













skinnytaste | Cookbook Index

*WW = WW PersonalPoints™ Link










Appetizers & Snacks

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Air-Fried Blistered Shisitos with Smoked Paprika Aioli (Air Fryer) AF DF GF Q V	Skinnytaste Simple	For Sharing	61	WW
Air Fryer Mini Arancini Bites (Air Fryer) AF GF Q	Skinnytaste Simple	For Sharing	74	WW
Baked Elote Dip GF Q V	Skinnytaste Simple	For Sharing	58	WW
Buffalo Garlic Knots V	Skinnytaste Simple	For Sharing	69	WW
Caramelized Onion and Fig Flatbread V	Skinnytaste Simple	For Sharing	73	WW
French Onion Greek Yogurt Dip GF V	Skinnytaste Simple	For Sharing	54	WW
Greek Goddess Dip GF Q V	Skinnytaste Simple	For Sharing	53	WW
Roasted Garlic and Cauliflower Hummus DF GF V	Skinnytaste Simple	For Sharing	62	WW
Roasted Shrimp Cocktail DF GF Q	Skinnytaste Simple	For Sharing	65	WW
Smoked Fish Dip GF Q	Skinnytaste Simple	For Sharing	57	WW
Spicy Vegan Cashew Queso DF GF Q V	Skinnytaste Simple	For Sharing	66	WW
Spinach Empanadas FF V	Skinnytaste Simple	For Sharing	70	WW



Beef, Pork, & Lamb

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baked Beef Stew with Butternut Squash 	Skinnytaste Simple	Meat Lovers	218	WW
Five-Spice Beef Kebabs 	Skinnytaste Simple	Meat Lovers	191	WW
Garlic-Butter Steak with Broccoli 	Skinnytaste Simple	Meat Lovers	213	WW
Grilled London Broil with Tomatoes, Onion, and Basil 	Skinnytaste Simple	Meat Lovers	214	WW
Hoisin Burgers with Quick-Pickled Cucumbers 	Skinnytaste Simple	Meat Lovers	193	WW
Madison's Steak Tacos with Cilantro-Lime Rice (Grill Pan, Air Fryer) 	Skinnytaste Simple	Meat Lovers	201	WW
Parmesan Pork Chops (Air Fryer) 	Skinnytaste Simple	Meat Lovers	206	WW
Pepper Steak and Rice 	Skinnytaste Simple	Meat Lovers	196	WW
Sheet Pan Pork Tenderloin with Potatoes and Spinach (Sheet Pan) 	Skinnytaste Simple	Meat Lovers	217	WW
Slow Cooker Tacos al Pastor (Slow Cooker) 	Skinnytaste Simple	Meat Lovers	199	WW
Spaghetti Squash Carbonara 	Skinnytaste Simple	Meat Lovers	210	WW
Steak with Pizzaiola Sauce 	Skinnytaste Simple	Meat Lovers	209	WW

Breakfast

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Acai Berry Bowls 	Skinnytaste Simple	Morning Meals	33	WW
Banilla Protein Smoothie 	Skinnytaste Simple	Morning Meals	45	WW
Creamy Overnight Oats with Blueberries and Pistachios 	Skinnytaste Simple	Morning Meals	46	WW
Everything but the Bagel Cottage Cheese and Lox Bowl 	Skinnytaste Simple	Morning Meals	19	WW
Heart-Smart Baked Oatmeal 	Skinnytaste Simple	Morning Meals	41	WW
High-Protein Oat Waffles 	Skinnytaste Simple	Morning Meals	27	WW
Maple Pecan Cottage Cheese 	Skinnytaste Simple	Morning Meals	20	WW
PB & J Smoothie Bowl 	Skinnytaste Simple	Morning Meals	49	WW
Peanut Butter Banana-Berry Pancake Roll-Ups 	Skinnytaste Simple	Morning Meals	37	WW

Breakfast & Brunch

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Cajun-Spiced Shakshuka 	Skinnytaste Simple	Morning Meals	34	WW
Ham and Swiss Omelet Wrap 	Skinnytaste Simple	Morning Meals	30	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Loaded Waffled Hash Browns GF	Skinnytaste Simple	Morning Meals	42	WW
Red Chilaquiles with Fried Eggs GF V	Skinnytaste Simple	Morning Meals	25	WW
Saucy Eggs with Tomatoes GF V	Skinnytaste Simple	Veggie Mains	140	WW
Tomato Ricotta Frittata GF Q V	Skinnytaste Simple	Veggie Mains	139	WW
Vegan Scrambled Tofu DF GF Q V	Skinnytaste Simple	Morning Meals	38	WW

Chicken & Other Poultry

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Air Fryer Chicken Drumsticks (Air Fryer) AF DF GF Q	Skinnytaste Simple	Poultry Picks	175	WW
BBQ Chicken Foil Packets DF GF	Skinnytaste Simple	Poultry Picks	178	WW
Cheesy Chicken Quesadilla GF Q	Skinnytaste Simple	Poultry Picks	181	WW
Chicken with Hot Cherry Peppers DF Q	Skinnytaste Simple	Poultry Picks	169	WW
Grilled Chicken Thighs with Garlicky Chimichurri (Grill Pan) DF GF Q	Skinnytaste Simple	Poultry Picks	182	WW
Hasselback Feta Chicken Bake GF	Skinnytaste Simple	Poultry Picks	150	WW
Kickin' Chicken Poultry Seasoning DF GF Q V	Skinnytaste Simple	Poultry Picks	177	WW
Pot Sticker Stir-Fry GF Q	Skinnytaste Simple	Poultry Picks	153	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Puerto Rican Pinchos de Pollo (Grilled Chicken Skewers) DF	Skinnytaste Simple	Poultry Picks	164	WW
Sheet Pan Spatchcock Chicken with Brussels Sprouts (Sheet Pan) DF GF	Skinnytaste Simple	Poultry Picks	154	WW
Skillet Andouille Sausage with Potatoes and Vegetables DF GF	Skinnytaste Simple	Poultry Picks	145	WW
Sweet and Spicy Gochujang Chicken Bowls DF GF Q	Skinnytaste Simple	Poultry Picks	170	WW
Sweet Potato Turkey Burgers AF DF FF GF	Skinnytaste Simple	Poultry Picks	157	WW
The Juiciest Italian Turkey Fried Meatballs (Ever) FF GF Q	Skinnytaste Simple	Poultry Picks	146	WW
Turkey Pot Pie Noodles Q	Skinnytaste Simple	Poultry Picks	186	WW
Turkey Unstuffed Pepper Bowls DF FF GF Q	Skinnytaste Simple	Poultry Picks	160	WW

Dessert










RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Blender Mango Sorbet DF FF GF V	Skinnytaste Simple	Sweet Tooth	285	WW
Chocolate Shell Nice Cream DF GF V	Skinnytaste Simple	Sweet Tooth	282	WW
Cinnamon-Apple Tarte Tatin V	Skinnytaste Simple	Sweet Tooth	279	WW
Coconut Rice Pudding with Mango DF GF V	Skinnytaste Simple	Sweet Tooth	293	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Flourless Pistachio Cake DF GF V	Skinnytaste Simple	Sweet Tooth	277	WW
Flourless Sea Salt Brownies GF V	Skinnytaste Simple	Sweet Tooth	290	WW
Freezer Strawberry and Cream Cheese Turnovers FF V	Skinnytaste Simple	Sweet Tooth	289	WW
Frozen Peanut Butter Cups FF GF V	Skinnytaste Simple	Sweet Tooth	286	WW
Juicy Peach Cobbler V	Skinnytaste Simple	Sweet Tooth	274	WW
Mini Blueberry Swirl Cheesecakes FF V	Skinnytaste Simple	Sweet Tooth	273	WW




Fish

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Air Fryer Crispy Salmon Nuggets (Air Fryer) AF DF GF Q	Skinnytaste Simple	From the Sea	228	WW
Broiled Fish with Salsa Verde DF GF Q	Skinnytaste Simple	From the Sea	232	WW
Flounder Milanese DF GF Q	Skinnytaste Simple	From the Sea	244	WW
Red Snapper with Tomatoes and Olives DF GF Q	Skinnytaste Simple	From the Sea	235	WW
Sheet Pan Teriyaki Salmon and Asparagus (Sheet Pan) DF GF Q	Skinnytaste Simple	From the Sea	223	WW
Skillet Fish with Caramelized Shallots and Lemon Brown Butter Sauce GF Q	Skinnytaste Simple	From the Sea	227	WW

Meatless Mains

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
10-Minute Crispy Rice with Fried Eggs 	Skinnytaste Simple	Veggie Mains	136	WW
Coconut Red Curry Lentils 	Skinnytaste Simple	Veggie Mains	116	WW
Lentils and Rice with Caramelized Onions 	Skinnytaste Simple	Veggie Mains	121	WW
Peanut Butter Curry Noodles 	Skinnytaste Simple	Veggie Mains	124	WW
Sheet Pan BBQ Tofu and Broccoli (Sheet Pan) 	Skinnytaste Simple	Veggie Mains	128	WW
Sheet Pan Eggplant Lasagna 	Skinnytaste Simple	Veggie Mains	135	WW
Weeknight Veggie Burgers 	Skinnytaste Simple	Veggie Mains	131	WW
White Pizza with Spinach 	Skinnytaste Simple	Veggie Mains	127	WW
Whole Roasted Cauliflower Parmesan 	Skinnytaste Simple	Veggie Mains	132	WW

Pastas

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Creamy Chicken and Spinach Tri-Colore Pasta 	Skinnytaste Simple	Poultry Picks	173	WW
Instant Pot "Baked" Ziti with Spinach (Instant Pot) 	Skinnytaste Simple	Veggie Mains	115	WW
Instant Pot Spaghetti Rings with Beef (Instant Pot) 	Skinnytaste Simple	Meat Lovers	205	WW






RECIPE	COOKBOOK	CHAPTER	PAGE	WW
One-Pot Chicken Sausage Pasta GF Q	Skinnytaste Simple	Poultry Picks	149	WW
One-Pot Creamy Gnocchi with Chicken and Leeks GF Q	Skinnytaste Simple	Poultry Picks	185	WW
Pasta with Roasted Cauliflower and Garlicky Toasted Bread Crumbs GF V	Skinnytaste Simple	Veggie Mains	119	WW

Salads

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Avocado Caprese Salad with Blackened Shrimp GF Q	Skinnytaste Simple	Hearty Soups and Big Salads	111	WW
Brussels Sprouts Salad with Grated Egg DF GF Q	Skinnytaste Simple	Hearty Soups and Big Salads	96	WW
Grilled Italian Steak Salad with Arugula (Grill Pan) GF Q	Skinnytaste Simple	Hearty Soups and Big Salads	108	WW
Seared Tuna and Avocado Salad DF GF Q	Skinnytaste Simple	Hearty Soups and Big Salads	107	WW
Summer Mozzarella Prosciutto Salad GF Q	Skinnytaste Simple	Hearty Soups and Big Salads	104	WW
Summer Tomato Salad with Grilled Garlic Bread DF Q V	Skinnytaste Simple	On the Side	264	WW



Seafood

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Butter-Poached Lobster Rolls Q	Skinnytaste Simple	From the Sea	243	WW
Gingery Shrimp and Quinoa "Fried Rice" DF GF Q	Skinnytaste Simple	From the Sea	236	WW











RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Mussels in Coconut-Tomato Broth 	Skinnytaste Simple	From the Sea	224	WW
One-Pan Shrimp and Saffron Orzo 	Skinnytaste Simple	From the Sea	231	WW
Seared Scallops with Summer Couscous 	Skinnytaste Simple	From the Sea	247	WW
Spicy Crab Sushi Stacks 	Skinnytaste Simple	From the Sea	240	WW
Sweet and Spicy Shrimp Pineapple Boats 	Skinnytaste Simple	From the Sea	239	WW

Sides

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Braised Swiss Chard 	Skinnytaste Simple	On the Side	252	WW
Cheesy Baked Asparagus 	Skinnytaste Simple	On the Side	263	WW
Creamed Spinach with Mushrooms 	Skinnytaste Simple	On the Side	259	WW
Grilled Vegetables with Whipped Feta 	Skinnytaste Simple	On the Side	267	WW
Latin Yellow Rice 	Skinnytaste Simple	On the Side	256	WW
Lemon-Parsley Smashed Potatoes 	Skinnytaste Simple	On the Side	255	WW
Marinated Red Onions 	Skinnytaste Simple	Poultry Picks	159	WW
Sheet Pan Balsamic Brussels Sprouts with Grapes and Shallots (Sheet Pan) 	Skinnytaste Simple	On the Side	260	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Skillet Corn Bread with Zucchini 	Skinnytaste Simple	On the Side	251	WW
Thyme-Roasted Carrot Fries 	Skinnytaste Simple	On the Side	268	WW

Soups & Chilis

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
15-Minute Turkey-Bean Chili 	Skinnytaste Simple	Poultry Picks	163	WW
Cabbage Soup with Sausage and White Beans 	Skinnytaste Simple	Hearty Soups and Big Salads	100	WW
Cauliflower Cheddar Soup 	Skinnytaste Simple	Hearty Soups and Big Salads	83	WW
Chicken Soup with Yogurt-Chive Dumplings	Skinnytaste Simple	Hearty Soups and Big Salads	99	WW
Creamy Coconut Curry Soup with Summer Squash 	Skinnytaste Simple	Hearty Soups and Big Salads	79	WW
Creamy Pastina Soup 	Skinnytaste Simple	Hearty Soups and Big Salads	87	WW
Italian Wedding Soup 	Skinnytaste Simple	Hearty Soups and Big Salads	88	WW
Mom's Instant Pot Creamy Shrimp and Rice Soup (Instant Pot) 	Skinnytaste Simple	Hearty Soups and Big Salads	103	WW
Sheet Pan Tomato Soup with Grilled Cheese Croutons (Sheet Pan) 	Skinnytaste Simple	Hearty Soups and Big Salads	91	WW
Short Cut Shrimp Ramen 	Skinnytaste Simple	Hearty Soups and Big Salads	80	WW
Stracciatella Tortellini Soup 	Skinnytaste Simple	Hearty Soups and Big Salads	84	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Thai-Inspired Chicken, Lemongrass, Mushroom Soup   	Skinnytaste Simple	Hearty Soups and Big Salads	93	