



WINTER RECIPE FAVORITES FROM WEIGHT WATCHERS





ASIAN-INSPIRED ZERO POINTS VALUE SOUP

0 POINTS® VALUES | 12 SERVINGS

PREP TIME: 20 MIN | **COOKING TIME:** 20 MIN | **LEVEL OF DIFFICULTY:** EASY

An Asian spin on a Weight Watchers favorite. Double the recipe and freeze it in 1 cup servings for a late afternoon snack or dinner-time starter.

INGREDIENTS

2 cups bok choy, chopped	1/2 cup sweet red peppers, thinly sliced
2 cups Chinese cabbage, chopped	1/4 small crushed red pepper flakes
3 medium garlic cloves, minced	6 cups vegetable broth
1/4 cup ginger root, thinly sliced and julienned	2 cups snow peas, stringed
4 small raw oyster mushrooms, chopped	2 tbsp low-sodium soy sauce
2 cups scallions, chopped	1/2 cup cilantro, finely chopped
1 cups canned water chestnuts, sliced (8 oz can)	

INSTRUCTIONS

Put bok choy, Chinese cabbage, garlic, ginger root, mushrooms, scallions, water chestnuts, red pepper, red pepper flakes and broth into a large soup pot; stir to combine. Cover and bring to a boil over high heat. Reduce heat to low and simmer, partly covered, for about 10 minutes. Toss in snow peas during the last 3 to 4 minutes of simmering.

Stir in soy sauce and cilantro. Yields about 1 cup per serving.



HASH AND EGGS | 6 POINTS® VALUES | 4 SERVINGS

PREP TIME: 15 MIN | **COOKING TIME:** 51 MIN | **LEVEL OF DIFFICULTY:** EASY

Looking for a breakfast that'll keep you satisfied? Fuel up with our hash and eggs made healthier with turkey pastrami and just a touch of oil.

INGREDIENTS

2 sprays olive oil cooking spray	1/2 cup cherry tomatoes, or grape tomatoes
4 medium Yukon Gold potatoes, cut into bite-sized pieces	1 tsp table salt, or less to taste
1 1/2 cups onions, thinly sliced	1 tsp black pepper, freshly ground, or less to taste
1 1/2 cups roasted red peppers, water-packed, thinly sliced	1/2 tsp rosemary, or thyme, fresh, minced
1/3 pound turkey pastrami, coarsely chopped	1 tbsp olive oil
	4 large eggs

INSTRUCTIONS

Preheat oven to 450°F. Coat a 9- X 13-inch oven-proof dish or pan with cooking spray. Set a medium pan of water to boil over high heat. Parboil potatoes just until fork tender, about 5 to 6 minutes.

Combine potatoes, onions, roasted peppers, pastrami, tomatoes, salt, black pepper and rosemary (or thyme) in prepared dish; toss with oil. Bake to desired doneness, rotating dish once or twice during cooking, about 30 to 45 minutes.

Meanwhile, coat a large nonstick skillet with cooking spray and heat over medium heat; cook eggs sunny side up. Yields 1 egg and about 3/4 cup of hash per serving.

NOTES: *If you like spice, add chopped jalapeno to the hash. You can omit the tomatoes or add some green or red peppers, and scallions, too.*



FOUR CHEESE MACARONI AND CHEESE | 7 POINTS® VALUES | 9 SERVINGS

PREP TIME: 20 MIN | COOKING TIME: 48 MIN | LEVEL OF DIFFICULTY: MODERATE

Here's a tasty version of macaroni and cheese that uses four different cheeses for maximum flavor. It's a hearty serving that will have friends and family asking for seconds.

INGREDIENTS

- 1 spray cooking spray
- 1/8 tsp table salt, or to taste (for cooking pasta)
- 12 oz uncooked macaroni
- 1 tbsp unsalted butter
- 1 tbsp all-purpose flour
- 2 1/2 cups 1% low-fat milk
- 2 cups onions, finely chopped
- 1/2 tsp paprika
- 2 pieces bay leaf
- 1/4 cup blue cheese, crumbled
- 5 oz cheddar or colby cheese, shredded (extra-sharp suggested)
- 3 oz low-fat shredded cheddar cheese
- 3/4 tsp black pepper, freshly ground, or to taste
- 3/4 tsp table salt, to taste
- 2 oz Parmesan cheese, finely grated

INSTRUCTIONS

Preheat oven to 350°F. Coat a 3-quart casserole dish with cooking spray; set aside.

Cook macaroni in salted water as directed on package; set aside.

Melt butter in a medium saucepan over medium-low heat. Slowly add flour, stirring constantly; cook for about 3 minutes. Slowly whisk in milk to thoroughly incorporate flour mixture. Stir in onion, paprika and bay leaf. Simmer for 15 minutes, stirring frequently; remove from heat.

Combine blue cheese with about two-thirds of both types of cheddar cheese in saucepan and season to taste with salt and pepper; stir in macaroni. Pour half of macaroni mixture into prepared casserole dish and top with remaining cheddar cheeses. Pour in remaining macaroni mixture and sprinkle with Parmesan cheese; bake for 30 minutes. Let stand for about 5 to 10 minutes before slicing into 9 pieces. Yields 1 piece per serving.

NOTES: *Spice up this recipe with minced jalapeno or toss in chopped roasted red pepper for color (could affect POINTS values).*



MEATLOAF WITH BARLEY | 5 POINTS® VALUES | 6 SERVINGS

PREP TIME: 20 MIN | COOKING TIME: 60 MIN | LEVEL OF DIFFICULTY: EASY

Nutty-tasting, high-fiber barley substitutes for breadcrumbs in this super-healthy meatloaf. Use spicy ketchup for more intense flavor.

INGREDIENTS

2 tsp canola oil	1 cup cooked barley, quick-cooking suggested	1/4 tsp black pepper, freshly ground
1 medium green pepper, diced	2/3 cup ketchup, divided*	1/4 tsp dried oregano, crushed
1 small onion, diced	1 tbsp Worcestershire sauce	20 oz lean ground turkey
1 large egg, beaten	1/2 tsp table salt	2 sprays cooking spray

INSTRUCTIONS

Preheat oven to 350°F.

Heat oil in large nonstick skillet over medium heat. Add green pepper and onion; cook, stirring occasionally, until pepper is tender, about 7 minutes. Spoon vegetables into a large bowl; add egg, barley, 1/4 cup of ketchup, Worcestershire sauce, salt, pepper and oregano and mix well. Crumble turkey into vegetable mixture; gently mix to combine (do not knead or meatloaf will be tough).

Coat a 9- X 5-inch loaf pan with cooking spray. Spoon turkey mixture into prepared pan in an even layer. Spread remaining ketchup over meatloaf. Bake until center of meatloaf is thoroughly cooked, about 50 to 60 minutes.

Remove meatloaf from oven and let stand at room temperature for 10 minutes to absorb juices in pan. Slice into six pieces and serve. Yields 1 piece per serving.

NOTES: *Turn up the heat with spicy ketchup.



CHOCOLATE COOKIE STICKS 2 POINTS® VALUES | 12 SERVINGS

PREP TIME: 7 MIN | COOKING TIME: 12 MIN | LEVEL OF DIFFICULTY: EASY

Perfect for dunking in coffee or ice cold skim milk. Add 1/2 teaspoon of cinnamon or 1/4 teaspoon of cayenne pepper for a kick.

INGREDIENTS

1 spray cooking spray, flour-variety recommended	1/2 cup powdered sugar	1/4 tsp table salt
1/4 cup unsalted butter, softened	1 tsp vanilla extract	1 cup all-purpose flour
	1 large egg white	2 tsp sugar
	1 oz bittersweet chocolate, melted	

INSTRUCTIONS

Coat a cookie sheet with cooking spray.

In a medium bowl, using an electric mixer, cream butter and powdered sugar until fluffy. Add vanilla extract and egg white; beat thoroughly. With mixer running on low, add melted chocolate. Add salt and flour; mix thoroughly (dough will be stiff).

Turn dough out onto prepared cookie sheet and shape into a 4- X 6-inch rectangle. (Hint: Use a straight edge, like a knife, to help form the sides.) Cover with plastic and refrigerate until firm, about 30 minutes.

Preheat oven to 375°F.

Remove plastic wrap from dough and sprinkle with sugar. Cut dough in half lengthwise and cut each half into 12 sticks (to yield 24 sticks total); separate sticks, leaving a small amount of space in between each one. Bake about 10 to 12 minutes. Let stand on cookie sheet for 1 or 2 minutes and then remove to a wire rack to cook completely. Yields 2 cookies per serving.



ROASTED PORK TENDERLOIN 3 POINTS® VALUES | 8 SERVINGS

PREP TIME: 10 MIN

COOKING TIME: 30 MIN

LEVEL OF DIFFICULTY: EASY

A simple blend of herbs and spices, with a touch of olive oil, transforms an ordinary pork roast into an exceptional main course.

INGREDIENTS

1 spray cooking spray	1 tsp onion powder
2 tsp dried thyme, or 2 Tbsp freshly chopped thyme	1 tsp table salt
2 tsp dried oregano, or 2 Tbsp freshly chopped oregano	1 tsp black pepper, freshly ground
1 tsp garlic powder	2 tsp olive oil
	2 pounds lean pork tenderloin

INSTRUCTIONS

Preheat oven to 400°F. Coat a shallow roasting pan with cooking spray.

Combine thyme, oregano, garlic powder, onion powder, salt and pepper in a small bowl; set aside.

Rub oil all over pork. Sprinkle thyme mixture all over pork and transfer to prepared pan.

Roast until an instant-read thermometer inserted in center of pork reads 160°F, about 30 minutes.

Let stand 10 minutes before slicing crosswise into thin (about 1/2-inch thick) slices. Yields about 3 ounces per serving.

NOTES: For variety, try seasoned oils (such as roasted red pepper olive oil or garlic olive oil) and a variety of herbs and spices (such as parsley, rosemary, onion powder and cumin).



JAPANESE SHRIMP AND AVOCADO APPETIZERS 1 POINTS® VALUES | 12 SERVINGS

PREP TIME: 20 MIN

COOKING TIME: 0 MIN

LEVEL OF DIFFICULTY: EASY

These are amazing! So easy, so elegant. The wasabi mayo gives a bit of heat and the avocado lends delicious, buttery texture.

INGREDIENTS

1/4 cup reduced-calorie mayonnaise	1/2 medium avocado, quartered and then cut into 24 slices
1 tsp wasabi powder, wasabi paste	8 oz cooked shrimp, about 24 small, peeled and deveined
1/2 tsp soy sauce	2 tbsp radishes, finely chopped
1/2 large cucumber, seedless, cut into twenty-four 1/4-inch-thick slices	24 pieces mint leaves, small slices

INSTRUCTIONS

To make wasabi mayonnaise, in a small bowl, stir together mayonnaise, wasabi powder (or paste) and soy sauce until smooth.

To assemble appetizers, place cucumber slices on a serving platter and spread each with 1/2 teaspoon of wasabi mayonnaise. Place a slice of avocado on top and then top each with a shrimp; sprinkle with radish and top with a mint leaf. Yields 2 appetizers per serving.

NOTES: We prefer the flavor of the wasabi mayo when made with wasabi paste, but if you can't find it, wasabi powder works well, too.



ITALIAN TURKEY BURGERS | 5 POINTS® VALUES | 4 SERVINGS

PREP TIME: 20 MIN | COOKING TIME: 10 MIN | LEVEL OF DIFFICULTY: EASY

The addition of fennel seeds makes these burgers reminiscent of Italian sausage. Top them with fresh basil and tomato for a wonderful main course.

INGREDIENTS

- 1 spray cooking spray
- 1 pound lean ground turkey
- 1/3 cup onions, chopped
- 2 tsp minced garlic
- 2 tsp fennel seed
- 1/2 tsp table salt
- 1/4 tsp black pepper, freshly ground
- 4 sprays olive oil cooking spray
- 2 small tomatoes, ripe, yellow and/or red, thinly sliced
- 1 cup basil, fresh, leaves, torn or thinly shredded
- 4 reduced-calorie hamburger rolls

INSTRUCTIONS

Coat a grill or grill pan with cooking spray; preheat to medium-high.

In a large mixing bowl, combine turkey, onion, garlic, fennel seed, salt and pepper; form into four 1/2-inch-thick patties. Coat burgers and inside of rolls with cooking spray.

Grill burgers for 5 minutes; flip burgers and add rolls to grill. Grill open-face rolls until lightly charred, about 1 to 2 minutes; remove to serving plates. Grill burgers until cooked through, about 5 minutes more.

To serve, top grilled rolls with tomato slices and burgers; garnish with basil. Yields 1 burger per serving.

NOTES: For an extra hit of flavor, rub the bread with a cut garlic clove as it comes off the grill. Try these burgers with arugula leaves instead of the basil.



GRILLED CORN AND AVOCADO SALSA 2 POINTS® VALUES | 8 SERVINGS

PREP TIME: 15 MIN

COOKING TIME: 0 MIN

LEVEL OF DIFFICULTY: EASY

A must-have dish for friend and family gatherings. The flavors and textures blend perfectly. At our own tasting we couldn't get enough.

INGREDIENTS

3 medium corn on the cob, grilled, cooled to room temperature*	1 small garlic clove, minced
1/2 cup scallions, white and green parts, chopped	1/4 tsp ground cumin
1 medium jalapeno pepper, cored, seeded and minced (don't touch seeds with bare hands)	1/4 tsp table salt
1/4 tsp crushed red pepper flakes, optional	1/8 tsp black pepper
	1 medium avocado, ripe, peeled, pitted and cut into 1/2-inch cubes
	2 tsp fresh lime juice, from 1 medium lime
	2 tsp cilantro, fresh, minced

INSTRUCTIONS

Break each ear of corn in half; place flat end on cutting board and using a sharp paring knife, slice kernels off cob. Place kernels in a medium bowl; add scallion, jalapeno, red pepper flakes (if using), garlic, cumin, salt and pepper. Cover and refrigerate if not using right away.

Just before serving, stir in avocado, lime juice and cilantro. Yields about 1/4 cup per serving.

NOTES: *To grill corn, remove husks and silk and coat with cooking spray. Grill over medium heat until browned in spots.

You can make this recipe with 1 1/2 cups of frozen, boiled or steamed corn that has been well-drained.



RASPBERRY-PEACH COBLER 3 POINTS® VALUES | 8 SERVINGS

PREP TIME: 15 MIN

COOKING TIME: 45 MIN

LEVEL OF DIFFICULTY: EASY

We lightened up this cobbler by using reduced-fat sour cream and less butter. It's moist and delicious, bursting with warm fresh raspberries and juicy peaches.

INGREDIENTS

6 medium peaches, halved, pitted and thinly sliced (about 1 3/4 lbs)	1/2 tsp baking powder
3 tbsp powdered sugar	1/4 tsp baking soda
1 cup raspberries	1/4 tsp table salt
3/4 cup all-purpose flour	3 tbsp unsalted butter, cold
3 1/2 tbsp sugar, granulated, divided	1/3 cup reduced-fat sour cream
	1 tsp vanilla extract

INSTRUCTIONS

Preheat oven to 350°F. Place peaches in a medium bowl; toss with powdered sugar until sugar dissolves. In an 8-inch square baking pan, arrange peach slices in several layers; sprinkle raspberries over top.

In a large bowl, combine flour, 3 tablespoons of granulated sugar, baking powder, baking soda and salt. Cut butter into flour mixture and work in with a fork or pastry cutter until flour resembles course crumbs. Add sour cream and vanilla; mix with a fork until dough comes together.

Place clumps of crumb mixture over fruit; sprinkle with remaining 1/2 tablespoon of sugar.

Bake until top is golden brown and fruit begins to bubble, about 40 to 45 minutes. Cool 10 minutes before serving. Yields about 1/2 cup per serving.

NOTES: Feel free to substitute thawed, frozen fruit for the fresh fruit, if desired.



SPICED PEANUT BUTTER COOKIES

2 POINTS® VALUES | 30 SERVINGS

PREP TIME: 15 MIN | **COOKING TIME:** 15 MIN | **LEVEL OF DIFFICULTY:** EASY

These large, peanut cookies not only taste wonderful, they also pack a fiber and protein punch thanks to our secret ingredient...canned chickpeas.

INGREDIENTS

1/2 cup canned chickpeas, not drained*	1/4 cup unsalted butter, softened	1 cup whole wheat flour
1 cup Skippy Super Chunk Roasted Honey Nut Peanut Butter, or other brand	3/4 cup packed light brown sugar	1/2 tsp table salt
	1 tsp vanilla extract	1/2 tsp baking soda
	1 large egg	1/4 tsp red pepper flakes, or more to taste

INSTRUCTIONS

Preheat oven to 350°F. Line two large cookie sheets with parchment paper (or coat with cooking spray); set aside.

*Pour chickpeas into a 1-cup measuring cup and pour in enough chickpea liquid just to cover the beans; puree chickpeas and their liquid in a blender or mini food processor.

In a large bowl with an electric mixer, cream peanut butter, butter and sugar until light and fluffy. Add vanilla and egg; mix well again. Add pureed chick peas; blend thoroughly with mixer. Add flour, salt, baking soda and red pepper flakes; mix again.

Shape rounded tablespoonfuls of cookie dough into small balls. Place dough on prepared cookie sheets, leaving at least 2-inches between cookies.

When a cookie sheet is filled, press each ball down with palm of your hand to flatten. Then flatten cookies even more by making cross-hatch marks with back of a fork.

Bake until cookies turn slightly golden, about 12 to 15 minutes depending on desired crispness. Let cool on cookie sheet for 1 to 2 minutes and then remove to a wire rack to cool completely. Yields 1 cookie per serving.



PENNE WITH PEPPERS AND SAUSAGE

6 POINTS® VALUES | 6 SERVINGS

PREP TIME: 15 MIN | **COOKING TIME:** 20 MIN | **LEVEL OF DIFFICULTY:** EASY

The combination of spicy sausage, sautéed vegetables and Parmesan cheese, make this an incredibly flavorful dish. Use the sausage mixture as a sandwich, omelet or baked potato filling.

INGREDIENTS

1 spray cooking spray	1 pound raw turkey sausage, spicy-Italian flavor	1/4 small crushed red pepper flakes
2 medium green peppers, cut into thin strips	1/8 tsp dried oregano, crushed	14 1/2 oz canned diced tomatoes
1 medium garlic clove, minced	1/4 tsp table salt	3 cups cooked whole wheat pasta, penne, kept hot
1 medium onion, thinly sliced	1/8 tsp black pepper, freshly ground	6 tbsps grated Parmesan cheese
1 cup mushrooms, sliced		

INSTRUCTIONS

Coat a large nonstick skillet with cooking spray and set pan over medium-high heat. Add green pepper, garlic, onion and mushrooms; cook, stirring frequently, until almost tender, about 7 to 8 minutes.

Remove turkey from casings; add turkey to skillet and brown until no longer pink, stirring occasionally, breaking it up with a wooden spoon as it cooks, about 6 minutes. Add oregano, salt, black pepper and red pepper flakes; stir in tomatoes. Simmer until heated through and to allow flavors to blend, about 5 minutes.

Spoon penne into a deep serving bowl; top with sausage mixture and sprinkle with cheese. Yields about 1 1/2 cups per serving.