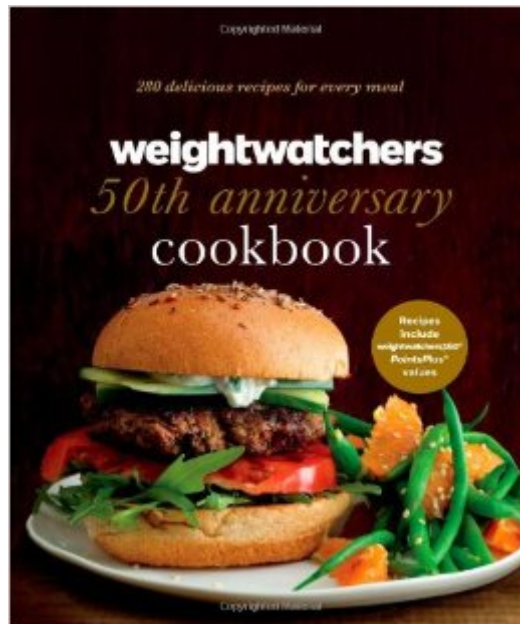


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# Weight Watchers 50th Anniversary Cookbook: 280 Delicious Recipes For Every Meal



## Synopsis

We're having a celebration of food for cooks who love to eat well •and eat smart!Weight Watchers cookbooks are trusted by anyone who is excited about cooking delicious, healthy food. And with the more than 280 recipes in Weight Watchers 50th Anniversary Cookbook, healthy cooks (and anyone who aspires to be one!) everywhere now have the opportunity to sample a collection of many treasured favorites. These delicious dishes have been updated, featuring fresh ingredients, how-to tips, Weight Watchers lore, and nutritional info and PointsPlus® values for the newest program, Weight Watchers 360. Inside you'll find • Classics like Easy Homemade Macaroni and Cheese and Garden Vegetable Soup • Savory Italian fare such as Sausage Focaccia and Pizza Margherita • Healthy takes on hearty dishes such as Buffalo Chicken Wings and Biscuit-Topped Chicken Pot Pie • Bold-flavor favorites such as Asian Noodle Soup with Tofu and Shrimp; and Ham, Pepper and Onion Calzones • Hearty salads that make a meal, like Caesar, Chef, and Cobb • Retro faves such as Deviled Eggs and Fudgy Brownie Pudding CakeWeight Watchers 50th Anniversary Cookbook is a great resource, whether you're in search of a quick-fix dinner for tonight or planning a week's worth of menus. Every single recipe works like a charm and tastes great!

## Book Information

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## Customer Reviews

This is one of the best cookbooks I have purchased, because it offers a great deal. It is a delightful resource for a quick-fix-it dinner, planning for the week, or special occasions. These delicious

recipes are budget-friendly, each recipe has a PointsPlus Value, there are helpful tips, and much more. We tried the BAKED ZITI WITH MEATBALLS, the ROASTED-GARLIC MASHED POTATOES, and the ORANGE DREAMSICLE SHAKE. They were all tasty, and satisfied hungry cravings. We plan to try next: The GREENBEAN CASSEROLE, which has French-fried onions and cheddar cheese in the recipe. There are 321 pages, not including the index, and more than 280 recipes. This is a collection of treasured favorites, with fresh ingredients, how-to tips, and nutritional information. In addition, there is information provided for Weight Watchers, which I've used in the past years, and the program works. This cookbook also includes: BREAKFAST ALL DAY, omelettes, smoothies, and more. MIDDAY MEALS, soups, salads, sandwiches, and breads. CLASSIC STARTERS, tasty light bites and dips. FAMILY ENTREES, meats, poultry, and seafood. MEATLESS MAINSTAYS, vegetarian entrees. Our plans for next week will be CHICKEN PARMIGIANA, and AMBROSIA. There is a huge selection of mouth-watering delights such as LINGUINE WITH RED CLAM SAUCE, ORANGE CHICKEN, SWEET POTATO PIE, and many more choices. The colorful photos are inviting. An Update: We made the BUFFALO CHICKEN WINGS over the weekend, my daughter's favorite choice, very tasty. Also, I made LAMB CHOPS WITH MINT PESTO, is as delicious as it sounds. We enjoyed the GREENBEAN CASSEROLE so much, I made it again. Of course, no leftovers. The KEY LIME PIE is light and refreshing, recipe is simple. This book also offers a section on Classic Desserts.

Weight Watchers itself needs no introduction but it may be a surprise to note that they are celebrating their 50th anniversary. This is a thick cookbook to celebrate, promising 200 recipes suitable for every meal (and probably every waistline). Some of the recipes might surprise the uninitiated, such as fish and chips or pizza, being available as one tends to associate these as being not a typical thing a dieter should enjoy. Other recipes may surprise by being more esoteric, more "upscale" than one may similar imagine, such as Moroccan swordfish with couscous! Needless to say this is a pleasant book, capable of giving much even if you never intend to undertake a Weight Watchers dietary programme. Matters start with a good general introduction which covers healthy eating tips as well as, of course, a brief history of Weight Watchers. The right balance was reached with providing an interesting read without it turning out to be a tiresomely-long advertising monologue. Then it is time to get cooking! The recipes are split into key chapters of breakfast all day; midday meals; classic starters; family entrées; meatless mainstays; Italian favourites; side stories and best-in-show. A few little niggles exist with this book: there is no mini index at the start of each section for ease of navigation, no clear estimation of a typical preparation

and cooking time and all the units are solely in U.S. measures. The latter is an unforgivable oversight nowadays and burying a conversion table deep in the book is not acceptable. Similarly for such a celebratory book would it have been so much to ask for a picture of each dish?

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