





















# skinnytaste | Cookbook Index

\*WW = WW PersonalPoints™ Link

## Appetizers

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baked Zucchini Sticks  	The Skinnytaste Cookbook	Skinny Bites	109	<a href="#">WW</a>
Bangin' Good Shrimp 	The Skinnytaste Cookbook	Skinny Bites	116	<a href="#">WW</a>
Caliente Bean and Queso Dip 	The Skinnytaste Cookbook	Skinny Bites	101	<a href="#">WW</a>
Cheesy "Fried" Mozzarella Bites   	The Skinnytaste Cookbook	Skinny Bites	112	<a href="#">WW</a>
Garden Pico de Gallo   	The Skinnytaste Cookbook	Skinny Bites	120	<a href="#">WW</a>
Guiltless Sausage-Stuffed Mushrooms   	The Skinnytaste Cookbook	Skinny Bites	102	<a href="#">WW</a>
Lemony Herb Hummus 	The Skinnytaste Cookbook	Skinny Bites	111	<a href="#">WW</a>
Less-Guilt Zesty Mango Guacamole  	The Skinnytaste Cookbook	Skinny Bites	118	<a href="#">WW</a>
Loaded "Nacho" Potato Skins	The Skinnytaste Cookbook	Skinny Bites	105	<a href="#">WW</a>
Petite Baked Crab Cakes	The Skinnytaste Cookbook	Skinny Bites	115	<a href="#">WW</a>
Roasted Edamame with Sea Salt 	The Skinnytaste Cookbook	Skinny Bites	107	<a href="#">WW</a>
Skinny Green Goddess Dip   	The Skinnytaste Cookbook	Skinny Bites	119	<a href="#">WW</a>

## Breakfast & Brunch

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Apple 'n' Spice Baked Oatmeal GF Q	The Skinnytaste Cookbook	Sunny Mornings	30	WW
Cali Avocado Egg Sandwich GF Q	The Skinnytaste Cookbook	Sunny Mornings	37	WW
Coco-Loco Mango Green Smoothie GF Q V	The Skinnytaste Cookbook	Sunny Mornings	24	WW
Corny Banana-Blueberry Pancakes Q V	The Skinnytaste Cookbook	Sunny Mornings	48	WW
Dad's Jammin' Crêpes Q V	The Skinnytaste Cookbook	Sunny Mornings	51	WW
Good-For-You Granola GF Q V	The Skinnytaste Cookbook	Sunny Mornings	26	WW
Greek-a-Licious Egg White Omelet	The Skinnytaste Cookbook	Sunny Mornings	33	WW
Guiltless Chocolate Chip Pancakes V	The Skinnytaste Cookbook	Sunny Mornings	47	WW
Heavenly Banana-Nut Oat Muffins V	The Skinnytaste Cookbook	Sunny Mornings	45	WW
Make-Ahead Western Omelet "Muffins" GF Q V	The Skinnytaste Cookbook	Sunny Mornings	29	WW
Naked Eggs Benedict GF V	The Skinnytaste Cookbook	Sunny Mornings	32	WW
Open-Face Bagels with Scallion-Lox Cream Cheese Q V	The Skinnytaste Cookbook	Sunny Mornings	39	WW
Paradise Parfait GF V	The Skinnytaste Cookbook	Sunny Mornings	27	WW
PB&J Overnight Oats in a Jar DF GF Q V	The Skinnytaste Cookbook	Sunny Mornings	23	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Pumpkin-Obsessed Vanilla-Glazed Scones GF Q V	The Skinnytaste Cookbook	Sunny Mornings	42	WW
"Que Rico" Breakfast Tostada Q	The Skinnytaste Cookbook	Sunny Mornings	41	WW
Winter Potato, Kale, and Sausage Frittata GF Q V	The Skinnytaste Cookbook	Sunny Mornings	35	WW

## Chicken & Other Poultry

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Asian Peanut Noodles with Chicken	The Skinnytaste Cookbook	Perfect Poultry	178	WW
Buttermilk Oven "Fried" Chicken GF Q V	The Skinnytaste Cookbook	Perfect Poultry	151	WW
Cajun Chicken Pasta on the Lighter Side GF Q	The Skinnytaste Cookbook	Perfect Poultry	186	WW
Chicken Cordon Bleu Meatballs Q	The Skinnytaste Cookbook	Perfect Poultry	163	WW
Chicken Marsala on the Lighter Side	The Skinnytaste Cookbook	Perfect Poultry	167	WW
Chicken Pasta Caprese GF Q	The Skinnytaste Cookbook	Perfect Poultry	184	WW
Chicken Rollatini Stuffed with Zucchini and Mozzarella	The Skinnytaste Cookbook	Perfect Poultry	152	WW
Fettuccine Alfredo with Chicken and Broccoli GF Q	The Skinnytaste Cookbook	Perfect Poultry	161	WW
Italian Sausage with Peppers and Onions Q	The Skinnytaste Cookbook	Perfect Poultry	159	WW
Naked Persian Turkey Burgers GF	The Skinnytaste Cookbook	Perfect Poultry	156	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Orecchiette with Sausage, Baby Kale, and Bell Pepper GF Q	The Skinnytaste Cookbook	Perfect Poultry	181	WW
Roasted Poblanos Rellenos with Chicken	The Skinnytaste Cookbook	Perfect Poultry	173	WW
Skinny Chicken Parmesan GF	The Skinnytaste Cookbook	Perfect Poultry	177	WW
Slow-Cooker Jerk Chicken Tacos with Caribbean Salsa (Slow cooker)	The Skinnytaste Cookbook	Perfect Poultry	155	WW
So-Addicted Chicken Enchiladas GF Q	The Skinnytaste Cookbook	Perfect Poultry	171	WW
Spaghetti "Squashta" with Turkey Bolognese Q	The Skinnytaste Cookbook	Perfect Poultry	169	WW








## Dessert

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Almost Sinful Maple-Raisin Bread Pudding GF Q V	The Skinnytaste Cookbook	Skinny Sweet Tooth	301	WW
Baked Bananas Foster à la Mode V	The Skinnytaste Cookbook	Skinny Sweet Tooth	299	WW
Coconut Panna Cotta with Fresh Raspberries V	The Skinnytaste Cookbook	Skinny Sweet Tooth	296	WW
Delightful Poached Pears with Yogurt GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	303	WW
Double Chocolate Chunk Walnut Cookies GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	292	WW
Frozen Dark Chocolate–Almond Bananas GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	309	WW
Matcha Milkshake GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	313	WW












RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Mini Pavlovas with Fresh Fruit V	The Skinnytaste Cookbook	Skinny Sweet Tooth	307	WW
Piña Colada Chia Pudding V	The Skinnytaste Cookbook	Skinny Sweet Tooth	302	WW
Silky Chocolate Cream Pie Q V	The Skinnytaste Cookbook	Skinny Sweet Tooth	295	WW
Summer Berry Cobbler GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	304	WW
Sweet Plum Custard GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	312	WW
Warm Apple-Pear Crumble GF	The Skinnytaste Cookbook	Skinny Sweet Tooth	298	WW
Watermelon Lime Granita GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	310	WW

## Fish

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Cilantro-Lime Shrimp GF Q	The Skinnytaste Cookbook	Fabulous Fish	225	WW
Easy Broccoli Flounder Bake GF Q	The Skinnytaste Cookbook	Fabulous Fish	216	WW
Garlicky Lemon Shrimp and Broccoli Stir-Fry Q	The Skinnytaste Cookbook	Fabulous Fish	228	WW
Kiss My (Shrimp and) Grits GF Q	The Skinnytaste Cookbook	Fabulous Fish	219	WW
Mahi Mahi Fish Tacos with Spicy Avocado Cream GF Q	The Skinnytaste Cookbook	Fabulous Fish	222	WW
Skillet Lemon Sole with Tomatoes and Capers GF Q	The Skinnytaste Cookbook	Fabulous Fish	221	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Skinny Shrimp, Chicken, and Sausage Gumbo 	The Skinnytaste Cookbook	Fabulous Fish	234	<a href="#">WW</a>
Spanish Seafood Stew  	The Skinnytaste Cookbook	Fabulous Fish	232	<a href="#">WW</a>
Striped Bass with Garlic Crumb Topping  	The Skinnytaste Cookbook	Fabulous Fish	227	<a href="#">WW</a>
Sweet 'n' Spicy Sriracha-Glazed Salmon	The Skinnytaste Cookbook	Fabulous Fish	215	<a href="#">WW</a>
Thai Coconut Mussels  	The Skinnytaste Cookbook	Fabulous Fish	231	<a href="#">WW</a>

## Lean Meats

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Colombian Carne Asada with Ají Picante 	The Skinnytaste Cookbook	Lean Meat Dishes	194	<a href="#">WW</a>
Cubano-Style Stuffed Pork Tenderloin  	The Skinnytaste Cookbook	Lean Meat Dishes	205	<a href="#">WW</a>
Grilled Lamb Chops with Mint Yogurt Sauce	The Skinnytaste Cookbook	Lean Meat Dishes	202	<a href="#">WW</a>
Grilled Lamb Skewers with Harissa Dipping Sauce 	The Skinnytaste Cookbook	Lean Meat Dishes	206	<a href="#">WW</a>
Mongolian Beef and Broccoli  	The Skinnytaste Cookbook	Lean Meat Dishes	190	<a href="#">WW</a>
Noodle-Less Zucchini Lasagna  	The Skinnytaste Cookbook	Lean Meat Dishes	209	<a href="#">WW</a>
Skinny Salisbury Steak with Mushroom Gravy 	The Skinnytaste Cookbook	Lean Meat Dishes	201	<a href="#">WW</a>
Slow-Cooker Mexican Pork Carnitas (Slow cooker)  	The Skinnytaste Cookbook	Lean Meat Dishes	197	<a href="#">WW</a>
























RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Slow-Cooker Picadillo (Slow cooker) GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	193	WW
Sunday Night Roast Beef and Gravy GF	The Skinnytaste Cookbook	Lean Meat Dishes	211	WW
Teriyaki-Glazed Grilled Pork Chops with Pineapple Salsa GF	The Skinnytaste Cookbook	Lean Meat Dishes	198	WW

## Meatless Mains

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Black Bean Burrito Bowls GF V	The Skinnytaste Cookbook	Meatless Mains	251	WW
Butternut Squash Lasagna Rolls V	The Skinnytaste Cookbook	Meatless Mains	248	WW
Cheesy Baked Penne with Eggplant GF V	The Skinnytaste Cookbook	Meatless Mains	254	WW
Chickpea and Potato Curry GF Q V	The Skinnytaste Cookbook	Meatless Mains	260	WW
Creamy Carrot Farrotto GF V	The Skinnytaste Cookbook	Meatless Mains	245	WW
Crustless Swiss Chard Pie GF Q V	The Skinnytaste Cookbook	Meatless Mains	240	WW
Quinoa-Stuffed Peppers V	The Skinnytaste Cookbook	Meatless Mains	242	WW
Skinny Broccoli Mac and Cheese GF V	The Skinnytaste Cookbook	Meatless Mains	257	WW
Spicy Black Bean Burgers with Chipotle Mayo GF V	The Skinnytaste Cookbook	Meatless Mains	261	WW
Spinach Falafel Lettuce Wraps V	The Skinnytaste Cookbook	Meatless Mains	258	WW



























RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Tricolor Summer Penne	The Skinnytaste Cookbook	Meatless Mains	239	<a href="#">WW</a>

## Salads

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baja Grilled Flank Steak Salad  	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	139	<a href="#">WW</a>
BLT Salad with Avocado  	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	134	<a href="#">WW</a>
Buffalo Chicken Salad	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	129	<a href="#">WW</a>
Chilled Caribbean Shrimp Salad  	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	143	<a href="#">WW</a>
Coconut Chicken Salad with Warm Honey-Mustard Vinaigrette  	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	126	<a href="#">WW</a>
Curried Chicken Salad  	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	132	<a href="#">WW</a>
Greek Chickpea Salad  	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	146	<a href="#">WW</a>
Grilled Portobello Spinach Salad  	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	145	<a href="#">WW</a>
Roast Beef and Watercress Pasta Salad  	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	144	<a href="#">WW</a>
Turkey Santa Fe Taco Salad with Avocado Crema  	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	137	<a href="#">WW</a>
Tuscan Panzanella Salad with Grilled Garlic Bread   	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	125	<a href="#">WW</a>
Wild Salmon Salad with Balsamic-Caper Vinaigrette  	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	133	<a href="#">WW</a>






























































## Sandwiches

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Buffalo Chicken Melts 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	79	
Chicken Philly Cheesesteaks  	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	84	
Egg, Tomato, and Scallion Sandwiches 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	90	
French Bread Pizza Supreme  	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	92	
Greek Salad Pita Pizzas 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	82	
Grilled Steak Sandwiches 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	89	
Grilled Vegetable Sandwiches with Pesto Mayonnaise 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	95	
Pear and Brie Grilled Cheese  	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	91	
Roast Beef Sandwiches with Creamy Horseradish Spread 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	81	
Summer Lobster Rolls  	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	97	
Turkey Panini with Avocado, Spinach, and Roasted Peppers 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	86	

## Sides


RECIPE	COOKBOOK	CHAPTER	PAGE	WW
--------	----------	---------	------	----

Cheesy Cauliflower "Mash"   	The Skinnytaste Cookbook	Veggie-Licious Sides	269	
Confetti Slaw   	The Skinnytaste Cookbook	Veggie-Licious Sides	285	
Grilled Mexican Corn Salad  	The Skinnytaste Cookbook	Veggie-Licious Sides	289	
Irresistible Vegetable Medley   	The Skinnytaste Cookbook	Veggie-Licious Sides	274	
Lemon-Roasted Asparagus   	The Skinnytaste Cookbook	Veggie-Licious Sides	278	
My House Salad, Made with Love 	The Skinnytaste Cookbook	Veggie-Licious Sides	267	
Quinoa Tabbouleh   	The Skinnytaste Cookbook	Veggie-Licious Sides	287	
Roasted Sesame Green Beans   	The Skinnytaste Cookbook	Veggie-Licious Sides	272	
Roasted Winter Beets and Red Potatoes   	The Skinnytaste Cookbook	Veggie-Licious Sides	279	
Sautéed Broccoli Rabe with Garlic and Oil  	The Skinnytaste Cookbook	Veggie-Licious Sides	284	
Seasoned Sweet Potato Wedges   	The Skinnytaste Cookbook	Veggie-Licious Sides	277	
Shredded Brussels Sprouts with Prosciutto  	The Skinnytaste Cookbook	Veggie-Licious Sides	283	
Squashta (Spaghetti Squash)   	The Skinnytaste Cookbook	Veggie-Licious Sides	268	
Summer Pearl Couscous   	The Skinnytaste Cookbook	Veggie-Licious Sides	288	
Sweet Maple-Roasted Acorn Squash   	The Skinnytaste Cookbook	Veggie-Licious Sides	280	
Tangy Carrot Ribbon Salad   	The Skinnytaste Cookbook	Veggie-Licious Sides	275	

Turmeric-Roasted Cauliflower GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	270	WW
Vegetable Fried Brown Rice GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	273	WW

## Soups & Chilis

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Aztec Chicken, Quinoa, and Avocado Soup GF	The Skinnytaste Cookbook	Soups & Chilis	66	WW
Breadless French Onion Soup with Parmesan-Asiago Crisps Q V	The Skinnytaste Cookbook	Soups & Chilis	55	WW
Chicken Pot Pie Soup GF	The Skinnytaste Cookbook	Soups & Chilis	69	WW
Cinnamon-Roasted Butternut Squash Soup GF Q	The Skinnytaste Cookbook	Soups & Chilis	61	WW
Italian Escarole and White Bean Soup GF	The Skinnytaste Cookbook	Soups & Chilis	57	WW
Katia's Caldo Gallego	The Skinnytaste Cookbook	Soups & Chilis	72	WW
Rustic Italian Gnocchi Soup GF	The Skinnytaste Cookbook	Soups & Chilis	70	WW
Silky Edamame Soup GF V	The Skinnytaste Cookbook	Soups & Chilis	62	WW
Slow-Cooker Chicken Enchilada Soup (Slow cooker) GF	The Skinnytaste Cookbook	Soups & Chilis	64	WW
Slow-Cooker Santa Fe Chicken (Slow cooker) GF	The Skinnytaste Cookbook	Soups & Chilis	73	WW
Slow-Cooker White Bean Chicken Chili Verde (Slow cooker) GF	The Skinnytaste Cookbook	Soups & Chilis	75	WW
Too-Good-to-Be-True Baked Potato Soup GF Q V	The Skinnytaste Cookbook	Soups & Chilis	58	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
"Un"stuffed Cabbage Soup   	The Skinnytaste Cookbook	Soups & Chilis	63	<a href="#">WW</a>