

Hungry Girl Magazine Fall 2020
Blue Plan SmartPoints® Values*

WORLD'S EASIEST WEEKNIGHT DINNERS

BBQ Chicken Stir-Fry - 3	Instant Pot Paella - 2
Chicken Sausage & Apple Stir-Fry - 4	Surf & Turf Florentine - 7
Chicken Fajita Lettuce Cups - 3	Mexican Stuffed Potatoes - 6

SLOW COOKER COMFORT FOODS

Chicken Sausage & Pepper Stew - 5	Turkey Pot Roast - 1
Moroccan Veggie Stew - 0	Steak Chili - 2
Fruity Pork Tenderloin - 2	Herb Chicken with Root Veggies - 2

ENTERTAIN WITH APPETIZERS TONIGHT!

Crispy Smoked Salmon Bites - 3	Bacon-Wrapped Brussels Sprouts - 3
Antipasto Skewers - 3	Eggplant Parm Bites - 3
Loaded Mashie Shooters - 2	Bottomless Jalapeño Poppers - 4

HAPPY HOUR COCKTAILS

White Winesicles - 1	Coconut-Lime Margarita - 5
Strawberry Frosé - 5	Peach-Blueberry Frojito - 8
Mocha Mudslide - 4	

6-INGREDIENT CASSEROLES

Nacho Casserole - 4	Thanksgiving Casserole - 4
Sloppy Jane Casserole - 5	Creamy Chicken & Corn Casserole - 3
Buffalo Chicken Casserole - 5	Butternut Squash & Black Bean Casserole - 3

The SmartPoints® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the recipe or its developer by WW (formerly known as Weight Watchers) International, Inc., the owner of the SmartPoints® trademark.

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SOUPER SIMPLE

Caramelized Onion Soup - 5
Swedish Meatball Soup - 4
Unstuffed Cabbage Soup - 9

Tomato & Cauliflower Rice Soup - 5
Chicken & Mushroom Soup - 2
Southwest Chicken Soup - 5

EVERYTHING PUMPKIN: THE SWEET & THE SAVORY

Pumpkin Cream Parfaits - 5
Chocolate Pumpkin Cream Pie - 6
Chocolate Chip Pumpkin Bread - 4

Pumpkin Bagel Bites - 5
Roasted Pumpkin & Brussels - 4
Pumpkin Meat Sauce - 1

HOT COUPLES: SNACK EDITION

Chocolate Hummus Stuffed Strawberries - 3
Nacho Bites - 3
Thai Peanut Broccoli Noodles - 2
Apple + Cheese Kebabs - 2
Taco Fries - 1

Easy Cheesy Broc - 3
Tropical Sausage Skewers - 4
Buffalo Cauliflower - 0
Hummus Stuffed Mushrooms - 2

THREE CHEERS FOR THE WHOOPIE PIE PAN!

Big Whoop! Whoopie Pies - 8
Mini Blueberry Pancakes - 2
Corn Dog Muffin Tops - 2

Mini Meatzas - 4
Bacon & Egg Patties - 3

COLD-WEATHER DESSERTS

Mini Chocolate Peppermint Cream Pies - 7
Apple Bread Pudding - 6

Tutti Frutti Dump Cake - 9
Baked Caramel Apples - 3

SNEAK PEEK: FAST & EASY... THE NEXT HUNGRY GIRL COOKBOOK!

Caribbean Salmon - 2

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SUCCESS STORIES RECIPE FAVORITES

Strawberry Chia Yogurt Bowl - 3
Blueberry Muffin Overnight Oats - 5
100-Calorie Dalgona Coffee - 5
Buff Chick' Hot Wing Dip - 2

Raspberry Kiss Crunchettes - 5
DIY Gummy Bears - 0
Hungry Chick' Bell Pepper Nachos - 2
BBQ Chicken Foil Pack - 2

THE LAST THING

Veggie-Packed Mac & Cheese - 4

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