















skinnytaste | Cookbook Index

*WW = WW PersonalPoints™ Link

Appetizers








RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Breaded Popcorn Shrimp with Tartar Sauce (Air fryer)  	Skinnytaste One & Done	Air Fryer	202	WW
Shrimp and Pork Spring Rolls with Carrot-Cabbage Slaw (Air fryer) 	Skinnytaste One & Done	Air Fryer	205	WW

Chicken & Other Poultry





RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Arroz con Pollo (Pressure cooker)  	Skinnytaste One & Done	Pressure Cooker	124	WW
Asian Chicken Lettuce Wraps (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	256	WW
Buffalo Chicken Nuggets (Air fryer) 	Skinnytaste One & Done	Air Fryer	184	WW
Buffalo Drumsticks with Creamy Cabbage and Kale Slaw (Air fryer)   	Skinnytaste One & Done	Air Fryer	171	WW
Cheesy Jalapeño Popper Stuffed Chicken (Air fryer)  	Skinnytaste One & Done	Air Fryer	186	WW
Cheesy Turkey, Leek, and Potato Gratin (Skillet) 	Skinnytaste One & Done	Skillet	38	WW
Chicken-Avocado Burgers with Jalapeño Slaw (Grill pan) 	Skinnytaste One & Done	Grill Pan	278	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Chicken Cordon Bleu with Asparagus (Skillet) GF Q	Skinnytaste One & Done	Skillet	25	WW
Chicken Fajitas (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	80	WW
Chicken Katsu with Sesame-Pineapple Slaw (Air fryer) GF	Skinnytaste One & Done	Air Fryer	172	WW
Chicken, Pesto, and Cheese Stromboli (Air fryer) DF GF	Skinnytaste One & Done	Air Fryer	180	WW
Chicken Saltimbocca with Spinach (Skillet) GF Q	Skinnytaste One & Done	Skillet	33	WW
Chipotle Chicken Tostadas (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	252	WW
Classic Chicken Nuggets (Air fryer) Q	Skinnytaste One & Done	Air Fryer	183	WW
Coconut Chicken and Butternut Curry in a Hurry (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	135	WW
Complete BBQ Chicken Dinner (Slow cooker) GF	Skinnytaste One & Done	Slow Cooker	248	WW
Coq au Vin (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	128	WW
Crispy Chicken Schnitzel Dinner (Sheet pan)	Skinnytaste One & Done	Sheet Pan & Baking Dish	75	WW
Dijon-Maple Chicken with Brussels and Butternut (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	79	WW
Everything (but the) Bagel Chicken Roll-Ups (Air fryer) GF	Skinnytaste One & Done	Air Fryer	176	WW
Fall-off-the-Bone Whole Rosemary Chicken (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	251	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Fiesta Chicken and Carrot "Rice" (Skillet) GF V	Skinnytaste One & Done	Skillet	22	WW
Giant Turkey Meatball Parmesan (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	94	WW
Ginger-Lime Chicken with Broccoli and Carrots (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	90	WW
Glazed Korean BBQ Chicken Wings (Air fryer) GF Q	Skinnytaste One & Done	Air Fryer	179	WW
Honey Balsamic Grilled Chicken and Vegetables (Grill pan) GF Q	Skinnytaste One & Done	Grill Pan	281	WW
Honey-Mustard Chicken Bake (Baking dish) GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	86	WW
Italian Sausage and Pepper Calzones (Air fryer) GF Q	Skinnytaste One & Done	Air Fryer	189	WW
Kielbasa and Cabbage (Dutch oven) GF Q	Skinnytaste One & Done	Dutch Oven	227	WW
Lemon Chicken and Brown Rice Pilaf (Skillet) GF Q	Skinnytaste One & Done	Skillet	26	WW
Loaded Buffalo Chicken Stuffed Sweet Potatoes (Slow cooker) GF Q V	Skinnytaste One & Done	Slow Cooker	247	WW
Mom's Skillet Chicken Pot Pie (Skillet) Q	Skinnytaste One & Done	Skillet	37	WW
Petite Meatloaf Dinner (Sheet pan) GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	97	WW
Shawarma-Spiced Grilled Chicken Thighs with Tahini (Grill pan) DF GF V	Skinnytaste One & Done	Grill Pan	277	WW
Shepherd's Pie with Cauliflower Crust (Skillet) GF	Skinnytaste One & Done	Skillet	41	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Spicy Peanut Chicken and Vegetables (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	76	WW
Spicy Stir-Fried Chicken and Shredded Brussels Bowls (Skillet) 	Skinnytaste One & Done	Skillet	29	WW
Spinach, Bacon, and Cheddar Hasselback Chicken (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	93	WW
Tandoori Chicken with Vegetables (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	85	WW
Turkey Breast with Sweet Potatoes, Green Beans, and Gravy (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	139	WW
Turkey Kofta Kebab Lettuce Wraps (Grill pan) 	Skinnytaste One & Done	Grill Pan	282	WW
Weeknight Chicken Souvlaki (Skillet) 	Skinnytaste One & Done	Skillet	34	WW

Fish

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Crab-Stuffed Shrimp (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	113	WW
Crispy Beach Fish Tacos (Air fryer) 	Skinnytaste One & Done	Air Fryer	197	WW
Crispy Codfish Cakes with Horseradish Cream (Air fryer) 	Skinnytaste One & Done	Air Fryer	208	WW
Crispy Salmon Fish Sticks with Lime-Dill Dipping Sauce (Air fryer) 	Skinnytaste One & Done	Air Fryer	201	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Garlic-Turmeric Salmon with Rainbow Carrots, Cauliflower, and Lemon (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	105	WW
Garlicky Shrimp with Smashed Chickpea "Mofongo" (Skillet) GF Q V	Skinnytaste One & Done	Skillet	50	WW
Grilled Swordfish with Summer Succotash and Basil Oil (Grill pan) GF	Skinnytaste One & Done	Grill Pan	288	WW
Lemon Parmesan Shrimp with Broccoli and Cauliflower (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	114	WW
Lemon-Roasted Fish and Cauli-Rice (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	106	WW
Mediterranean Shrimp and Pearl Couscous (Skillet) GF Q V	Skinnytaste One & Done	Skillet	67	WW
Miso Black Cod with Shiitakes and Bok Choy (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	109	WW
Mussels in Garlicky White Wine Sauce (Dutch oven) GF	Skinnytaste One & Done	Dutch Oven	235	WW
Pesce Primavera (Baking dish) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	110	WW
Salmon Salad with Green Beans and Egg (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	159	WW
Seafood and Chicken Paella (Skillet) DF GF Q	Skinnytaste One & Done	Skillet	51	WW
Seafood Fried Brown Rice (Skillet) DF GF	Skinnytaste One & Done	Skillet	55	WW
Shrimp Quesadillas with Stuffed Avocados (Skillet) GF Q	Skinnytaste One & Done	Skillet	46	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Spicy Shrimp Tempura Roll Bowls (Air fryer) DF	Skinnytaste One & Done	Air Fryer	206	WW
Wild Salmon with Avocado-Basil Salad (Air fryer) DF GF Q	Skinnytaste One & Done	Air Fryer	198	WW

Fish, Lean Meats

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Grilled Surf and Turf with Asparagus and Herb Butter (Grill pan) DF GF	Skinnytaste One & Done	Grill Pan	286	WW

Lean Meats

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Beef Bibimbap Bowls with Riced Carrots (Skillet) GF V	Skinnytaste One & Done	Skillet	60	WW
Carne Asada Fries (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	102	WW
Cheesy Pork Chops with Mushrooms and Wilted Spinach (Skillet) GF Q	Skinnytaste One & Done	Skillet	45	WW
Crispy Breaded Pork Chops (Air fryer) Q	Skinnytaste One & Done	Air Fryer	190	WW
Dad's Czech Meat Patties with Potatoes and Cucumber Salad (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	101	WW
Garlic-Dijon Roasted Pork Tenderloin with Potatoes and Green Beans (Baking dish) DF GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	98	WW
Grilled Lamb Chops with Mint Chimichurri (Grill pan) GF	Skinnytaste One & Done	Grill Pan	285	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Italian Stuffed Cubanelle Peppers (Slow cooker) GF	Skinnytaste One & Done	Slow Cooker	255	WW
London Broil with Tomatoes, Red Onion, and Balsamic (Air fryer) Q	Skinnytaste One & Done	Air Fryer	194	WW
Open-Faced French Onion Burgers (Skillet) GF Q V	Skinnytaste One & Done	Skillet	71	WW
Philly Cheesesteak Egg Rolls (Air fryer) GF Q	Skinnytaste One & Done	Air Fryer	193	WW
Pork Chops Pizzaiola with Arugula Salad (Skillet) GF	Skinnytaste One & Done	Skillet	42	WW
Pot Roast with Potatoes and Vegetables (Slow cooker) GF	Skinnytaste One & Done	Slow Cooker	262	WW
Roasted Sausage, Peppers, and Potatoes (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	89	WW
Ropa Vieja (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	267	WW
Spicy Lamb Korma (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	268	WW
Unstuffed Cabbage Bowls (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	157	WW

Meatless Mains

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Breaded Cauliflower Nuggets (Air fryer) Q	Skinnytaste One & Done	Air Fryer	185	WW
Cacio e Pepe Roasted Spaghetti Squash (Sheet pan) DF GF Q V	Skinnytaste One & Done	Sheet Pan & Baking Dish	118	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Caprese Portobello Pizzas (Sheet pan) GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	83	WW
Curry-Roasted Vegetables and Chickpeas with Mint-Cilantro Chutney (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	117	WW
Grilled Halloumi and Veggies with Mint-Yogurt Sauce (Grill pan) GF Q V	Skinnytaste One & Done	Grill Pan	296	WW
Indian Butter Chickpeas (Slow cooker) DF GF V	Skinnytaste One & Done	Slow Cooker	273	WW
Jalapeño Popper Frittata with Pico de Gallo (Skillet) GF Q	Skinnytaste One & Done	Skillet	56	WW
Margherita Pizzas (Air fryer) GF Q	Skinnytaste One & Done	Air Fryer	209	WW
Pot-in-Pot Puerto Rican Rice and Beans (Pressure cooker) GF V	Skinnytaste One & Done	Pressure Cooker	166	WW
Skillet Spinach and Feta Pie (Skillet) DF GF Q	Skinnytaste One & Done	Skillet	63	WW
Stuffed Artichokes with Bread Crumbs and Tomato Caper Sauce (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	160	WW



Pasta & Zoodles

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
American-Style Cheesy Beef Goulash and Macaroni (Pressure cooker) GF	Skinnytaste One & Done	Pressure Cooker	152	WW
Cheesy Turkey Taco Chili Mac (Dutch oven) GF	Skinnytaste One & Done	Dutch Oven	223	WW
Chicken Fajita Pasta (Dutch oven) GF Q	Skinnytaste One & Done	Dutch Oven	219	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Creamy Butternut Pasta with Spicy Sausage and Spinach (Dutch oven) GF V	Skinnytaste One & Done	Dutch Oven	215	WW
Gnocchi with Sausage and Garlicky Broccoli Rabe (Dutch oven) GF	Skinnytaste One & Done	Dutch Oven	216	WW
Instant Spaghetti and Meat Sauce (Pressure cooker) GF Q	Skinnytaste One & Done	Pressure Cooker	143	WW
Lazy Veggie Lasagna (Skillet) GF Q	Skinnytaste One & Done	Skillet	68	WW
Quickest Gnocchi Bolognese (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	147	WW
Spicy Carrot "Fideos" Secos (Skillet) GF Q	Skinnytaste One & Done	Skillet	59	WW
Spinach and Cheese Manicotti (Slow cooker) GF	Skinnytaste One & Done	Slow Cooker	271	WW
Summer Veggie Zucchini Noodles with Burrata (Skillet) GF Q	Skinnytaste One & Done	Skillet	49	WW
Veggie-Loaded Zucchini Noodle Primavera (Skillet) V	Skinnytaste One & Done	Skillet	64	WW

Salads







RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Bacon-Wrapped BBQ Ranch Chicken Salad (Skillet) DF GF Q	Skinnytaste One & Done	Skillet	30	WW
Grilled Calamari with Mediterranean Chickpea Salad (Grill pan) DF GF Q	Skinnytaste One & Done	Grill Pan	292	WW
Grilled Lemon-Chile Shrimp Summer Salad (Grill pan) DF GF Q	Skinnytaste One & Done	Grill Pan	289	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Grilled Peach and Watermelon Burrata Salad (Grill pan) 	Skinnytaste One & Done	Grill Pan	295	WW
Grilled Scallop and Fennel Salad with Lemon Vinaigrette (Grill pan) 	Skinnytaste One & Done	Grill Pan	291	WW







Sandwiches

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Spicy Fried Chicken Sandwiches (Air fryer) 	Skinnytaste One & Done	Air Fryer	175	WW

Soups & Chilis

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Bacalao (Salt Cod) and Potato Stew (Dutch oven) 	Skinnytaste One & Done	Dutch Oven	231	WW
Beef Stroganoff Noodle Soup (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	151	WW
Beef, Tomato, and Acini di Pepe Soup (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	155	WW
Caldo de Papa (Potato and Short Rib Soup) (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	148	WW
Caramelized Onion Soup with Cauliflower and Melted Gruyère (Dutch oven) 	Skinnytaste One & Done	Dutch Oven	228	WW
Chicken and Lentil Soup (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	127	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Chicken Tortilla Soup (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	136	WW
Chinese Shrimp and Pork Dumpling Meatball Soup (Dutch oven) DF GF	Skinnytaste One & Done	Dutch Oven	239	WW
Chunky Brisket and Cabbage Soup (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	265	WW
Colombian Chicken and Potato Soup (Pressure cooker) GF V	Skinnytaste One & Done	Pressure Cooker	123	WW
Creamy Cheddar-Broccoli Soup (Dutch oven) DF GF Q	Skinnytaste One & Done	Dutch Oven	243	WW
Easy Lamb Stew with Chickpeas (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	156	WW
Ham and White Bean Soup (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	257	WW
Mexican Pinto Beans with Queso (Pressure cooker) V	Skinnytaste One & Done	Pressure Cooker	165	WW
Milda's Caldeirada (Portuguese Seafood Stew) (Dutch oven) Q	Skinnytaste One & Done	Dutch Oven	236	WW
Mini Turkey Meatball Vegetable Soup (Dutch oven) GF Q	Skinnytaste One & Done	Dutch Oven	220	WW
Mussel Chowder with Bacon (Dutch oven) DF GF	Skinnytaste One & Done	Dutch Oven	232	WW
Navy Bean, Bacon, and Spinach Soup (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	144	WW
Shepherd's Pie Stew (Dutch oven) GF	Skinnytaste One & Done	Dutch Oven	224	WW
Shortcut Vietnamese Chicken Pho (Pressure cooker) GF	Skinnytaste One & Done	Pressure Cooker	131	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Shrimp Jambalaya (Dutch oven) 	Skinnytaste One & Done	Dutch Oven	240	WW
Southwestern Beef and Black Bean Chili (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	264	WW
Split Pea Soup with Smoked Turkey (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	258	WW
Tomato-Spinach Tortellini Soup (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	162	WW
Turkey Cheeseburger Soup (Pressure cooker)	Skinnytaste One & Done	Pressure Cooker	140	WW
Vegetarian Butternut Chili (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	272	WW
White Chicken Chili with Hominy (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	132	WW

Tacos

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Tex-Mex Turkey Tacos (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	261	WW