



Our favorite recipes from Simply 5



	SmartPoints® value		
	Green	Blue	Purple
Bacon and cheddar-coddled eggs, page 13	5	3	3
Baked almond crisp-topped peaches, page 188	4	4	3
Baked eggs in tomatoes Florentine, page 8	4	2	2
Baked tilapia with grapes and olives, page 85	3	2	2
Braised Italian-style pork chops, page 108	6	6	6
Braised red cabbage and pears, page 125	1	1	1
Broccoli-egg strudel, page 5	5	4	4
Butterflied lamb with couscous salad, page 112	8	8	4
Carrot-horseradish puree, page 128	1	1	1
Cast-iron skillet potato kugel, page 166	5	4	2
Catfish with salsa and olives, page 88	4	2	2
Cauliflower with lemon and cumin, page 129	1	1	1
Cheddar grits with bacon and kale, page 14	8	8	8
Cheddar potato “fries,” page 167	3	3	1
Cheesy kale crisps, page 45	1	1	1
Cherry and thyme-stuffed loin of pork, page 110	4	4	4
Chicken kebabs with pineapple, page 97	3	1	1
Chicken with black bean sauce, page 94	4	3	3
Chickpea-broccoli soup, page 63	3	2	2
Chilaquiles bake, page 16	5	1	1
Chocolate-orange mousse, page 189	7	7	7
Chunky cucumber-yogurt salad, page 72	1	1	1
Chunky guacamole-topped rice cakes, page 34	4	4	4
Classic French potato salad, page 172	4	4	1
Coconut-cardamom basmati rice, page 180	5	5	5
Coconut-cucumber splash, page 31	3	3	3
Coconut-cumin green beans, page 135	3	3	3
Coconut-curry tomato soup, page 62	5	5	5
Coffee and chili-crust beef tenderloin, page 107	6	6	6
Couscous with chickpeas and oranges, page 162	6	5	0
Crab salad-topped cucumber, page 36	2	2	2
Creamed corn, page 134	6	1	1
Crispy hasselback potatoes, page 165	4	4	1
Curried barley with apricots, page 152	5	5	2
Double orange-mint salad, page 75	1	1	1
Edamame-tomato bruschetta, page 40	8	6	6
Flounder in crazy water, page 87	3	2	2
Fresh corn-basil soup, page 52	4	1	1
Fresh pea salad with bacon, page 74	4	3	3
Fresh salmon-ginger burgers, page 82	9	3	3
German-style potato-sauerkraut salad, page 168	6	6	1
Gin-basil smash, page 27	4	4	4
Greek-style breakfast pitas, page 11	9	5	5
Greek tzatziki dip, page 37	1	1	1

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	Green	Blue	Purple
Green sauce-marinated shrimp, page 91	3	2	2
Greens with Gorgonzola and almonds, page 65	4	4	4
Grilled Parmesan corn on the cob, page 132	6	2	2
Grilled Swiss chard and tomato pizzas, page 109	6	6	6
Grilled turkey saltimbocca, page 101	6	4	4
Grilled zucchini with feta and lemon, page 147	1	1	1
Gruyère and asparagus frittata, page 3	5	3	3
Hearty turkey-barley stew, page 102	4	3	1
Hibiscus granita with grilled mango, page 197	3	3	3
Hoisin-marinated London broil, page 103	4	4	4
Hot and smoky pink beans, page 155	3	0	0
Kielbasa and lentil stew, page 104	7	5	5
Lemon and pecorino popcorn, page 47	2	2	1
Lemon barley, page 154	2	2	1
Lemony fennel and radicchio, page 137	1	1	1
Lotsa fruit spritzers, page 32	3	3	3
Mango-coconut agua fresca, page 29	4	4	4
Maple breakfast pudding, page 20	7	7	4
Marinated tofu and vegetable kebabs, page 119	3	1	1
Mashed parsnips, potatoes, and apple, page 163	5	5	2
Matcha-chocolate meringue bark, page 192	2	2	2
Miso-glazed salmon, page 84	4	1	1
Miso soup with tofu and scallions, page 53	3	1	1
Mixed rice pilaf with orange, page 182	3	3	3
Mustardy deviled eggs, page 33	3	1	1
Niçoise-inspired tuna salad, page 67	3	3	1
North African red lentil soup, page 54	5	1	1
Overstuffed Western omelette, page 4	7	3	3
Pan-glazed turkey tenderloin, page 99	6	4	4
Parmesan-pepper green bean “fries,” page 43	2	2	2
Pea soup with smoked salmon, page 59	4	2	0
Peas with crispy prosciutto, page 139	4	2	2
Pecan-crust buttermilk chicken, page 92	7	4	4
Plum crostata, page 187	7	7	7
Polenta “pizza” margherita, page 116	7	7	7
Polenta with brown sugar ricotta, page 21	5	5	5
Polenta with spinach and cheese, page 177	3	3	3
Provençal tomato tart, page 38	2	2	2
Quick-cook fresh tomato sauce, page 146	2	2	2
Red quinoa salad with oranges, page 76	6	6	2
Red, white, and blue parfaits, page 23	6	6	6
Red wine-poached pears, page 190	4	4	4
Reuben-style quesadillas, page 41	5	4	4
Roast beef and napa cabbage slaw, page 64	4	4	4

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Our favorite recipes from
Simply 5 *continued*



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Roasted Brussels sprouts with walnuts, <i>page 122</i>	3	3	3
Roasted garlic-herb bread, <i>page 181</i>	3	3	3
Romaine and sun-dried tomato salad, <i>page 70</i>	3	3	3
Root vegetable chips, <i>page 44</i>	1	1	0
Savory spinach-Parmesan oats, <i>page 174</i>	6	6	2
Savory steel-cut oats with kale, <i>page 17</i>	5	5	1
Seared scallops with edamame puree, <i>page 89</i>	6	1	1
Sesame broccoli, <i>page 124</i>	2	2	2
Silky chickpea soup with toasted cumin, <i>page 50</i>	3	3	3
Simple potato-leek soup, <i>page 60</i>	3	3	0
Skinny breakfast sausages and eggs, <i>page 12</i>	4	2	2
Smashed potatoes with lemon salt, <i>page 171</i>	3	3	1
Soba noodle-mushroom soup, <i>page 57</i>	2	2	0
South-of-the-border salad, <i>page 71</i>	0	0	0
Spaghettini with limas and tomatoes, <i>page 114</i>	10	7	7
Spicy blue cheese-chicken burgers, <i>page 95</i>	4	2	2
Spicy bulgur with carrots and harissa, <i>page 158</i>	4	3	0
Stir-fried garlic spinach, <i>page 142</i>	1	1	1
Stir-fried tofu with scallions, <i>page 115</i>	5	3	3
Sumac-dusted red onion, mint, and white bean salad, <i>page 78</i>	4	1	1
Thai egg drop soup, <i>page 61</i>	2	0	0
Three-vegetable tian, <i>page 149</i>	2	2	2
Tomato and garlic-stuffed peppers, <i>page 144</i>	1	1	1
Tropical oats with chia seeds, <i>page 18</i>	5	3	3
Turkey fingers with peach sauce, <i>page 98</i>	11	10	10
Vanilla bean panna cotta, <i>page 195</i>	7	7	7
Very French grated carrot salad, <i>page 127</i>	1	1	1
Warm roasted butternut squash salad, <i>page 68</i>	4	4	4
Watermelon mojitos, <i>page 28</i>	6	6	6
White beans with roasted tomatoes, <i>page 157</i>	5	1	1
Whole roasted tandoori cauliflower, <i>page 131</i>	0	0	0
Zucchini and goat cheese omelette, <i>page 7</i>	8	6	6