



**POWER FOOD
FAVORITES:
MEALS AND SNACKS**



APPLES

PB AND APPLE SANDWICHES - *PointsPlus*® value 2
APPLE AND CARROT SLAW - *PointsPlus* value 2
TURKEY AND APPLE SANDWICH - *PointsPlus* value 3
APPLE AND CHEDDAR MELTS - *PointsPlus* value 2
APPLE AND FENNEL SALAD - *PointsPlus* value 1
MAPLE-CINNAMON BAKED APPLES - *PointsPlus* value 2



The expression goes **“An apple a day keeps the doctor away,”** and it’s more than just an old wives’ tale. Studies suggest that when included as part of a well-balanced diet, this nutrient-dense Power Food may help prevent conditions and diseases ranging from asthma to certain cancers. Here’s what else you need to know about this filling, versatile fruit:

- **Put down that peeler!** When eaten with the skin, an apple is a good source of fiber and vitamin C.
- **Keep ‘em cool.** Firm apples with shiny skin and no bruises can stay fresh in the fridge for four to six weeks.
- **Taste-test regularly.** There are dozens of apple varieties that range in crispness and juiciness, and from tart to sweet. Keep eating till you find your favorite.

The *PointsPlus* values for all the meals and snacks in this collection have been calculated using Simple Recipe Math, which calculates *PointsPlus* values in the same manner as the *PointsPlus* Tracker on the site. It’s simple: add up the *PointsPlus* value of each ingredient in the meal or snack and then divide the result by the number of servings for each meal or snack. For the meals and snacks here, the number of servings is 1.



PB AND APPLE SANDWICHES

PointsPlus® value per serving:



INGREDIENTS

- ▲ 1/2 large apple, cut into 4 thick, even slices
- 2 tsp peanut butter
- 1/4 tsp honey

Spread two apple slices with 1 teaspoon peanut butter each. Drizzle each with 1/8 teaspoon honey and top with another apple slice.



APPLE AND CARROT SLAW

PointsPlus value per serving:



INGREDIENTS

- ▲ 1 large carrot
- ▲ 1/2 large Granny Smith apple
- 1 1/4 Tbsp low-fat vinaigrette salad dressing
- 1 Tbsp chopped golden raisins
- 2 tsp fresh chopped cilantro

Grate carrot and apple using large holes of a box grater; place in a bowl. Add vinaigrette and raisins; toss to coat. Garnish with cilantro.



TURKEY AND APPLE SANDWICH

PointsPlus value per serving:



INGREDIENTS

- 2 slices reduced-calorie whole-wheat toast
- 2 tsp honey mustard
- ▲ 1/2 cup mixed greens
- ▲ 2 thick slices apple
- 1 slice red onion
- 2 oz deli-sliced turkey

Spread 1 piece of toast with mustard. Layer with mixed greens, apple, onion and turkey; top with remaining slice of toast.

(▲ = Weight Watchers Power Food)



APPLE AND CHEDDAR MELTS

PointsPlus® value per serving:



INGREDIENTS

- ▲ 1/2 large Granny Smith apple, cut into 4 thick, even slices
- 2 Tbsp low-fat shredded sharp Cheddar cheese
- 2 tsp pumpkin seeds

Top each apple slice with 1 1/2 teaspoons cheese; microwave until cheese melts, about 20 seconds. Sprinkle with pumpkin seeds and eat immediately.



APPLE AND FENNEL SALAD

PointsPlus value per serving:



INGREDIENTS

- ▲ 1/2 large apple, cut into matchsticks
- 1/2 cup thinly sliced fennel
- 2 tsp low-fat vinaigrette salad dressing
- 1 Tbsp fresh Parmesan cheese, thinly shaved with a mandoline or vegetable peeler

Place apple and fennel in a small bowl; add dressing and toss to coat. Top with cheese.



MAPLE-CINNAMON BAKED APPLES

PointsPlus value per serving:



INGREDIENTS

- ▲ 1 large apple
- 1 Tbsp maple syrup
- 1 Tbsp chopped raisins
- 1 Tbsp fat-free whipped topping
- pinch ground cinnamon and/or nutmeg

Core and slice apple; place on a plate. Drizzle apple slices with syrup and raisins; cover and microwave until apple is soft, about 3 to 5 minutes. Spoon whipped topping over apples and garnish with cinnamon and/or nutmeg.

POTATOES

BROCCOLI AND CHEDDAR BAKED POTATO -
PointsPlus® value 4

TANGY TWICE-BAKED POTATO -
PointsPlus value 4

PIZZA POTATO -
PointsPlus value 5



It's a longtime favorite carb – and yes, now it's also a Power Food. Potatoes may get a bad rap for being high in carbohydrates, but the good news is that a potato has more potassium than a banana and is a great source of fiber, Vitamin C and iron when eaten with the skin. So go ahead, enjoy!

- **Vital stats:** These versatile tubers are naturally sodium-, fat-, and cholesterol-free.
- **Find the right spud for the job.** Think beyond the basic russet and try Yukon golds (for wedges and mashed), fingerlings (tasty with roasts) and white potatoes (great in salads).
- **Stockpile a few pounds' worth.** Potatoes with thicker skins, like Yukon gold and russets, can last for weeks – and even months – when stored in a cool, dry, dark place. But don't store them near onions! When kept close together, they each emit gases that make both spoil sooner.



BROCCOLI AND CHEDDAR BAKED POTATO

PointsPlus® value per serving:



INGREDIENTS

- ▲ 1/2 cup frozen chopped broccoli
- 1 Tbsp reduced-fat cream cheese
- ▲ 1 small, warm baked potato, split in half
- 2 Tbsp low-fat shredded Cheddar cheese

Place broccoli in a bowl and microwave until tender; drain. Stir in cream cheese until melted; spoon over potato. Top potato with broccoli mixture and sprinkle with Cheddar cheese; microwave until cheese melts, about 30 seconds to 1 minute.



TANGY TWICE-BAKED POTATO

PointsPlus value per serving:



INGREDIENTS

- ▲ 1 small, warm baked potato, split in half
- 2 Tbsp soft goat cheese
- 1 slice cooked turkey bacon
- ▲ 2 tsp fresh chopped chives
- pinch sea salt

Scoop flesh out of potato; mash with goat cheese and spoon back into potato skin. Crumble bacon over top and broil until potato is slightly browned, about 2 to 3 minutes; garnish with chives and salt.

(▲ = Weight Watchers Power Food)



PIZZA POTATO

PointsPlus® value per serving:

5
PointsPlus
value

INGREDIENTS

- ▲ 1 small, warm baked potato, split in half
- 3 Tbsp store-bought pizza sauce
- 2 Tbsp shredded part-skim mozzarella cheese
- 1 Tbsp grated Parmesan cheese
- 2 tsp fresh, small basil leaves
- pinch crushed red pepper flakes

Top potato with sauce; sprinkle with both types of cheese. Broil in oven or toaster oven until cheese browns, about 2 to 3 minutes; garnish with basil and red pepper flakes.



BACON AND CHEDDAR POTATO

PointsPlus value per serving:

4
PointsPlus
value

INGREDIENTS

- ▲ 1 small, warm baked potato, split in half
- 2 Tbsp shredded low-fat Cheddar cheese
- 1 oz diced uncooked Canadian bacon
- 2 tsp reduced-fat sour cream
- ▲ 2 tsp chopped scallions or chives

Sprinkle potato with cheese and bacon; broil in oven or toaster oven until cheese is bubbly. Top with sour cream; garnish with scallions or chives.

BLACK BEANS

CORN AND BLACK BEAN SALAD -
PointsPlus® value 5

EASY CHEESE AND BEAN BURRITO -
PointsPlus value 5

SPANISH BLACK BEAN SOUP -
PointsPlus value 5

WARM BLACK BEAN DIP -
PointsPlus value 3

CHICKEN AND BLACK BEAN WRAP -
PointsPlus value 7

CUBAN RICE AND BEANS -
PointsPlus value 5



Already a staple in side dishes and soups, the black bean is just as happy being the star of a main dish as a supporting player in desserts. See how this inexpensive Power Food can keep you on Plan.

- **These beans go for broke:** Packed with fiber and protein, they also contain antioxidants.
- **Canned beans are a smart shortcut.** In fact, they're often sweeter than dried varieties, so they pair well with spicier dishes.
- **Drain, rinse, repeat.** Look for low-sodium varieties and be sure to drain and rinse your beans to further reduce salt. You can always add more to taste later.



CORN AND BLACK BEAN SALAD

PointsPlus® value per serving:



INGREDIENTS

- ▲ 1/2 cup canned black beans, rinsed and drained
- ▲ 1/2 cup fresh corn kernels, or frozen and defrosted corn
- ▲ 1/2 small green pepper, chopped
- ▲ 6 medium grape tomatoes, halved
- 1 1/2 Tbsp low-fat red-wine vinaigrette dressing
- ▲ 1 cup shredded lettuce
- 2 tsp fresh chopped cilantro
- ▲ 2 tsp minced red onion
- 1/2 tsp fresh lime juice (or to taste)

In a medium bowl, combine beans, corn, pepper and tomatoes; toss with vinaigrette. Serve bean mixture over lettuce and garnish with cilantro, onion and lime juice.



EASY CHEESE AND BEAN BURRITO

PointsPlus value per serving:



INGREDIENTS

- ▲ 1/2 cup canned black beans, rinsed and drained
- 1/4 cup low-fat shredded Cheddar cheese
- 1 tsp chipotle hot sauce
- 1 medium whole-wheat tortilla
- ▲ 1 Tbsp sliced scallions
- ▲ 2 tsp minced red onion
- dash hot sauce (optional)

Mash beans in a small bowl; mix in cheese and hot sauce. Spoon bean mixture over tortilla and wrap up burrito-style (first tuck in ends and then roll in sides); place seam-side down on a plate and microwave, covered, until warmed through and cheese is melted, about 1 minute. Serve sprinkled with scallions, onions and hot sauce.

(▲ = Weight Watchers Power Food)



SPANISH BLACK BEAN SOUP

PointsPlus® value per serving:



INGREDIENTS

- 1 1/4 cups canned chicken broth
- ▲ 1/2 cup canned black beans, rinsed and drained
- 2 slices uncooked Canadian bacon, diced
- pinch smoked paprika
- 2 tsp fresh chopped parsley

Combine broth, beans, bacon and paprika in a medium-size bowl. Microwave, covered, until heated through, about 2 to 3 minutes; garnish with parsley.



WARM BLACK BEAN DIP

PointsPlus value per serving:



INGREDIENTS

- ▲ 1/2 cup canned black beans, rinsed and drained
- ▲ 1/4 cup fat free salsa, any variety
- 1 Tbsp reduced-fat sour cream
- 1 tsp water
- ▲ 1 Tbsp sliced jalapeno
- ▲ 1 cup uncooked celery sticks

Mash beans in a medium bowl; stir in salsa, sour cream and water. Microwave, covered, until dip is heated through, about 1 to 2 minutes; sprinkle with jalapeno and serve with celery sticks.



CHICKEN AND BLACK BEAN WRAP

PointsPlus® value per serving:



INGREDIENTS

- 1/2 cup cooked chopped chicken breast
- ▲ 1/4 cup canned black beans, rinsed and drained
- ▲ 2 Tbsp salsa
- 1 medium whole-wheat tortilla
- 1 Tbsp reduced-fat sour cream
- ▲ 1 Tbsp chopped scallions

Combine chicken with beans and salsa; place on tortilla. Top with sour cream and scallions; roll up and serve.



CUBAN RICE AND BEANS

PointsPlus value per serving:



INGREDIENTS

- ▲ 1/3 cup cooked brown rice
- ▲ 1/3 cup canned black beans, rinsed and drained
- 1/4 tsp ground cumin
- 2 Tbsp diced avocado
- 1 tsp fresh chopped cilantro
- ▲ 1 lime wedge

Put rice in a microwave-safe bowl and top with beans; sprinkle with cumin. Cover and microwave until hot. Top with avocado and cilantro; squeeze lime wedge over top.

WHITE TUNA

THAI TUNA LETTUCE WRAPS -
PointsPlus® value 6

TUNA MELT BURRITO -
PointsPlus value 7

QUICK NIÇOISE SALAD -
PointsPlus value 3

TUNA-STUFFED PEPPER BOATS -
PointsPlus value 3

TUSCAN TUNA AND CANNELLINI
BEAN SALAD - *PointsPlus* value 4

CURRIED TUNA SALAD -
PointsPlus value 6



There are so many creative ways to eat this filling, tasty food that you'll look back at your childhood tuna-salad-on-white bread and laugh. For those concerned about mercury in tuna, keep in mind that canned light tuna tends to have lower levels than albacore "white" tuna. But no matter what variety you choose, it's best to eat tuna in moderation.

- **Hold the oil.** Buy water-packed tuna – it will say so on the label – and you'll rack up fewer *PointsPlus* values.
- Tuna is a **good source** of Omega-3 fatty acids, protein, niacin and Vitamin B-12—and it's low-fat to boot!
- **This is one reliable pantry staple.** Canned tuna can stay good for years and is much more portable than in years past: Look for tuna in vacuum-sealed pouches or in tabbed cans.



THAI TUNA LETTUCE WRAPS

PointsPlus® value per serving:

6
PointsPlus®
value

INGREDIENTS

- ▲ 1/2 cup canned white tuna packed in water, drained
- ▲ 1/4 cup chopped red pepper
- ▲ 1/4 cup chopped cucumber
- 1 Tbsp peanut satay sauce
- 2 tsp chopped peanuts
- ▲ 3 leaves Romaine lettuce or other large lettuce leaves
- ▲ 1 Tbsp thinly sliced scallions
- 2 tsp fresh minced cilantro and/or mint

Combine tuna, pepper, cucumber, satay sauce and peanuts in a small bowl; garnish with scallions, cilantro and/or mint. Spoon mixture onto lettuce leaves, fold up and enjoy.



TUNA MELT BURRITO

PointsPlus value per serving:

7
PointsPlus®
value

INGREDIENTS

- ▲ 1/2 cup canned white tuna packed in water, drained
- 2 tsp reduced-calorie mayonnaise
- 2 Tbsp low-fat shredded Cheddar cheese
- 1 medium whole-wheat tortilla
- ▲ 1 tsp minced red onion
- 1 tsp fresh minced dill

Combine tuna, mayonnaise and cheese in a small bowl; spoon down center of tortilla. Roll up burrito-style (first tuck in ends and then roll up sides) and place seam-side down on a plate. Microwave, covered, until cheese is melted, about 1 minute; garnish with onion and dill.



QUICK NIÇOISE SALAD

PointsPlus value per serving:

3
PointsPlus®
value

INGREDIENTS

- ▲ 1/2 cup string beans, halved if large
- ▲ 1/2 cup halved grape tomatoes
- ▲ 1/4 cup canned white tuna packed in water, drained
- 1 Tbsp low-fat red-wine vinaigrette dressing
- ▲ 1 cup mixed baby greens
- 6 large Kalamata olives, sliced

In a bowl, combine string beans, tomatoes, tuna and vinaigrette; toss to coat. Serve over greens; sprinkle with olives.

(▲ = Weight Watchers Power Food)



TUNA-STUFFED PEPPER BOATS

PointsPlus® value per serving:



INGREDIENTS

- ▲ 1/3 cup canned white tuna packed in water, drained
- ▲ 1 Tbsp chopped red onion
2 tsp reduced-calorie mayonnaise
- ▲ 1/2 small red pepper, sliced lengthwise
2 tsp capers
2 tsp fresh chopped parsley

Combine tuna, onion and mayonnaise in a small bowl; spoon into pepper half. Sprinkle with capers and parsley (season to taste, if desired).



TUSCAN TUNA AND CANNELLINI BEAN SALAD

PointsPlus value per serving:



INGREDIENTS

- ▲ 1/3 cup canned cannellini beans, rinsed and drained
- ▲ 1/4 cup canned white tuna packed in water, drained
- ▲ 2 tsp diced red onion
2 tsp low-fat red-wine vinaigrette dressing
- ▲ 2 cups arugula
1/2 tsp finely grated lemon zest, or to taste

Toss beans, tuna, onion and vinaigrette in a small bowl. Serve over arugula and garnish with lemon zest.



CURRIED TUNA SALAD

PointsPlus value per serving:



INGREDIENTS

- ▲ 1 cup halved seedless grapes
- ▲ 1/2 cup canned white tuna packed in water, drained
2 Tbsp reduced-calorie mayonnaise
1 tsp curry powder
- ▲ 1 Tbsp chopped scallions

Combine grapes, tuna, mayonnaise and curry powder in a small bowl; garnish with scallions.

GREEN & RED CABBAGE/ COLE SLAW MIX

CRUNCHY ASIAN SALAD -
PointsPlus® value 4

FISH TACOS - *PointsPlus* value 3

SPICY THAI CABBAGE SALAD -
PointsPlus value 2

SMOKEY CABBAGE AND
VEGETABLE SOUP - *PointsPlus* value 5

EASY ASIAN SLAW - *PointsPlus* value 0

EASY SHRIMP STIR-FRY -
PointsPlus value 3



Add snap and crunch to any number of dishes with this zero *PointsPlus* value Power Food.

- **Cabbage is delicious cooked as well as raw.** Purchase pre-shredded red cabbage and add to salads, stir-fries and soups.
- **It's in the bag.** Convenient pre-bagged cole slaw mixes make for easy weeknight meals.
- **Sauerkraut counts!** It's just extra-tasty cabbage that's fermented and tangy – and also zero *PointsPlus* values.



CRUNCHY ASIAN SALAD

PointsPlus® value per serving:

4
PointsPlus®
value

INGREDIENTS

- ▲ 1/2 cup packaged coleslaw mix
- ▲ 1/2 cup shelled edamame
- ▲ 1/4 cup shredded carrots
- 2 tsp low-fat sesame or Asian salad dressing
- ▲ 1 large leaf Romaine lettuce
- ▲ 2 tsp chopped scallions
- 1 tsp sesame seeds
- 1 tsp fresh chopped mint

Combine slaw mix, edamame and carrots in a small bowl; toss with dressing. Spoon over lettuce and garnish with scallions, sesame seeds and mint.



FISH TACOS

PointsPlus value per serving:

3
PointsPlus®
value

INGREDIENTS

- 2 frozen fish sticks
- 1 small corn tortilla, warmed
- ▲ 1/4 cup packaged coleslaw mix or shredded cabbage
- ▲ 1 Tbsp fat free salsa
- 2 tsp fresh chopped cilantro
- ▲ 2 tsp chopped red onion

Bake fish sticks in toaster oven according to package instructions; place on tortilla. Top tortilla with slaw mix, salsa, cilantro and onion; fold tortilla and serve.



SPICY THAI CABBAGE SALAD

PointsPlus value per serving:

2
PointsPlus®
value

INGREDIENTS

- ▲ 3/4 cup shredded red cabbage
- ▲ 1/4 cup shredded carrots
- 1/4 cup fresh chopped cilantro
- 2 tsp fresh lime juice, or to taste
- 1/2 tsp sugar
- 1/4 tsp Sriracha hot sauce
- 1 Tbsp chopped dry-roasted peanuts

Toss cabbage, carrots, cilantro, lime juice, sugar and hot sauce together in a small bowl; garnish with peanuts.

(▲ = Weight Watchers Power Food)



SMOKEY CABBAGE AND VEGETABLE SOUP

PointsPlus® value per serving:



INGREDIENTS

- 1 cup canned vegetable soup
- ▲ 1/2 cup shredded red cabbage
- 1 oz diced smoked turkey
- 1 tsp chipotle-flavored barbecue sauce
- 1 Tbsp reduced-fat sour cream
- ▲ 1 tsp chopped scallions

Combine soup, cabbage, turkey and barbecue sauce in a bowl; microwave until warm and cabbage is tender. Top with sour cream; garnish with scallions.



EASY ASIAN SLAW

PointsPlus value per serving:



INGREDIENTS

- ▲ 1/2 cup shredded carrots
- ▲ 1/2 cup packaged coleslaw mix
- ▲ 1 small scallion, chopped
- 1 Tbsp low-fat Asian-flavored vinaigrette dressing
- 1 tsp fresh chopped mint
- ▲ 1 tsp minced jalapeno pepper

In a small bowl, toss together carrots, slaw mix, scallion and dressing; garnish with mint and jalapeno.



EASY SHRIMP STIR-FRY

PointsPlus value per serving:



INGREDIENTS

- ▲ 1 cup packaged coleslaw mix
- ▲ 3/4 cup cooked shrimp
- ▲ 1/2 cup sugar snap peas
- 1 Tbsp stir-fry sauce
- 2 tsp fresh chopped cilantro
- 1/4 tsp toasted sesame seeds

Combine slaw mix, shrimp and sugar snap peas in a microwave-safe bowl; drizzle with stir-fry sauce and stir to coat. Microwave, covered, until heated through; garnish with cilantro and sesame seeds.