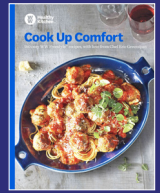




# Our favorite recipes from Cook Up Comfort



	SmartPoints® value		
	Green	Blue	Purple
Apple-blueberry streusel pie, page 248	7	7	6
Arepas with black bean-and-corn salad, page 205	12	8	8
Asian turkey noodle bowls with peanuts, page 125	5	4	4
Bacon-and-swiss quiche with phyllo crust, page 3	4	3	3
Baked beer batter fish 'n' chips, page 152	8	7	5
Baked falafel with cucumber-yogurt sauce, page 157	7	2	2
Banana-raspberry graham icebox cake, page 247	5	5	5
Bananas foster, page 265	7	7	7
Bayou chicken sausage gumbo, page 161	9	8	8
Beef tenderloin with fingerling potatoes, Brussels sprouts, and horseradish-cream sauce, page 147	8	8	5
Beefy borscht, page 83	4	4	3
Beet and butternut "noodles" with kale and feta, page 135	7	7	7
Beet-and-pea veggie burgers, page 67	8	6	6
Berry angel food trifle, page 262	6	6	6
BLT salad with green goddess dressing, page 39	4	4	4
Blueberry-corn salad with spicy lobster, page 43	5	2	2
Blue cheese-chicken burgers, page 64	8	6	6
Bouillabaisse, page 89	8	6	2
Brandy-laced beef and mushroom stroganoff, page 170	12	12	12
Breakfast parfaits with chia seeds, page 25	5	3	3
Brown rice-veggie bowls with ginger-lime dressing, page 51	9	6	4
Brussels sprouts with grapes and capers, page 221	1	1	1
Caribbean beef stew with coconut basmati rice, page 168	8	8	3
Cauliflower crust pizza with feta, peppers, and olives, page 110	7	6	6
Celery root and Yukon Gold mash, page 209	2	2	1
Chicken fajita rice bowls, page 192	7	5	2
Chicken picadillo tacos, page 71	10	10	10
Chicken stew with cornmeal-sage dumplings, page 162	7	6	6
Cioppino, page 91	5	3	3
Classic chicken soup with egg noodles, page 77	5	5	3
Classic firehouse chili, page 171	9	7	7
Cobb salad with smoked chicken, page 36	9	5	5
Coconut-curry salmon stir-fry, page 196	8	6	6
Coconut rice pudding, page 259	8	8	8
Collard greens with garlicky mojo, page 217	1	1	1
Cornmeal-crust catfish po' boys, page 56	12	8	8
Creamy banana French toast casserole, page 19	7	6	6
Creamy quinoa and apple breakfast cereal, page 23	6	6	3

	SmartPoints® value		
	Green	Blue	Purple
Creole-style red beans and rice, page 212	6	3	1
Crispy chicken Waldorf salad, page 29	6	5	5
Crispy chickpea-and-peanut snack mix, page 236	7	4	4
Crispy jalapeño poppers, page 229	2	2	2
Crunchy oven-fried drumsticks, page 140	4	4	4
Crunchy pan-fried fish fillets, page 201	3	2	2
Curried breakfast oats with salmon and soft-cooked eggs, page 7	8	6	3
Curried lentil stew with butternut, kale, and coconut, page 185	7	2	2
Easy chicken sausage enchiladas, page 153	7	5	5
Easy egg chilaquiles with avocado, page 6	9	5	5
Edamame and chickpea buddha bowls with miso dressing, page 48	8	2	2
Egg-and-prosciutto breakfast bowls with tender greens, page 4	8	6	6
Egg-and-veggie mini-casseroles, page 13	6	4	4
Eggplant parmesan, page 155	4	4	4
Farfalle with sausage, broccoli rabe, and white beans, page 113	9	7	3
Figs stuffed with honey and goat cheese, page 237	2	2	2
Fish tacos with mango salsa, page 73	7	6	6
Flash-cooked peppered tuna with Mediterranean salad, page 199	10	6	6
Flourless chocolate-almond cake, page 244	8	7	7
Food truck souvlaki salad, page 30	5	3	3
Frisée salad with poached egg and warm bacon dressing, page 45	3	1	1
Frozen cappuccino, page 239	7	7	7
Frozen peanut butter-toffee pie, page 249	6	6	6
Garlic-herb roasted pork loin with pears, page 148	3	3	3
Green bean casserole, page 220	3	3	3
Haddock-and-potato stew with saffron, page 176	4	4	1
Hearty lemon-chicken soup with orzo, page 81	4	2	0
Homestyle split pea soup with Canadian bacon, page 86	8	2	2
Honey mustard chicken bites, page 226	2	2	2
Hot spinach-artichoke dip, page 228	3	3	3
Iron skillet chicken potpie, page 190	10	9	9
Kale Caesar salad with grilled shrimp, page 42	5	3	3
Korean-style brisket in lettuce-leaf "tacos," page 70	6	6	6
Lemony tapioca pudding, page 258	7	6	6
Linguine with red clam sauce, page 122	8	7	7
Lox, eggs, and onions, page 9	5	1	1
Mac 'n' cheese with creamy squash sauce, page 119	6	6	6

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Our favorite recipes from  
**Cook Up Comfort** *continued*



	SmartPoints® value		
	Green	Blue	Purple
Maryland-style crab salad, page 44	3	1	1
Matzo ball soup, page 78	8	4	4
Mexican-spiced shredded chicken and hominy, page 164	4	4	2
Middle Eastern eggplant and chickpea stew, page 182	6	2	2
Mini apple pies, page 252	2	2	2
Mini chocolate-banana cupcakes with peanut butter frosting, page 255	3	3	3
Miso-maple cod with red rice, page 149	7	5	3
Miso soup with mushrooms, page 97	5	3	3
Moussaka in minutes, page 193	7	6	6
Multigrain waffles with maple-berry sauce, page 18	4	4	3
Mussels with leeks, white wine, and saffron, page 180	8	3	3
New England clam chowder, page 93	7	5	3
Old-world mushroom-barley soup with turkey, page 82	3	2	1
One-pot clambake, page 179	8	6	4
Pan-seared mahi mahi with herb sauce and mushroom orzo, page 200	8	7	7
Parmesan-thyme popcorn, page 232	2	2	2
Peppery kale chips, page 235	1	1	1
Pineapple-rhubarb crumble, page 256	4	4	4
Pizzelle cookie cannolis, page 263	4	4	4
Pomegranate-glazed branzino with spinach and potatoes, page 150	8	6	3
Potato-cheese soup, page 98	4	4	3
Pulled pork and cabbage sandwiches, page 58	10	10	10
Ramen noodle soup with jammy eggs, page 94	8	6	6
Ramen noodles with chicken and gochujang, page 126	7	5	5
Raspberries-and-cream shortcakes, page 261	5	5	5
Red flannel hash with sunnyside-up eggs, page 10	6	4	1
Rigatoni with butternut, blue cheese, and walnuts, page 121	9	9	9
Roasted grapes with rosemary and yogurt, page 238	2	2	2
Roasted vegetable and herb sourdough dressing, page 216	4	4	4
Roasted vegetable ratatouille, page 213	1	1	1
Robust black bean soup with onion and cilantro, page 87	7	2	2
Salmon chowder with fennel and dill, page 90	5	3	2
Salmon pasta salad with sugar snaps and dill, page 40	9	4	1
Saturday night chicken and pasta, page 111	9	7	4

	SmartPoints® value		
	Green	Blue	Purple
Shrimp and chicken chorizo paella, page 189	9	8	8
Shrimp burgers with jalapeño tartar sauce, page 65	8	7	7
Shrimp scampi “zoodles” with garlic crumbs, page 133	5	4	4
Singapore rice noodles with seafood, page 128	6	4	4
Slow cooker lamb couscous, page 175	7	7	7
Slow cooker lasagna, page 114	10	10	10
Slow cooker shredded chicken nachos, page 225	9	5	5
Slow cooker veal stew with mushrooms, page 172	4	4	3
Slow cooker vegetable and farro stew, page 181	5	4	2
Soba noodles with tofu, garlic, and spinach, page 132	11	5	5
Spaghetti carbonara with peas, page 120	11	7	7
Spaghetti with mozzarella-stuffed meatballs, page 116	13	12	8
Spicy shrimp with creamy cheese grits, page 202	7	6	6
Steak house salad with chipotle-balsamic dressing, page 35	6	5	5
Strawberry-lemon pancakes, page 17	7	6	6
Strawberry-white chocolate bread pudding, page 253	8	7	7
Stuffed cabbage, page 144	4	2	2
Sunday morning fruit and cinnamon bread pudding, page 20	8	7	7
Super-crispy onion rings, page 218	5	4	4
Super-easy BLT pizza for two, page 107	10	10	10
Sweet-and-smoky Sunday chicken, page 143	3	3	3
Sweet-and-spicy wasabi snack mix, page 234	4	4	4
Texas-style turkey chili, page 167	4	2	2
Tex-Mex barley bowls with smoked tofu and veggies, page 49	14	5	3
Thai coconut soup with shrimp, page 92	6	6	6
Three-cheese pepperoni pizza with garlicky spinach, page 108	7	7	7
Toasted Cuban-style sandwiches with pickle, page 59	7	7	7
Tomato soup with garlic-cheddar toasts, page 101	6	6	6
Tricolore salad with white beans, page 47	5	3	3
Triple-chocolate cream pie, page 250	6	6	6
Triple-grain cereal with fruit and brown sugar, page 24	8	8	4
Tuna, noodle, and green bean casserole, page 154	5	5	4
Turkey-and-quinoa meatloaf, page 139	4	3	1
Turkey club salad with peppercorn dressing, page 34	9	7	7
Turkey joes, page 55	5	4	4

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	SmartPoints® value		
	Green	Blue	Purple
Turkey mole, <i>page 165</i>	7	7	7
Turkey tetrazzini, <i>page 115</i>	10	9	9
Tuscan pumpkin-white bean soup, <i>page 103</i>	3	1	1
Ultimate bacon cheeseburgers, <i>page 62</i>	8	8	8
Vegetable pad thai, <i>page 131</i>	7	4	4
Vegetable tartines, <i>page 61</i>	7	7	7
Veggie Bolognese with soy crumbles and mushrooms, <i>page 124</i>	8	8	3
Venison stew with root vegetables, <i>page 173</i>	7	7	6
Vietnamese beef and broccoli with jasmine rice, <i>page 195</i>	8	8	8
Vietnamese beef pho, <i>page 84</i>	6	6	6
Warm turkey taco salad, <i>page 33</i>	5	5	4
Warm udon salad with spicy pork, <i>page 127</i>	5	5	5
Whole-wheat crescent rolls with poppy seeds, <i>page 215</i>	4	3	3
Yellow corn bread with buttermilk and thyme, <i>page 210</i>	4	4	4