

# 5 No-Cook Meals

## Roast Beef Roll-Ups (Flex)

Makes 2 servings **POINTS**® value | 5 per serving

If you have a pepper grinder, use it. Bigger chunks of pepper add bite to these sandwiches.

### Ingredients

2 Tbsp light cream cheese  
2 7-inch whole wheat tortillas  
6 oz deli-style roast beef  
Freshly ground pepper to taste  
1 cup chopped Romaine lettuce  
2 Tbsp mustard, horseradish-variety

### Instructions

Spread 1 tablespoon cream cheese down the center of each tortilla and top each with 3 ounces of roast beef. Grind some fresh pepper over top. Place 1/2 cup of lettuce on each tortilla, drizzle each with 1 tablespoon of mustard and then roll tortillas up. Yields 1 roll-up per serving. **Eat with:** [Macho Gazpacho](#)

## Shrimp Salad (Core and Flex)

Makes 4 servings **POINTS**® value | 8 per serving

If you like it hot, leave out the seafood seasoning and use a teaspoon of red pepper flakes instead. Or if you like it hot and spicy, use both; spices add flavor without adding **POINTS** values.

### Ingredients

32 medium fresh boiled or steamed shrimp (defrosted frozen shrimp also work fine)  
1 cup canned corn, rinsed and drained, or frozen corn kernels, thawed  
2 cups garbanzo beans, rinsed and drained  
4 small plum tomatoes, chopped  
1 medium avocado, pitted and cubed  
2 heaping tsp seafood seasoning, such as Old Bay  
1 medium head Romaine lettuce, chopped  
1/2 cup fat-free ranch dressing

### Instructions

Combine shrimp, corn, beans, tomatoes, avocado and seafood seasoning in a large bowl; toss well to mix. Add lettuce to bowl. Toss to mix. Add dressing, and toss to mix again. Divide among 4 plates. Yields about 3 cups per serving. **Eat with:** Toasted French bread (1 **POINTS** value per 3/4 oz slice) (Flex only)

## Greek-style Pita Sandwiches (Flex)

Makes 2 servings **POINTS**® value | 5 per serving

### Ingredients

1 large whole wheat pita  
2 Tbsp hummus, plain, lemon or red pepper flavor  
2 Tbsp plain low-fat yogurt, Greek-style recommended  
6 oz deli-sliced turkey  
1/2 cup chopped cucumber  
1/2 cup chopped tomato  
1/4 cup reduced-fat crumbled feta cheese

### Instructions

Cut pita in half. Spread 1 tablespoon each of hummus and yogurt inside each pita half. Fill each half with 3 ounces of turkey, 1/4 cup each of cucumber and tomato, and 2 tablespoons of feta. Yields 1/2 stuffed pita per serving. **Eat with:** 1 ounce (about 11) baked potato chips (2 **POINTS** values per serving)

## Chunky Chicken Salad (Flex)

Makes 4 servings

**POINTS®** value | 6 per serving

This chicken salad will keep well in the fridge for two days. Use any extra salad over a plate of lettuce or make an open-faced chicken-salad melt sandwich with one slice of light whole wheat toast and a 3/4-ounce slice of reduced-fat Swiss cheese (will add 2 **POINTS** values).

### Ingredients

1/4 cup reduced-calorie mayonnaise  
1/4 cup fat-free mayonnaise  
2 heaping Tbsp grainy mustard  
1 medium clove garlic, crushed  
2 1/2 cups cooked diced chicken breast  
1 1/2 cups red seedless grapes, sliced in half  
3 Tbsp chopped pecans  
2 medium scallions, sliced

### Instructions

Combine mayonnaises, mustard and garlic in a small cup; mix well. Place chicken, grapes, pecans and scallions in a large bowl; add dressing and stir to coat. Season to taste with salt and pepper. Yields about 1 1/4 cups per serving.

**Eat with:** A small whole wheat pita (1 **POINTS** values)

## Macho Gazpacho (Core and Flex)

Makes 6 servings

**POINTS®** value | 2 per serving

Have leftover vegetables? Your blender will transform them into a cool, refreshing soup.

### Ingredients

29 oz canned diced tomatoes, no-salt added, 1/2 of juice reserved  
2 Tbsp olive oil  
2 Tbsp red wine vinegar  
1 English or seedless cucumber, peeled and chopped  
1 small green pepper, chopped  
1 small onion, chopped  
3 Tbsp fresh lemon juice  
1 tsp dried basil  
1/2 tsp red pepper flakes  
1/2 tsp table salt, or to taste  
1/8 tsp black pepper, or to taste

### Instructions

Pour tomato juice, oil and vinegar into a blender. Add tomatoes and remaining ingredients and pulse until liquefied and well blended. (Note: Always start the blender with a little liquid in the bottom; that helps it process the chunkier vegetables.) If necessary, process the soup in two batches. Chill soup in refrigerator for an hour and then season to taste with salt and pepper. Yields about 1 cup per serving.

**Eat with:** A simple mixed-greens salad with fat-free Italian dressing and a tablespoon of grated or shredded Parmesan cheese (1 **POINTS** value per tablespoon of cheese)

**\*Optional:** Top each serving with 4 large fresh boiled or steamed shrimp (does not change **POINTS** values per serving)