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Recipes for Success



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Weight Watchers Power Foods Main Meals

These satisfying recipes will fill you up with delicious ingredients that deliver a big nutritional payoff.

Shrimp with Zucchini and Tomatoes

PointsPlus[®] value: 4 | Servings: 4 | Prep time: 8 minutes | Cook time: 10 minutes ▲ = Weight Watchers Power Foods

INGREDIENTS

- 1 Tbsp olive oil, extra-virgin, divided
- ▲ 1 medium uncooked zucchini, cut into ¼-inch slices
- ▲ 1 pound uncooked shrimp, large-size, peeled and deveined
- ▲ 1 cup grape tomatoes, cut in half
- ½ tsp dried oregano
- ½ tsp table salt
- ¼ tsp black pepper, freshly ground, or to taste
- 1 ½ tsp minced garlic
- ¼ cup water

INSTRUCTIONS

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add zucchini in a single layer; increase heat to high and cook until bottoms are golden, about 2 minutes. Flip zucchini and cook until golden on other side, about 2 minutes more. Remove zucchini to a plate with a slotted spoon.

Heat remaining teaspoon oil in same skillet. Add shrimp; sauté 1 to 2 minutes. Add tomatoes, oregano, salt and pepper; sauté until shrimp are almost just cooked through, about 1 minute. Stir in garlic and water; sauté, stirring to loosen bits from bottom of pan, until shrimp are cooked through and tomatoes are softened, about 1 to 2 minutes more. Return zucchini to skillet; toss and serve. Yields about 1 ¼ cups per serving.



Lemon Chicken with Broccoli



4
pointsplus
value

PointsPlus® value: 4

Servings: 4 | **Prep time:** 10 minutes | **Cook time:** 10 minutes

INGREDIENTS

- 2 Tbsp all-purpose flour
- ½ tsp table salt, divided
- ¼ tsp black pepper, freshly ground
- ▲ 12 oz uncooked boneless skinless chicken breasts, thinly sliced
- 2 tsp olive oil
- ▲ 1 ½ cups fat-free, reduced sodium chicken broth, divided
- 2 tsp minced garlic
- ▲ 2 ½ cups uncooked broccoli, small florets
- 2 tsp lemon zest, or more to taste
- 2 Tbsp fresh parsley, fresh, chopped
- 1 Tbsp fresh lemon juice
- ▲ = Weight Watchers Power Foods

INSTRUCTIONS

On a plate, combine 1 ½ tablespoons of flour, ¼ teaspoon of salt and pepper; add chicken and turn to coat.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook, turning as needed, until lightly browned and cooked through, about 5 minutes; remove to a plate. Put 1 cup of broth and garlic in same skillet; bring to a boil over high heat, scraping up browned bits from bottom of pan with a wooden spoon. Add broccoli; cover and cook 1 minute.

In a small cup, stir together remaining ½ cup of broth, ½ tablespoon of flour and ¼ teaspoon of salt; add to skillet and bring to a simmer over low heat. Cover and cook until broccoli is crisp-tender and sauce is slightly thickened, about 1 ½ minutes. Stir in chicken and lemon zest; heat through. Remove skillet from heat and stir in parsley and lemon juice; toss to coat. Yields about 1 cup per serving.

Broiled Steak and Peppers with Easy Spicy Green Sauce



4
pointsplus
value

PointsPlus® value: 4

Servings: 4 | **Prep time:** 10 minutes | **Cook time:** 10 minutes

INGREDIENTS

- 3 sprays cooking spray
- ▲ 12 oz uncooked lean flank steak
- ▲ 2 medium yellow peppers, quartered, seeded
- ▲ 1 medium poblano chile, quartered, seeded
- 1 ½ tsp ground cumin
- 1 tsp dried oregano, crumbled
- ½ tsp table salt
- 1 cup cilantro leaves
- ▲ ¾ cup fat-free salsa, green (tomatillo or green chile salsa)
- 2 Tbsp reduced-fat sour cream
- ▲ = Weight Watchers Power Foods

INSTRUCTIONS

Preheat broiler. Line a large rimmed baking sheet with nonstick foil, or line with regular foil and coat with cooking spray (or just coat with cooking spray, if you prefer). Place steak and peppers on prepared pan; coat with cooking spray. In a small cup, combine cumin, oregano and salt; sprinkle on both sides of steak and peppers. Broil 3 to 4 inches from heat, turning peppers and steak halfway through cooking, about 4 to 5 minutes per side for medium-rare, or longer until desired degree of doneness. Remove steak to a cutting board; let stand 5 minutes.

Meanwhile, put cilantro, salsa and sour cream in blender or food processor; process until smooth.

Slice steak thinly across the grain. Put steak and peppers on a serving platter and serve with salsa mixture. Yields about 2 ½ ounces steak, 3 pieces pepper and ¼ cup salsa mixture per serving.

NOTE: If you don't like your food too spicy, use a mild green salsa. Also consider using three bell peppers and omitting the poblano.

Portion Control Made Easy

We've done the planning for you, dividing these recipes into smart single servings. Bon appetit!

Mini Zucchini Quiche

PointsPlus® value: 1 | Servings: 48 | Prep time: 25 minutes | Cook time: 15 minutes ▲ = Weight Watchers Power Foods

INGREDIENTS

- 4 sprays cooking spray
- ▲ 2 small uncooked zucchini, finely chopped
- ▲ 1 large uncooked onion, finely chopped
- 1 cup shredded parmesan cheese, about 3 oz
- ▲ 6 large eggs
- ½ cup all-purpose flour
- ¼ cup basil, fresh, finely chopped
- 3 Tbsp olive oil, extra virgin
- 2 tsp baking powder
- 1 tsp sugar
- 1 tsp kosher salt
- ½ tsp black pepper

INSTRUCTIONS

Preheat oven to 375°F. Coat two 24-hole nonstick mini muffin pans with cooking spray (or use just one pan and cook in two batches). Combine all ingredients in a large bowl; spoon about 1 heaping tablespoon egg mixture into each prepared hole, making sure to stir mixture after filling each one.

Bake until bottoms are golden brown and quiche are cooked through, about 15 minutes. Remove pan(s) from oven and let quiche cool for a few minutes in pan(s); remove quiche to a wire rack to cool more (and repeat with remaining ingredients if necessary). Yields 1 quiche per serving.



Individual Spinach Soufflés



3
pointsplus[®]
value

PointsPlus[®] value: 3

Servings: 12 | **Prep time:** 18 minutes | **Cook time:** 55 minutes

INGREDIENTS

- ▲ **1 ½ pounds** fresh spinach, baby-variety
- 5 sprays** cooking spray, divided
- 4 medium** uncooked shallots, minced
- 1 medium** garlic clove, minced
- 1 cup** reduced-fat sour cream
- ¾ cup** grated Parmesan cheese, high-quality recommended
- ¼ cup** Neufchâtel cheese
- ½ tsp** table salt, or more to taste
- ¼ tsp** black pepper, or more to taste
- ¼ tsp** freshly grated nutmeg
- ▲ **2 large** eggs, separated and **2 large** egg whites
- ▲ = Weight Watchers Power Foods

INSTRUCTIONS

Preheat oven to 350°F. Place twelve 3-ounce ramekins on a rimmed baking tray and coat ramekins with cooking spray; set aside. Steam, parboil or microwave spinach until wilted; drain well. Finely chop spinach; set aside.

Coat a medium skillet with cooking spray and set over medium heat. When hot, add shallots and garlic; sauté until shallots turn golden and start to caramelize, about 6 to 8 minutes. Spoon shallot mixture into a large mixing bowl and add remaining ingredients, except for all four egg whites; stir to combine.

In a separate mixing bowl, using an electric mixer, beat egg whites until stiff peaks form. Gently fold egg whites into spinach mixture, a little at a time, until combined. Evenly divide mixture among ramekins; bake until centers are set, about 30 to 40 minutes. Serve immediately. Yields 1 soufflé per serving.

Bacon, Egg and Spinach Breakfast Stacks



3
pointsplus[®]
value

PointsPlus[®] value: 3

Servings: 12 | **Prep time:** 15 minutes | **Cook time:** 55 minutes

INGREDIENTS

- ▲ **6 cups** uncooked bliss potatoes, baby-variety (about 12 oz)
- ▲ **9 oz** fresh spinach, baby-variety (about 1 ½ cups after cooking)
- 1 cup** part-skim ricotta cheese
- ▲ **2 large** eggs, beaten
- 2 Tbsp** chives, fresh, chopped
- 6 slices** Canadian-style bacon, quartered
- 1 cup** low-fat, shredded Cheddar cheese

▲ = Weight Watchers Power Foods

INSTRUCTIONS

Preheat oven to 350°F. Place muffin liners in a 12-hole muffin tin. Wash and steam potatoes until just done or slightly underdone, about 10 to 15 minutes; cool immediately. Slice each potato into four rounds; set aside. Wash and steam spinach until just wilted, about 3 to 5 minutes; cool, drain well, squeeze out any remaining water and set aside. In a small bowl, combine ricotta cheese, eggs and chives. Place a middle slice of potato in the bottom of each muffin hole so it lays flat. Top each with a quarter-slice of bacon, 1 heaping teaspoon of ricotta cheese mixture, about 2 tablespoons of spinach, about a tablespoon of Cheddar cheese, another bacon quarter, and another heaping teaspoon of ricotta mixture. Finish stacks by placing remaining potato slices on top and sprinkling with a few remaining shreds of cheese. Bake stacks until fully set and ricotta is cooked through, about 30 to 35 minutes. Cool in muffin tins for about 10 to 15 minutes and then transfer to racks to continue cooling. Yields 1 stack per serving.

Restaurant Classics at Home

Cancel your reservations and leave the takeout menus in the drawer. You can whip up these favorites in the comfort of your own kitchen – and you'll save money as well as **PointsPlus**® value.

Cheeseburgers with Grilled Onions

PointsPlus® value: 7 | **Servings:** 4 | **Prep time:** 12 minutes | **Cook time:** 10 minutes ▲ = Weight Watchers Power Foods

INGREDIENTS

- ▲ **1 pound** uncooked 93% lean ground beef
- 1 medium** garlic clove, minced
- ¼ tsp** table salt
- ½ tsp** black pepper
- ¼ cup** low-fat, shredded Cheddar cheese, sharp-variety
- ▲ **½ small** uncooked red onion, cut into 4 thin slices
- ½ tsp** olive oil
- ½ tsp** dried oregano, crushed
- ▲ **4** reduced-calorie hamburger rolls*
- ▲ **1 small** fresh tomato, cut into 8 thin slices

INSTRUCTIONS

Preheat grill to medium-hot heat.** In a medium bowl, gently combine beef, garlic, salt and pepper; form into four ½-inch-thick patties. Place on grill and cook 4 to 5 minutes on one side; flip and continue cooking until desired degree of doneness, about 3 to 4 minutes more. Sprinkle each burger with 1 tablespoon of cheese; cook until cheese melts, about 1 minute.

Meanwhile, brush both sides of onion with oil. Grill until bottom is lightly browned, about 3 to 4 minutes. Flip onion and sprinkle with oregano; grill for 2 to 3 minutes more. Lightly toast open-faced buns on grill. Place burgers on buns and top each with onion and tomato slices. Yields 1 cheeseburger per serving.

TIP: The secret to a juicy, lean burger is to avoid pressing down on the patty while it's cooking so it retains its juices.

NOTE: Try different kinds of cheese and tomatoes for other fantastic combinations.

*Could affect **PointsPlus** value.

**You can also make this recipe in a stovetop grill pan. Cooking time may vary.



Baked Ziti



7
pointsplus
value

PointsPlus® value: 7

Servings: 12 | **Prep time:** 10 minutes | **Cook time:** 40 minutes

INGREDIENTS

- 3 sprays** cooking spray
- 1 pound** uncooked pasta, rigatoni or penne*
- ¾ pound** part-skim ricotta cheese
- ¼ tsp** crushed red pepper flakes, or more to taste
- ¼ cup** grated Parmesan cheese, divided
- 4 cups** store-bought marinara sauce, divided**
- ½ pound** shredded part-skim mozzarella cheese
- ¼ cup** basil, cut into ribbons, for garnish

INSTRUCTIONS

Preheat oven to 350°F. Coat bottom and sides of a lasagna pan with cooking spray. Cook pasta according to package directions; rinse with cool water and drain. While pasta is cooking, in a medium bowl, combine ricotta cheese, red pepper flakes, 3 tablespoons Parmesan cheese and ⅓ cup marinara sauce.

To assemble ziti, spoon ½ cup sauce on bottom of prepared pan; top with half of pasta in an even layer. Evenly spread pasta with ricotta mixture; cover with half of remaining sauce. Top with remaining pasta and spoon remaining sauce over top; sprinkle with mozzarella and remaining tablespoon Parmesan. Bake until cheese melts and is browned, about 20 to 30 minutes. Allow ziti to sit for 10 to 15 minutes before slicing into 12 pieces. Yields 1 piece per serving.

NOTE: For a meaty version, add lean ground beef to the sauce.

*Could affect **PointsPlus** value.

**If you don't have a store-bought sauce, you can use fire-roasted diced tomatoes instead.

Easy Fried Rice



4
pointsplus
value

PointsPlus® value: 4

Servings: 6 | **Prep time:** 8 minutes | **Cook time:** 10 minutes

INGREDIENTS

- 2 sprays** cooking spray
- ▲ **2 large** eggs, lightly beaten
- ▲ **1 cup** uncooked carrots, shredded
- ▲ **1 cup** uncooked scallions, sliced, divided
- 3 cups** cooked white rice
- ▲ **½ cup** frozen green peas, thawed
- ¼ cup** low-sodium soy sauce, or to taste

▲ = Weight Watchers Power Foods

INSTRUCTIONS

Coat a large nonstick skillet with cooking spray; warm pan over medium-high heat. Add eggs; tilt pan so that eggs cover bottom. When eggs start to set, break them up into pieces with a heat-proof spatula or wooden spoon. Cook until eggs are cooked through, about 1 minute more; remove eggs from skillet and set aside.

Off heat, recoat same skillet with cooking spray; set over medium-high heat. Add carrots and all but 2 tablespoons scallions; sauté until carrots are crisp-tender, about 2 to 3 minutes. Stir in cooked rice, peas and soy sauce; cook until heated through, stirring once or twice, about 1 minute. Gently stir in cooked egg and remaining scallions; heat through. Yields about ¾ cup per serving.

NOTE: Make this a main dish by stirring in cooked chicken or shrimp (could affect **PointsPlus** value).

Low *PointsPlus*[®] value Sips

Raise a glass without draining your weekly *PointsPlus* Allowance. These cool beverages add a festive note to any meal.

Pomegranate Cooler

PointsPlus[®] value: 3 | Servings: 6 | Prep time: 5 minutes | Cook time: 0 minutes

INGREDIENTS

3 cups fruit juice, pomegranate-flavor (24 fl oz)
½ cup fresh lime juice
¼ cup grenadine syrup
2 cups seltzer, sugar-free, raspberry-flavor (16 fl oz)

INSTRUCTIONS

Combine the pomegranate juice, lime juice and grenadine in a large pitcher. (The cooler can be made ahead to this point up to 3 days in advance. Store, covered, in the refrigerator.)

Gently stir in the raspberry seltzer. Serve over ice. Yields about 1 cup per serving.

Garnish with fresh mint.



Apricot Bellinis



4
pointsplus[®]
value

PointsPlus[®] value: 4

Servings: 6 | **Prep time:** 5 minutes | **Cook time:** 0 minutes

INGREDIENTS

¾ cup apricot nectar, or passion fruit nectar, chilled (6 fl oz)

3 cups champagne, or Prosecco, chilled (24 fl oz)

▲ **¼ cup** raspberries

6 pieces mint leaves

▲ = Weight Watchers Power Foods

INSTRUCTIONS

To make each drink, pour ⅛ cup (2 tablespoons) of nectar into a champagne flute or other glass; top each with ½ cup of champagne or Prosecco.

To garnish, drop a few raspberries and a mint sprig into each glass; serve immediately. Yields about 5 fluid ounces per serving.

If you haven't tried Prosecco, it's similar to champagne and other sparkling wines but a bit more fruity and usually less expensive. We mix it here with apricot nectar but it is also great with passion fruit or mango nectars (could affect **PointsPlus** value).

Fruity Sangria



2
pointsplus[®]
value

PointsPlus[®] value: 2

Servings: 8 | **Prep time:** 10 minutes | **Cook time:** 0 minutes

INGREDIENTS

1 cup table wine, dry, red

3 cups low-calorie cranberry juice cocktail, cold

▲ **2 cups** strawberries, chopped

▲ **2 medium** fresh apples, chopped

⅛ tsp ground cinnamon, or to taste

▲ = Weight Watchers Power Foods

INSTRUCTIONS

Stir together all ingredients in a large pitcher; allow to stand for 30 minutes. Place ice in glasses and serve. Yields about ¾ cup per serving.

Snack on this! 1 *PointsPlus*[®] value Sweet and Savory Treats

Need to nibble? Whatever you're craving, these simple snacks will hit the spot.

Mini Chocolate-Chip Cookies

PointsPlus[®] value: 1 | Servings: 48 | Prep time: 10 minutes | Cook time: 6 minutes ▲ = Weight Watchers Power Foods

INGREDIENTS

2 Tbsp salted butter, softened
2 tsp canola oil
½ cup packed brown sugar, dark-variety
1 tsp vanilla extract
⅛ tsp table salt

▲ **1 large** egg white
¾ cup all-purpose flour
¼ tsp baking soda
3 oz semi-sweet chocolate chips, about ½ cup

INSTRUCTIONS

Preheat oven to 375°F. In a medium bowl, cream together butter, oil and sugar. Add vanilla, salt and egg white; mix thoroughly to combine. In a small bowl, mix together flour and baking soda; stir into batter. Add chocolate chips to batter; stir to distribute evenly throughout.

Drop 48 half-teaspoons of dough onto one or two large nonstick baking sheets, leaving a small amount of space between each cookie. Bake cookies until golden around edges, about 4 to 6 minutes; cool on a wire rack. Yields 1 cookie per serving.



Endive with Chipotle Cream Cheese



1
pointsplus
value

PointsPlus® value: 1

Servings: 8 | Prep time: 15 minutes | Cook time: 0 minutes

INGREDIENTS

- 4 Tbsp fat-free cream cheese, at room temperature
- ▲ ¼ cup roasted red peppers (packed in water), blotted dry, finely diced
- 3 Tbsp uncooked scallions, thinly sliced
- ▲ 3 Tbsp cilantro, fresh, chopped (plus extra leaves for garnish)
- 2 tsp canned chipotle sauce
- ¼ tsp table salt
- ¼ tsp ground cumin
- ▲ 3 heads (small) endive, Belgian (about 24 leaves)

▲ = Weight Watchers Power Foods

INSTRUCTIONS

In a small bowl, stir together cream cheese, roasted peppers, scallions, cilantro, chipotle sauce, salt and cumin until blended. Cover and refrigerate until ready to serve (up to 1 day).

When ready to serve, spoon about 1 teaspoon of chipotle cheese mixture into bottom of each endive leaf; garnish with remaining fresh cilantro leaves. Arrange on a serving platter and serve. Yields 3 leaves per serving.

NOTE: If you're not an endive fan, spoon the cheese filling onto thickly sliced cucumbers or into hollowed-out cherry tomatoes. Or serve it as a dip for tortilla chips or fresh vegetables.

Lemon-Ginger Fruit Dip



1
pointsplus
value

PointsPlus® value: 1

Servings: 8 | Prep time: 5 minutes | Cook time: 0 minutes

INGREDIENTS

- 1 cup fat-free vanilla yogurt
- 1 tsp lemon zest
- ½ tsp fresh lemon juice
- ½ tsp ginger root, fresh, grated

INSTRUCTIONS

In a small bowl, stir together, yogurt, lemon zest, lemon juice and ginger. Yields about 2 tablespoons per serving.

Buffalo-Style Stuffed Celery

PointsPlus® value:1 | Servings:10 | Prep time:10 minutes | Cook time:0 minutes ▲ = Weight Watchers Power Foods

INGREDIENTS

½ cup low-fat cream cheese, softened
2 Tbsp blue cheese, softened
½ tsp minced garlic
¼ tsp table salt

▲ 5 ribs (large) uncooked celery, cut into 4 pieces each
2 ½ tsp hot pepper sauce, or to taste
1 Tbsp chives, fresh, chopped (optional)

INSTRUCTIONS

In a small bowl, stir together cream cheese, blue cheese, garlic and salt until smooth; spoon about ½ tablespoon cheese mixture into each piece of celery.

To serve, arrange stuffed celery on a plate, drizzle each with about ½ teaspoon hot pepper sauce (or let guests add their own by serving the pepper sauce on the side). Sprinkle with chives if desired. Yields 2 pieces stuffed celery per serving.

