

100 Favorite Weight Watchers Recipes With Mrr/

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This ebook comes with resale rights 100 Favorite Weight Watchers Recipes Contents CHICKEN
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Examples: CHICKEN PICCATA 12 oz chicken breasts 1 tsp. minced garlic 1/4cup lemon juice 1/4 cup
flour 2 Tbsp. olive oil 1/3 cup capers 1 can artichoke hearts (packed in water, not oil) 1 package sliced
mushrooms Coat chicken with flour. In a large skillet, cook garlic and oil over moderate heat, stirring
constantly, until garlic is pale gold. Add chicken and brown 2-3 minutes on each side. Add lemon juice,
artichokes, capers and mushrooms. Simmer, covered, for about 30-35 minutes. Turn and baste the
chicken occasionally. Cook until chicken juices run clear. 4 servings, 5 POINTS each If you have never
tried capers (I hadn't), this is a great way to start. They add a nice spiciness to the sauce. DH loves this
dish! This recipe comes from the old Week 9 WW Recipe Card, with a few additional suggestions. EASY
CHEESE LASAGNA 1 jar (28 oz) spaghetti sauce (look for a lower-calorie/lower fat one)(I like to use a
spicy spaghetti sauce because otherwise the lasagna tastes bland to me) 6 uncooked lasagna noodles 1
15oz container of fat free ricotta cheese (I use FF cottage cheese) 1-2 cups chopped raw vegetables,
such as mushrooms, broccoli, bell pepper, zucchini 8oz shredded low-fat mozzarella cheese Preheat
oven to 375. Spray an 11x7 dish with cooking spray. Spread 1/3 of the sauce on the bottom of the dish.
Arrange 3 noodles in a single layer over the sauce. Top with another 1/3 of the sauce, all of the ricotta
cheese, the vegetables, and 1/2 of the mozzarella cheese. Lay the next 3 noodles on top. Spread the
remaining sauce over the noodles. (Some people also drizzle 1/4 - 1/2 cup of water around the edges,
though I don't.) Cover the dish tightly with foil. Bake about 1 hour or until noodles are tender. Take the foil
off. Sprinkle with remaining mozzarella cheese, and bake uncovered for 5 minutes longer. Let stand 5
minutes before cutting. 6 servings, 6 POINTS each Tips: It's important to put the foil on the pan tightly
because it's the steam that cooks the noodles. If you remove the foil but find the noodles aren't
completely cooked (poke them with a knife), use a spoon to push the noodles back down under the
sauce. Recover the pan with the foil and return to the oven for another 10-15 minutes. If you take the foil
off and the lasagna looks "soupy", remove the foil and return the pan to the oven for 10 minutes or until
the juice has evaporated. Then sprinkle on the cheese and finish baking. DELI CRAB SALAD 6 oz.

imitation crab meat 2 Tbsp. light mayo Chopped green onion or chives 1/2 to 1 tsp. mustard 1/4 cup fat

free sour cream onion powder (to taste) salt and pepper (to taste) 1 cup cooked macaroni noodles Cook noodles and measure out 1 cup. Run cold water over the noodles to chill them. Mix the shredded or diced crab pieces with the pasts. Mix in green onions or chives. In a separate bowl, mix remaining ingredients. Pour sauce over pasta mixture and stir well. Put it in the fridge for a few hours or overnight to let the flavors blend. 2 big servings, 5 POINTS each Tips: You can also add other things liked chopped celery, and you can serve it on lettuce leaves to make it look fancy. The last time I made it, I used Trader Joe's Lemon Mayonnaise, which is kind of spicy, to add more zip. You could also use a sharp mustard.

MANDARIN ORANGE MOUSSE (aka CREAMSICLE MOUSSE) 1 box SF orange Jell-O 1 box SF white chocolate pudding 1 can mandarin orange slices (drained) 1 8-oz tub of fat free Cool Whip. Mix Jell-O with 1 cup boiling water. Dissolve Jell-O completely. add 1 cup cold water and let it sit for 5 minutes. Using electric beater, beat in pudding mix until well combined. Fold in drained fruit and Cool Whip. Chill and serve. 4 servings (1 cup each), 2.5 POINTS each

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