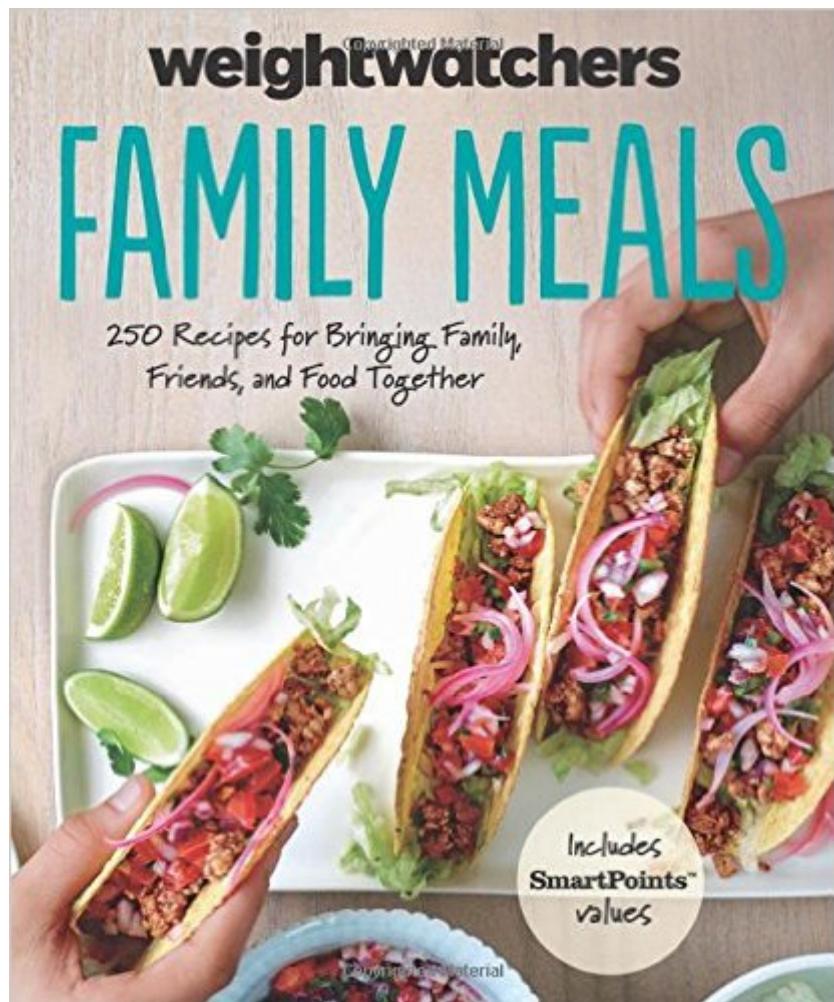


The book was found

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 snapâ "and ensures that what you eat is nutritious, delicious, and enticing for everyone (even picky eaters). This isnâ TMt diet food: Enjoy Baked Beef Ziti, Meat Loaf with Chive Mashed Potatoes, or Spaghetti Squash with Cherry Tomatoes, Parsley, and Parmesan. And for dessertâ "Gooey Rocky Road Bars!â 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. Youâ TMll 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.â â

Book Information

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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 (â -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 160â 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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