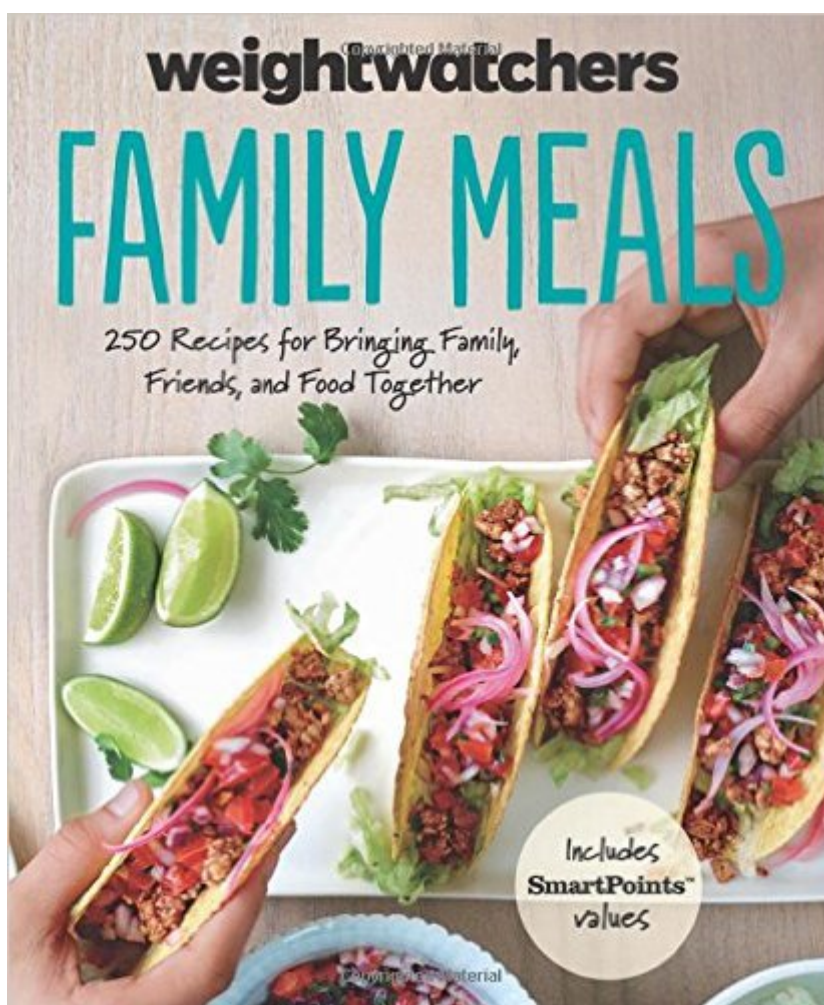


The book was found

Weight Watchers Family Meals: 250 Recipes For Bringing Family, Friends, And Food Together (Weight Watchers Lifestyle)



Synopsis

Weight Watchers provides a simple plan to enjoy meals with friends and family; from weekday meals to special occasions, the recipes make eating together fun and healthy. Want to create healthy, mouthwatering meals for your family, but starved for time? *Weight Watchers Family Meals* makes cooking together a snap and ensures that what you eat is nutritious, delicious, and enticing for everyone (even picky eaters). This isn't diet food: Enjoy Baked Beef Ziti, Meat Loaf with Chive Mashed Potatoes, or Spaghetti Squash with Cherry Tomatoes, Parsley, and Parmesan. And for dessert? Goody Rocky Road Bars! Food should be a celebration, so we include menus for entertaining and theme nights, along with easy-to-cook recipes that let kids take part in the fun. You'll also get tips on how to pack healthy lunches for school and the office, creating a game plan for eating around the holidays, and stocking the pantry for quick dinners. No matter how busy you are, *Weight Watchers Family Meals* is your new go-to source for cooking inspiration.

Book Information

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Best Sellers Rank: #7,331 in Books (See Top 100 in Books) #3 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #41 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

Southwestern Green Chile Cheeseburgers from *Weight Watchers Family Meals* Serves 4 | 20 Minutes or Less Directions 1. Mix together beef, salsa, chili powder, and salt in large bowl just until combined well. With damp hands, shape mixture into 4 (½-inch-thick) patties. 2. Spray grill pan with nonstick spray and set over medium heat. Put patties in grill pan and grill until browned. Turn burgers; top with Swiss cheese and grill until cheese is melted and instant-read thermometer inserted into side of burger registers 160°F, about 5 minutes longer. 3. Place

lettuce and burgers on bottoms of English muffins. Top each with 2 tomato slices, 2 onion slices, and tops of muffins. Cook's Tip: For a touch of smokiness, use chipotle chile powder instead of regular chili powder. Chipotles are jalapeños that have been dried and smoked over a fire.

Nutrition Information Per serving (1 garnished burger): 318 Cal, 7 g Total Fat, 3 g Sat Fat, 775 mg Sod, 29 g Total Carb, 7 g Sugar, 6 g Fib, 35 g Prot. SmartPoints value: 6.

Ingredients 1 pound ground lean beef (7% fat or less) 1/4 cup fat-free salsa verde 1-1/2 teaspoons chili powder 1/2 teaspoon salt 4 (1/2-ounce) slices reduced-fat Swiss cheese 4 small green leaf lettuce leaves 4 light whole wheat English muffins, split and toasted 8 thin tomato slices 8 thin slices sweet onion, such as Vidalia

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