

the leeks and garlic; cook, stirring occasionally, until the leeks are lightly browned, 6–7 minutes. Add the spinach and sun-dried tomatoes; cook, stirring occasionally, until the spinach is wilted, about 2 minutes.

3 Meanwhile, preheat the broiler. Mix the egg substitute, salt, and pepper in a small bowl. Stir in the mozzarella and pecorino.

4 Pour the egg mixture over the leek mixture, stirring gently to combine. Reduce the heat to medium. Cook, without stirring, until the eggs are set, 7–8 minutes. Transfer the skillet to the broiler and broil until the top of the frittata is lightly browned, about 2 minutes. Let stand 5 minutes before cutting into 4 wedges. If making ahead, let the wedges cool and transfer to an airtight container. Cover and refrigerate up to 2 days. This recipe works with the Simply Filling technique.

PER SERVING (1 WEDGE): 191 CAL, 5 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 7 MG CHOL, 1,029 MG SOD, 18 G CARB, 4 G FIB, 20 G PROT, 510 MG CALC. **POINTS VALUE: 3.**

FILLING EXTRA Add 1 c. diced lean ham with the spinach and tomatoes in step 2 and increase the **POINTS** value for each serving by 1.

Classic Potato-Leek Soup **B**

PREP 25 MIN **COOK** 40 MIN **SERVES** 4
MAKE AHEAD 2 MONTHS

- 4 Yukon Gold potatoes, peeled and diced
- 4 large leeks, cleaned and chopped, white and light green parts only
- 1 large onion, chopped
- 5 c. low-sodium chicken broth
- ¼ tsp. black pepper
- 2 Tbsp. chopped fresh chives

1 Bring the potatoes, leeks, onion, broth, and pepper to a boil in a large saucepan. Reduce the heat; cover

and simmer until the vegetables are tender, about 25 minutes. Let the mixture cool about 10 minutes.

2 Puree in batches in a blender or food processor. Return the puree to the saucepan and heat through; stir in the chives. If making ahead, let the soup cool. Divide among 2 (1-qt.) microwavable freezer containers and freeze up to 2 months. This recipe works with the Simply Filling technique.

PER SERVING (SCANT 2 C.): 262 CAL, 3 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 118 MG SOD, 53 G CARB, 6 G FIB, 11 G PROT, 88 MG CALC. **POINTS VALUE: 5.**

FILLING EXTRA For a pleasant tang, spoon ¼ c. plain fat-free yogurt onto each serving of soup and increase the per-serving **POINTS** value by 1.

WING IT

Cajun Fish **1**

PREP 10 MIN **COOK** 5 MIN **SERVES** 4

- 2 Tbsp. all-purpose flour
- 1 tsp. Cajun or Creole seasoning
- ½ tsp. salt
- ½ tsp. black pepper
- 4 (5-oz.) skinless tilapia or catfish fillets
- 2 tsp. olive oil
- Lemon wedges

1 Mix the flour, seasoning, salt, and pepper on a sheet of wax paper. Line a large baking sheet or tray with wax paper.

2 Working with one fillet at a time, place it skin side down in the flour

mixture to coat one side only; press the top so that the mixture adheres. Shake off the excess and place each fillet, floured side up, on the prepared baking sheet. Discard any remaining flour mixture.

3 Heat the oil in a large nonstick skillet over medium-high heat. Add fillets, floured side down. Reduce the heat to medium; cover and cook just until the fillets are opaque in the center, 4–6 minutes. Serve with the lemon wedges.

PER SERVING (1 FILLET): 166 CAL, 4 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 75 MG CHOL, 322 MG SOD, 4 G CARB, 0 G FIB, 27 G PROT, 23 MG CALC. **POINTS VALUE: 4.**

FILLING EXTRA To round out this fish dinner, spray a large nonstick skillet with nonstick spray and set over medium-high heat. Add 1 small sliced red onion and 4 c. fresh green beans; cook until the vegetables are crisp-tender. Serve with 3 c. cut up cooked red potatoes and up the per-serving **POINTS** value by 2.



Cheese: Shop Around!

In club stores and many supermarkets it's not uncommon to find the same cheeses in three locations—all with different prices. So head to the dairy case first. There you'll find packaged staple cheeses—like Cheddar, Swiss, and Monterey Jack—all priced 20 to 25 percent below the same varieties sold in the deli or gourmet cheese departments (which may be imported, and thus more costly).

BONUS RECIPE!

SUPER GREEN SALAD

Toss 2 sliced peeled kiwifruit, 2 c. baby spinach, 1 c. baby arugula, ½ diced peeled and seeded cucumber, 2 sliced scallions, 1 sliced celery stalk, 4 tsp. olive oil, 2 tsp. balsamic vinegar, and salt and black pepper to taste. **Serves 4.** **PER SERVING** (1¼ C.) **POINTS VALUE: 1.**