
























# skinnytaste | Cookbook Index

\*SP = Smart Points

## Appetizers

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

## Chicken & Other Poultry

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

RECIPE	COOKBOOK	CHAPTER	PG	SP
Chicken Cordon Bleu with Asparagus (Skillet) GF Q	Skinnytaste One and Done	Skillet	25	6
Chicken Fajitas (Sheet pan) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	80	9
Chicken Katsu with Sesame-Pineapple Slaw (Air fryer) GF	Skinnytaste One and Done	Air Fryer	172	8
Chicken, Pesto, and Cheese Stromboli (Air fryer) DF GF	Skinnytaste One and Done	Air Fryer	180	10
Chicken Saltimbocca with Spinach (Skillet) GF Q	Skinnytaste One and Done	Skillet	33	7
Chipotle Chicken Tostadas (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	252	11
Classic Chicken Nuggets (Air fryer) Q	Skinnytaste One and Done	Air Fryer	183	4
Coconut Chicken and Butternut Curry in a Hurry (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	135	7
Complete BBQ Chicken Dinner (Slow cooker) GF	Skinnytaste One and Done	Slow Cooker	248	15
Coq au Vin (Pressure cooker) DF GF	Skinnytaste One and Done	Pressure Cooker	128	11
Crispy Chicken Schnitzel Dinner (Sheet pan)	Skinnytaste One and Done	Sheet Pan & Baking Dish	75	9
Dijon-Maple Chicken with Brussels and Butternut (Sheet pan) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	79	10
Everything (but the) Bagel Chicken Roll-Ups (Air fryer) GF	Skinnytaste One and Done	Air Fryer	176	14
Fall-off-the-Bone Whole Rosemary Chicken (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	251	8

RECIPE	COOKBOOK	CHAPTER	PG	SP
Fiesta Chicken and Carrot "Rice" (Skillet) GF V	Skinnytaste One and Done	Skillet	22	10
Giant Turkey Meatball Parmesan (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	94	7
Ginger-Lime Chicken with Broccoli and Carrots (Sheet pan) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	90	6
Glazed Korean BBQ Chicken Wings (Air fryer) GF Q	Skinnytaste One and Done	Air Fryer	179	7
Honey Balsamic Grilled Chicken and Vegetables (Grill pan) GF Q	Skinnytaste One and Done	Grill Pan	281	5
Honey-Mustard Chicken Bake (Baking dish) GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	86	9
Italian Sausage and Pepper Calzones (Air fryer) GF Q	Skinnytaste One and Done	Air Fryer	189	10
Kielbasa and Cabbage (Dutch oven) GF Q	Skinnytaste One and Done	Dutch Oven	227	5
Lemon Chicken and Brown Rice Pilaf (Skillet) GF Q	Skinnytaste One and Done	Skillet	26	9
Loaded Buffalo Chicken Stuffed Sweet Potatoes (Slow cooker) GF Q V	Skinnytaste One and Done	Slow Cooker	247	10
Mom's Skillet Chicken Pot Pie (Skillet) Q	Skinnytaste One and Done	Skillet	37	9
Petite Meatloaf Dinner (Sheet pan) GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	97	9
Shawarma-Spiced Grilled Chicken Thighs with Tahini (Grill pan) DF GF V	Skinnytaste One and Done	Grill Pan	277	10
Shepherd's Pie with Cauliflower Crust (Skillet) GF	Skinnytaste One and Done	Skillet	41	10

RECIPE	COOKBOOK	CHAPTER	PG	SP
Spicy Peanut Chicken and Vegetables (Sheet pan) DF GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	76	6
Spicy Stir-Fried Chicken and Shredded Brussels Bowls (Skillet) GF	Skinnytaste One and Done	Skillet	29	5
Spinach, Bacon, and Cheddar Hasselback Chicken (Sheet pan) DF GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	93	6
Tandoori Chicken with Vegetables (Sheet pan) GF Q V	Skinnytaste One and Done	Sheet Pan & Baking Dish	85	7
Turkey Breast with Sweet Potatoes, Green Beans, and Gravy (Pressure cooker) DF GF	Skinnytaste One and Done	Pressure Cooker	139	10
Turkey Kofta Kebab Lettuce Wraps (Grill pan) GF	Skinnytaste One and Done	Grill Pan	282	5
Weeknight Chicken Souvlaki (Skillet) GF Q	Skinnytaste One and Done	Skillet	34	12

## Fish

RECIPE	COOKBOOK	CHAPTER	PG	SP
Crab-Stuffed Shrimp (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	113	6
Crispy Beach Fish Tacos (Air fryer) DF GF Q	Skinnytaste One and Done	Air Fryer	197	9
Crispy Codfish Cakes with Horseradish Cream (Air fryer) DF GF Q	Skinnytaste One and Done	Air Fryer	208	6
Crispy Salmon Fish Sticks with Lime-Dill Dipping Sauce (Air fryer) DF GF Q	Skinnytaste One and Done	Air Fryer	201	9

RECIPE	COOKBOOK	CHAPTER	PG	SP
Garlic-Turmeric Salmon with Rainbow Carrots, Cauliflower, and Lemon (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	105	4
Garlicky Shrimp with Smashed Chickpea "Mofongo" (Skillet) GF Q V	Skinnytaste One and Done	Skillet	50	12
Grilled Surf and Turf with Asparagus and Herb Butter (Grill pan) DF GF	Skinnytaste One and Done	Grill Pan	286	8
Grilled Swordfish with Summer Succotash and Basil Oil (Grill pan) GF	Skinnytaste One and Done	Grill Pan	288	12
Lemon Parmesan Shrimp with Broccoli and Cauliflower (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	114	6
Lemon-Roasted Fish and Cauli-Rice (Sheet pan) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	106	6
Mediterranean Shrimp and Pearl Couscous (Skillet) GF Q V	Skinnytaste One and Done	Skillet	67	11
Miso Black Cod with Shiitakes and Bok Choy (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	109	5
Mussels in Garlicky White Wine Sauce (Dutch oven) GF	Skinnytaste One and Done	Dutch Oven	235	11
Pesce Primavera (Baking dish) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	110	4
Salmon Salad with Green Beans and Egg (Pressure cooker) DF GF	Skinnytaste One and Done	Pressure Cooker	159	13
Seafood and Chicken Paella (Skillet) DF GF Q	Skinnytaste One and Done	Skillet	51	10
Seafood Fried Brown Rice (Skillet) DF GF	Skinnytaste One and Done	Skillet	55	9

RECIPE	COOKBOOK	CHAPTER	PG	SP
Shrimp Quesadillas with Stuffed Avocados (Skillet) GF Q	Skinnytaste One and Done	Skillet	46	12
Spicy Shrimp Tempura Roll Bowls (Air fryer) DF	Skinnytaste One and Done	Air Fryer	206	12
Wild Salmon with Avocado-Basil Salad (Air fryer) DF GF Q	Skinnytaste One and Done	Air Fryer	198	8

## Lean Meats

RECIPE	COOKBOOK	CHAPTER	PG	SP
Beef Bibimbap Bowls with Riced Carrots (Skillet) GF V	Skinnytaste One and Done	Skillet	60	10
Carne Asada Fries (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	102	12
Cheesy Pork Chops with Mushrooms and Wilted Spinach (Skillet) GF Q	Skinnytaste One and Done	Skillet	45	8
Crispy Breaded Pork Chops (Air fryer) Q	Skinnytaste One and Done	Air Fryer	190	8
Dad's Czech Meat Patties with Potatoes and Cucumber Salad (Sheet pan) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	101	10
Garlic-Dijon Roasted Pork Tenderloin with Potatoes and Green Beans (Baking dish) DF GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	98	7
Grilled Lamb Chops with Mint Chimichurri (Grill pan) GF	Skinnytaste One and Done	Grill Pan	285	5
Grilled Surf and Turf with Asparagus and Herb Butter (Grill pan) DF GF	Skinnytaste One and Done	Grill Pan	286	8
Italian Stuffed Cubanelle Peppers (Slow cooker) GF	Skinnytaste One and Done	Slow Cooker	255	5

RECIPE	COOKBOOK	CHAPTER	PG	SP
London Broil with Tomatoes, Red Onion, and Balsamic (Air fryer) Q	Skinnytaste One and Done	Air Fryer	194	8
Open-Faced French Onion Burgers (Skillet) GF Q V	Skinnytaste One and Done	Skillet	71	10
Philly Cheesesteak Egg Rolls (Air fryer) GF Q	Skinnytaste One and Done	Air Fryer	193	10
Pork Chops Pizzaiola with Arugula Salad (Skillet) GF	Skinnytaste One and Done	Skillet	42	8
Pot Roast with Potatoes and Vegetables (Slow cooker) GF	Skinnytaste One and Done	Slow Cooker	262	7
Roasted Sausage, Peppers, and Potatoes (Sheet pan) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	89	8
Ropa Vieja (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	267	9
Spicy Lamb Korma (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	268	5
Unstuffed Cabbage Bowls (Pressure cooker) DF GF	Skinnytaste One and Done	Pressure Cooker	157	10

## Meatless Mains

RECIPE	COOKBOOK	CHAPTER	PG	SP
Breaded Cauliflower Nuggets (Air fryer) Q	Skinnytaste One and Done	Air Fryer	185	3
Cacio e Pepe Roasted Spaghetti Squash (Sheet pan) DF GF Q V	Skinnytaste One and Done	Sheet Pan & Baking Dish	118	6
Caprese Portobello Pizzas (Sheet pan) GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	83	6

RECIPE	COOKBOOK	CHAPTER	PG	SP
Curry-Roasted Vegetables and Chickpeas with Mint-Cilantro Chutney (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	117	5
Grilled Halloumi and Veggies with Mint-Yogurt Sauce (Grill pan) GF Q V	Skinnytaste One and Done	Grill Pan	296	9
Indian Butter Chickpeas (Slow cooker) DF GF V	Skinnytaste One and Done	Slow Cooker	273	18
Jalapeño Popper Frittata with Pico de Gallo (Skillet) GF Q	Skinnytaste One and Done	Skillet	56	10
Margherita Pizzas (Air fryer) GF Q	Skinnytaste One and Done	Air Fryer	209	7
Pot-in-Pot Puerto Rican Rice and Beans (Pressure cooker) GF V	Skinnytaste One and Done	Pressure Cooker	166	10
Skillet Spinach and Feta Pie (Skillet) DF GF Q	Skinnytaste One and Done	Skillet	63	11
Stuffed Artichokes with Bread Crumbs and Tomato Caper Sauce (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	160	9

## Pasta & Zoodles



RECIPE	COOKBOOK	CHAPTER	PG	SP
American-Style Cheesy Beef Goulash and Macaroni (Pressure cooker) GF	Skinnytaste One and Done	Pressure Cooker	152	11
Cheesy Turkey Taco Chili Mac (Dutch oven) GF	Skinnytaste One and Done	Dutch Oven	223	8
Chicken Fajita Pasta (Dutch oven) GF Q	Skinnytaste One and Done	Dutch Oven	219	9



RECIPE	COOKBOOK	CHAPTER	PG	SP
Creamy Butternut Pasta with Spicy Sausage and Spinach (Dutch oven) GF V	Skinnytaste One and Done	Dutch Oven	215	9
Gnocchi with Sausage and Garlicky Broccoli Rabe (Dutch oven) GF	Skinnytaste One and Done	Dutch Oven	216	12
Instant Spaghetti and Meat Sauce (Pressure cooker) GF Q	Skinnytaste One and Done	Pressure Cooker	143	8
Lazy Veggie Lasagna (Skillet) GF Q	Skinnytaste One and Done	Skillet	68	11
Quickest Gnocchi Bolognese (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	147	9
Spicy Carrot "Fideos" Secos (Skillet) GF Q	Skinnytaste One and Done	Skillet	59	9
Spinach and Cheese Manicotti (Slow cooker) GF	Skinnytaste One and Done	Slow Cooker	271	9
Summer Veggie Zucchini Noodles with Burrata (Skillet) GF Q	Skinnytaste One and Done	Skillet	49	10
Veggie-Loaded Zucchini Noodle Primavera (Skillet) V	Skinnytaste One and Done	Skillet	64	7

## Salads







RECIPE	COOKBOOK	CHAPTER	PG	SP
Bacon-Wrapped BBQ Ranch Chicken Salad (Skillet) DF GF Q	Skinnytaste One and Done	Skillet	30	10
Grilled Calamari with Mediterranean Chickpea Salad (Grill pan) DF GF Q	Skinnytaste One and Done	Grill Pan	292	8
Grilled Lemon-Chile Shrimp Summer Salad (Grill pan) DF GF Q	Skinnytaste One and Done	Grill Pan	289	9

RECIPE	COOKBOOK	CHAPTER	PG	SP
Grilled Peach and Watermelon Burrata Salad (Grill pan) 	Skinnytaste One and Done	Grill Pan	295	12
Grilled Scallop and Fennel Salad with Lemon Vinaigrette (Grill pan) 	Skinnytaste One and Done	Grill Pan	291	5

## Sandwiches

RECIPE	COOKBOOK	CHAPTER	PG	SP
Spicy Fried Chicken Sandwiches (Air fryer) 	Skinnytaste One and Done	Air Fryer	175	10

## Soups & Chilis

RECIPE	COOKBOOK	CHAPTER	PG	SP
Bacalao (Salt Cod) and Potato Stew (Dutch oven) 	Skinnytaste One and Done	Dutch Oven	231	12
Beef Stroganoff Noodle Soup (Pressure cooker) 	Skinnytaste One and Done	Pressure Cooker	151	6
Beef, Tomato, and Acini di Pepe Soup (Pressure cooker) 	Skinnytaste One and Done	Pressure Cooker	155	6
Caldo de Papa (Potato and Short Rib Soup) (Pressure cooker) 	Skinnytaste One and Done	Pressure Cooker	148	8
Caramelized Onion Soup with Cauliflower and Melted Gruyère (Dutch oven) 	Skinnytaste One and Done	Dutch Oven	228	7
Chicken and Lentil Soup (Pressure cooker) 	Skinnytaste One and Done	Pressure Cooker	127	6

RECIPE	COOKBOOK	CHAPTER	PG	SP
Chicken Tortilla Soup (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	136	7
Chinese Shrimp and Pork Dumpling Meatball Soup (Dutch oven) DF GF	Skinnytaste One and Done	Dutch Oven	239	5
Chunky Brisket and Cabbage Soup (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	265	3
Colombian Chicken and Potato Soup (Pressure cooker) GF V	Skinnytaste One and Done	Pressure Cooker	123	10
Creamy Cheddar-Broccoli Soup (Dutch oven) DF GF Q	Skinnytaste One and Done	Dutch Oven	243	6
Easy Lamb Stew with Chickpeas (Pressure cooker) DF GF	Skinnytaste One and Done	Pressure Cooker	156	8
Ham and White Bean Soup (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	257	5
Mexican Pinto Beans with Queso (Pressure cooker) V	Skinnytaste One and Done	Pressure Cooker	165	8
Milda's Caldeirada (Portuguese Seafood Stew) (Dutch oven) Q	Skinnytaste One and Done	Dutch Oven	236	10
Mini Turkey Meatball Vegetable Soup (Dutch oven) GF Q	Skinnytaste One and Done	Dutch Oven	220	5
Mussel Chowder with Bacon (Dutch oven) DF GF	Skinnytaste One and Done	Dutch Oven	232	9
Navy Bean, Bacon, and Spinach Soup (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	144	7
Shepherd's Pie Stew (Dutch oven) GF	Skinnytaste One and Done	Dutch Oven	224	10
Shortcut Vietnamese Chicken Pho (Pressure cooker) GF	Skinnytaste One and Done	Pressure Cooker	131	8

RECIPE	COOKBOOK	CHAPTER	PG	SP
Shrimp Jambalaya (Dutch oven) DF GF	Skinnytaste One and Done	Dutch Oven	240	11
Southwestern Beef and Black Bean Chili (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	264	6
Split Pea Soup with Smoked Turkey (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	258	6
Tomato-Spinach Tortellini Soup (Pressure cooker) GF Q V	Skinnytaste One and Done	Pressure Cooker	162	6
Turkey Cheeseburger Soup (Pressure cooker)	Skinnytaste One and Done	Pressure Cooker	140	7
Vegetarian Butternut Chili (Slow cooker) V	Skinnytaste One and Done	Slow Cooker	272	5
White Chicken Chili with Hominy (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	132	13

## Tacos

RECIPE	COOKBOOK	CHAPTER	PG	SP
Tex-Mex Turkey Tacos (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	261	10