars, and beat for about 30 seconds. The mixture will turn a pale color and be fluffy.
4. Next, add the egg yolk and vanilla and beat until just combined.
5. Whisk together the flour, salt, baking soda and baking powder in a separate bowl.
6. Sprinkle the flour on top of the butter mixture, and beat just until combined.
7. Stir in the chocolate chips.
8. Scoop the dough into 12 dough balls, and space them evenly on the baking sheet.
9. Bake for 8-10 minutes, removing the cookies from the oven when the edges just start to turn golden brown.
10. Let the cookies rest on the baking sheet for 1 minute before moving them to a wire rack to cool.

Prep

- Prep: 10 Minutes
- Cook: 8 Minutes
- Total Time: 18 Minutes

Source: Dessert for Two (Servings: 12 | Yield: 1 dozen)

[Vegetarian Mushroom Shawarma Pitas](#)

Vegetarian Mushroom Shawarma Pitas

Ingredients

- $\frac{3}{4}$ lb. portobello mushroom caps, sliced 1/2-inch thick
- 1 medium red onion, halved and cut into 1/3-inch wedges
- 3 tablespoons plus 2 teaspoons extra-virgin olive oil
- 1 teaspoon ground cumin

$\frac{3}{4}$ teaspoon ground coriander

$\frac{1}{2}$ teaspoon ground sweet or smoked paprika (optional)

Kosher salt and black pepper

4 pitas

2 packed cups very thinly sliced red cabbage (about 6 ounces)

$\frac{3}{4}$ cup low-fat or whole-milk Greek yogurt

$\frac{3}{4}$ teaspoon ground turmeric

Cilantro or mint, for serving

Method

1. Heat the oven to 425 degrees. On a large rimmed sheet pan, drizzle the mushrooms and red onion with 3 tablespoons oil. Sprinkle with cumin, coriander, paprika (if using), 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper; toss to coat. Arrange in an even layer and roast until tender and browned, about 20 minutes. Add the pitas directly to the oven rack to warm during the last 5 minutes of cooking.

2. Meanwhile, toss cabbage with remaining 2 teaspoons oil in a medium bowl; toss to coat. Season generously with salt and pepper. In a small bowl, stir together yogurt and turmeric; season with salt and pepper.

3. To serve, slather yogurt over warm pitas. Top with cabbage, mushroom mixture and herbs, and serve immediately.

Notes

7 WW SmartPoints

Source: NYT Cooking (4 servings)