



Our favorite recipes from Year-Round Fresh



	SmartPoints® value		
	Green	Blue	Purple
African-style vegetable curry, page 207	4	2	2
Almond breakfast quinoa with kumquats, page 176	6	6	2
Almond-cherry oat bars, page 111	5	5	4
Apple-cranberry muffins, page 178	7	7	7
Apple streusel crostata, page 164	8	8	8
Arctic char with tarragon leeks, page 36	3	1	1
Asian peanut chicken salad, page 71	5	3	3
Asian spaghetti squash salad, page 186	0	0	0
Asparagus and pea pancakes, page 3	7	5	5
Baked ricotta puddings with grapes, page 165	7	7	7
Beef, cauliflower, and edamame curry, page 146	6	5	5
Beef, mango, and veggie wraps, page 231	3	3	3
Black bean, farro, and roasted squash chili, page 157	5	3	2
Blackberry cheesecake tarts, page 103	3	3	3
Blender gazpacho with avocado, page 68	4	4	4
Blueberry-almond muesli, page 59	7	7	5
Blueberry-peach cornmeal cupcakes, page 104	6	6	6
Broccoli and cheddar mac and cheese, page 210	10	10	7
Bulgur salad with fennel, radishes, and basil, page 13	5	5	2
Bunless Asian beef burger wraps, page 88	4	4	4
Buttermilk waffles with oranges and pomegranate, page 175	9	8	8
Butternut squash tart with candied pecans, page 163	6	6	6
Butternut squash with hoisin, page 192	1	1	1
Cajun shrimp with garlicky spinach grits, page 204	5	4	4
Carrot-apple Bundt cake with cream cheese glaze, page 160	8	8	8
Carrot-coconut oatmeal cookies, page 215	3	3	3
Carrot-parsnip soup, page 183	6	6	3
Chicken and eggplant stir-fry with snow peas, page 84	3	1	1
Chicken and vegetables with balsamic-espresso glaze, page 197	5	5	5
Chicken sausage and mushroom hoagies, page 134	12	12	12
Chicken-vegetable noodle bowl, page 228	5	2	2
Chicken with roasted grape sauce, page 138	4	2	2
Chilled mint-pea soup with lemon yogurt, page 12	4	1	1
Chocolate-berry pavlova, page 48	8	8	8
Chutney chicken sliders, page 26	11	10	10
Cinnamon French toast with raspberries, page 61	3	3	3
Citrus olive oil cake, page 216	7	6	6
Cranberry-almond cupcakes, page 159	10	9	9

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	Green	Blue	Purple
Cranberry-pear breakfast porridge, page 120	9	9	5
Crumb-crust pork with kale and orange salad, page 237	5	5	5
Dijon-roasted salmon with fall vegetables, page 153	10	2	2
Egg, bacon, and greens breakfast sandwiches, page 172	5	3	3
Fall fruit and yogurt breakfast bowls, page 121	3	1	1
Fava bean sandwiches, page 17	6	3	3
Filet mignons with spring onion salsa verde, page 28	4	4	4
Fish tacos verde, page 241	4	3	3
Five-spice pork tenderloin with ginger plums, page 91	3	3	3
Flank steak with cherry tomatoes and basil, page 87	5	5	5
Flatbread prosciutto and salad pizza, page 92	11	11	11
Freekeh with roasted tomatoes and fava beans, page 20	6	3	1
Frittata with Brussels sprouts and bacon, page 171	4	3	3
Fruit orchard oatmeal, page 179	6	6	3
Gemelli with tomatoes, limas, and arugula pesto, page 102	7	5	2
Gingerbread pancakes with pears, page 119	6	6	6
Ginger breakfast cakes with quick strawberry jam, page 8	10	9	9
Ginger shrimp with soba-spinach sauté, page 154	4	3	3
Gingery winter squash custards with gingersnap crumble, page 212	7	6	6
Goat cheese polenta with spring vegetables, page 40	9	9	9
Greek grilled fish and vegetable kebabs, page 96	5	1	1
Greek yogurt with cherry compote and pistachios, page 62	4	2	2
Greek yogurt with rhubarb-raspberry spoon fruit, page 50	4	3	3
Greek yogurt with warm blueberry sauce, page 66	2	1	1
Green breakfast smoothie, page 7	3	3	3
Grilled Asian chicken with carrot-cucumber slaw, page 81	4	2	2
Grilled Caesar salad with cherry tomatoes, page 74	4	4	4
Grilled chicken with couscous-mango salad, page 21	10	8	4
Grilled chicken, broccoli rabe, and Peppadew sandwiches, page 190	9	8	8
Grilled chicken with grapefruit-mint salsa, page 224	2	0	0
Grilled chicken with mint chimichurri, page 25	3	1	1

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Our favorite recipes from Year-Round Fresh *continued*



	SmartPoints® value		
	Green	Blue	Purple
Grilled chicken with peach bbq sauce, page 82	3	1	1
Grilled coffee-rubbed steak with pear-cranberry salsa, page 144	5	5	5
Grilled flank steak and peppers with baby kale salad, page 233	6	6	6
Grilled Mediterranean chicken and vegetable wraps, page 78	9	7	7
Grilled tuna steak sandwiches, page 239	6	5	5
Grilled tuna with blood orange salsa, page 206	3	1	1
Grilled tuna with cucumber-noodle salad, page 35	6	5	5
Grilled vegetables and polenta, page 99	6	6	6
Ham and goat cheese frittata with spring vegetables, page 5	6	4	3
Indian-spiced lamb chops with fresh mint sauce, page 33	4	4	4
Irish oatmeal with brown sugar-cinnamon roasted apples, page 122	7	7	2
Israeli couscous with tomato and olive sauté, page 79	2	2	1
Kale salad with sweet potato and coconut, page 184	5	5	2
Kumquat and ginger compote, page 218	2	2	2
Lamb chops with cucumber-mint salad, page 32	5	5	5
Late-summer Southwest turkey and vegetable soup, page 67	6	3	3
Lemon angel food cake with strawberry-balsamic compote, page 44	4	4	4
Lemon chicken with tomato, olive, and feta salad, page 223	4	1	1
Lemon-marinated grilled summer squash with dill, page 80	1	1	1
Lemon-rosemary chicken with radicchio, page 198	3	3	3
Lentil and chorizo soup with kale, page 125	6	2	2
Maple muesli with apples and pecans, page 124	8	8	5
Melon with ginger-mint syrup, page 108	2	2	2
Middle Eastern burgers with yogurt sauce, page 234	7	6	6
Moroccan chicken with oranges, page 193	4	1	1
Open-face prosciutto, avocado, and arugula sandwiches, page 18	8	8	8
Orange-scented turnips and greens, page 136	2	2	2
Orecchiette with sausage and broccoli rabe, page 143	7	7	7
Parmesan chicken with fennel-arugula salad, page 227	5	3	3
Parsnip-pear mini cupcakes with cream cheese frosting, page 211	3	3	3
Pasta and spring vegetables with feta, page 39	9	6	2

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Peach, tomato, and avocado salad, page 73	3	3	3
Pear and fig salad with blue cheese, page 129	2	2	2
Penne primavera, page 42	9	8	2
Penne with roasted cauliflower and feta, page 209	5	5	1
Plum and blackberry crisp with pistachio crumble, page 107	4	4	3
Plum and ricotta trifle with almonds, page 110	6	6	6
Pomegranate-papaya smoothie, page 180	5	5	5
Pork chops with apples and ginger, page 203	5	5	5
Pork tenderloin with lentils and winter squash, page 149	6	4	4
Prosciutto, kale, and mozzarella melts, page 133	5	5	5
Pumpkin-ginger bisque, page 128	2	2	2
Quinoa with fresh peas and mint, page 19	4	4	1
Raspberry-peach smoothies, page 65	6	6	6
Red curry tofu and vegetable bowls, page 158	3	3	3
Rhubarb-strawberry shortcakes, page 47	6	6	6
Roasted beet and carrot salad, page 130	2	2	2
Roasted Brussels sprouts with cranberries and walnuts, page 191	3	3	3
Roasted cauliflower “steaks” with tomato-basil vinaigrette, page 135	1	1	1
Roasted chicken with artichokes and potatoes, page 22	5	5	3
Roasted whole chicken with apples and sausage, page 194	4	4	4
Rosemary chicken with pears and leeks, page 137	6	4	4
Rosemary steak with apple-horseradish relish, page 20	4	4	4
Ruby winter vegetable soup, page 181	2	2	1
Sausage, kale, and cheddar frittata, page 116	6	4	3
Scrambled egg, goat cheese, and tomato sandwiches, page 55	7	4	4
Singapore noodles with tofu and vegetables, page 41	6	5	5
Skillet cod and summer vegetables, page 98	2	1	1
Skillet ratatouille with eggs, page 56	5	3	3
Slow cooker chicken with celery root and rosemary, page 140	4	4	4
Slow cooker lamb, chickpea, and squash stew, page 147	5	3	3
Slow cooker Middle Eastern beef stew, page 199	8	8	4
Smoky corn soup, page 70	3	2	2
Smoky sweet potato and black bean soup, page 127	7	5	2
Spice-crusting roast pork tenderloin with watercress salad, page 31	4	4	4

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Spicy turkey, apple, and spinach panini, <i>page 189</i>	5	5	5
Spring garden vegetable soup, <i>page 11</i>	2	2	2
Steak with balsamic-molasses sauce and roasted green beans, <i>page 85</i>	6	6	6
Strawberry-mandarin granita, <i>page 51</i>	3	3	3
Stuffed pork chops with creamy mustard sauce, <i>page 150</i>	9	9	9
Summer vegetable frittata, <i>page 58</i>	4	1	1
Sweet potato muffins with pecan streusel, <i>page 115</i>	7	6	6
Sweet potato pie squares, <i>page 219</i>	4	4	4
Sweet potato-spice truffles, <i>page 166</i>	2	2	2
Tandoori roasted salmon and vegetables, <i>page 95</i>	8	1	1
Thai shrimp in green curry sauce, <i>page 242</i>	8	7	7
Thai turkey and broccoli stir-fry, <i>page 141</i>	4	2	2
Turkey, Swiss, and avocado panini, <i>page 230</i>	11	10	10
Vegetable tortellini with tapenade, <i>page 243</i>	8	7	7
Veggie and black bean quesadillas, <i>page 244</i>	9	7	7
Warm chai rice pudding with mango, <i>page 43</i>	7	7	7
Watercress salad with grapefruit and papaya, <i>page 14</i>	3	3	3
Wheat berry-apple salad, <i>page 187</i>	5	5	3
White bean and quinoa cakes, <i>page 101</i>	7	5	3
White bean pita burgers with yogurt-tahini sauce, <i>page 77</i>	9	6	6
Whole-grain mango muffins, <i>page 6</i>	7	7	7