

*Recipes of the
Month*

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Common Cooking Abbreviations

C. or c.	Cup
lb.	Pound
oz.	Ounce
fl. oz.	Fluid ounce
pkg.	Package
qt.	Quart
T. or tbsp.	Tablespoon
t. or tsp.	Teaspoon

Appetizers



Sweet and Spicy Sesame Shrimp

A quick and easy appetizer

Course Appetizer

Cuisine Oriental

Keyword Sesame Shrimp

Prep Time 20 minutes

Cook Time 5 minutes

Total Time 25 minutes

Servings 6

Ingredients

- 1 lb Shrimp Defrosted
- 1/2 cup Sweet and Sour Sauce
- 1 tbsp Sesame Seeds Optional
- 1/4 tsp Black Pepper

Instructions

1. Defrost the shrimp overnight in the refrigerator or by running cold water over them. Remove the shells and tails.
2. Place the shrimp in a non-stick saute pan and add the sweet and sour sauce and pepper. Cook over medium heat, turning the shrimp in the sauce, for about 5 minutes.
3. Remove the cooked shrimp to a platter, add a toothpick for serving, and sprinkle with sesame seeds. Serve warm or cold. Store in the refrigerator.

Recipe Notes

Make sure to remove shells and tails before cooking. These are sticky and easier to eat by just picking up with the toothpick. I used frozen, de-veined, pre-cooked shrimp. Since they were already cooked, I sauteed only long enough for the sauce to coat the shrimp. If you use raw shrimp, cook in the sauce until the shrimp turn pink. I used 1/2 jar of LaChoy brand of sweet and sour sauce, but any type is fine for this simple and quick appetizer. I estimate that 5 shrimp is 1 WW point because of the brand of sauce I used.



Cheesy Yogurt Dip

Low fat and easy to make

Course Appetizer

Cuisine American

Keyword Cheesy Yogurt Dip

Prep Time 10 minutes

Servings 12

Ingredients

- 5.3 oz Plain Non-fat Greek Yogurt 1 small container
- 1 tbsp Low-fat Mayonnaise
- 1 tsp Spicy Mustard
- 2 tsp Minced Onion Dehydrated
- 1 tsp Dried Parsley Flakes
- 1/4 tsp Black Pepper
- 1/4 cup Fat-free Mozzarella Cheese Kraft Shredded

Instructions

1. In a small mixing bowl, add each of the ingredients. Stir to incorporate well.
Store in the refrigerator.

Recipe Notes

This tasty dip pairs well with celery or carrot sticks. I estimate 2 tbsp. of dip to be only 1 WW point.

Entrees



Lentil Vegetable Soup

Great source of protein and very filling. Yum!

Course Main Course

Cuisine American

Keyword Lentil Vegetable Soup

Prep Time 20 minutes

Cook Time 1 hour

Total Time 1 hour 20 minutes

Servings 10

Ingredients

- 28 oz Diced Tomatoes
- 1 qt Beef broth
- 1 Cup Dried Lentils
- 1.5 cups Mixed Vegetables
- 1 tsp Salt
- 1/2 tsp Pepper
- 1/2 tsp Dried Parsley
- 1 Onion
- 2 Celery Stalks

Instructions

1. Place lentils in a bowl of water to soak while preparing the other ingredients. This step is not necessary, but it removes any debris and shortens the cooking time.
2. Add can of diced tomatoes and carton of broth to a large soup pot. Place over medium heat on stove. Dice celery and onions. Add these to the tomatoes/broth with salt, pepper, and parsley.
3. Rinse and drain the lentils. Add lentils to the simmering (not boiling) pot. Cook for about 45 minutes, then add frozen mixed vegetables. Let simmer for another 15 minutes.

Recipe Notes

For a totally vegetarian or Lenten meal, use vegetable broth instead of beef broth. Do not overcook the lentils as they'll become mushy. I estimate that a 1 cup serving has 0 WW points.



Poached Cod

Savory poaching liquid brings life to fish. Yum!

Course Main Course

Cuisine American

Keyword Poached Cod

Prep Time 20 minutes

Cook Time 10 minutes

Total Time 30 minutes

Servings 4

Ingredients

- 8 oz Cod Filet Thawed
- 2 cups Water
- 1/4 cup Lemon Juice
- 1 Bay Leaf
- 4 Peppercorns
- 4 Whole Cloves
- 1 tsp Salt
- 1 small Onion Sliced
- 1/4 tsp Parsley Flakes

Instructions

1. In a 2-quart pot, combine water, lemon juice, sliced onion, bay leaf, and seasonings. Bring to a boil. Simmer 20 minutes.
2. Cut cod into 4 serving size pieces. Add to simmering liquid and cover with lid. Cook for 10 minutes or until fish flakes with a fork.
3. Remove cod and onions to serving platter. (Toss poaching liquid.) Garnish with parsley flakes. Serve immediately.

Recipe Notes

This recipe is 0 WW points. You'll want to eat all 4 servings yourself, with no guilt attached.

Side Dishes



Rotini and Shrimp

A colorful side-dish or salad to accompany any meal

Course Side Dish

Cuisine Italian

Keyword Rotini and Shrimp

Prep Time 15 minutes

Cook Time 10 minutes

Total Time 25 minutes

Servings 12

Ingredients

- 1 box Tri-color Rotini
- 1 Onion Chopped
- 2 stalks Celery Diced
- 1/2 tsp Pepper
- 8 oz Zesty Italian Salad Dressing Lite
- 1 lb Miniature Shrimp

Instructions

1. Cook the pasta in salted water according to the package directions. Drain and allow to cool while chopping the onion and celery.
2. Add the chopped onion and celery and the pepper. Stir to combine. Cover and refrigerate.
3. When the pasta has cooled, add the Zesty Italian dressing and the shrimp. Mix to incorporate all of the ingredients. Cover and store in the refrigerator.

Recipe Notes

I use about a half bottle of the Lite or non-fat Zesty Italian dressing. I buy the frozen cocktail shrimp and defrost overnight in the refrigerator. Check for seasonings after the salad dressing is added. I don't usually need to add salt since the pasta was cooked in salted water. I estimate 5 WW points for a 3/4 cup serving.



Savory Twice-Baked Potatoes

Garlic and non-fat Greek yogurt add tang.

Course Side Dish

Cuisine American

Keyword Savory Twice-Baked Potatoes

Prep Time 10 minutes

Cook Time 1 hour

Total Time 1 hour 10 minutes

Servings 2

Ingredients

- 1 Russet Potato Baked
- 5 oz Non-fat Greek Yogurt
- 1/2 tsp Pepper
- 1/2 tsp Minced Garlic
- 1/2 tsp Salt
- 1/2 tsp Grated Parmesan
- 1/2 tsp Dried Parsley

Instructions

1. Bake the potato about 50 minutes at 350 degrees F. When cool enough to handle, slice the potato in half, lengthwise. Scoop out the inside into a mixing bowl, leaving about 1/4" of potato along the peel.
2. With an electric mixer, beat the inside of the potato with the minced garlic, salt and pepper, and yogurt. Do not overbeat, but it should be the consistency of mashed potatoes.
3. Spoon the mashed potatoes back into the skin. Sprinkle with Parmesan cheese and parsley, and return to the oven to bake for 10 more minutes. Serve warm.

Recipe Notes

If the potato mash is too thick, add a splash of milk to thin it. I estimate each potato half to be 2 WW points.

Desserts



Strawberry Mousse

Light and fruity. Yum!

Course Dessert

Cuisine French

Keyword Strawberry Mousse

Prep Time 15 minutes

Servings 4

Ingredients

- 2 Egg Whites Pasteurized
- 2 cups Strawberries Crushed
- 1/3 cup Splenda
- 1/2 tsp Vanilla Extract

Instructions

1. Beat the egg whites and Splenda until stiff. At least 5 minutes with the electric mixer. Stir in the vanilla flavoring.
2. Crush the strawberries, then fold into the egg whites until fully incorporated.

Recipe Notes

Use pasteurized egg whites since raw egg whites could result in Salmonella. I used an immersion blender to crush the strawberries. This tasty fruit mouse can be also be used as a topping on shortcake. 0 WW points



Cinnamon Oat Clusters

A healthy snack or dessert, packed with fiber.

Course Dessert

Cuisine American

Keyword Cinnamon Oat Clusters

Prep Time 20 minutes

Cook Time 20 minutes

Total Time 40 minutes

Servings 48

Ingredients

- 2 cups Strawberries Crushed
- 2 Egg Whites
- 1/3 cup Splenda
- 1/2 tsp Vanilla Extract
- 1 Apple Chopped
- 2-1/2 cups Old-Fashioned Oats
- 3 tsp Cinnamon

Instructions

1. Beat the egg whites with Splenda and vanilla flavoring. Add the crushed strawberries. (Basically, you've got the Strawberry Mousse.)
2. Core the apple, then chop finely with the peel. Add it to the strawberry mousse. Add the cinnamon and oats and mix well. Let sit for at least 5 minutes so the oats absorb the flavors.
3. Prepare miniature cupcake baking trays with paper baking cups. Using a small scooper or a teaspoon, fill each cupcake slot to the top. Make sure to get bits of apple in each one.
4. Bake at 350 degrees F for 20 minutes. Serve warm with a dollop of Cool Whip for dessert or cold for a snack. Store in a covered container in the refrigerator.

Recipe Notes

This recipe yielded 36 miniature clusters plus 6 regular cupcake-sized clusters. They're my new "go-to" snack with only 1 WW point for 6 clusters.