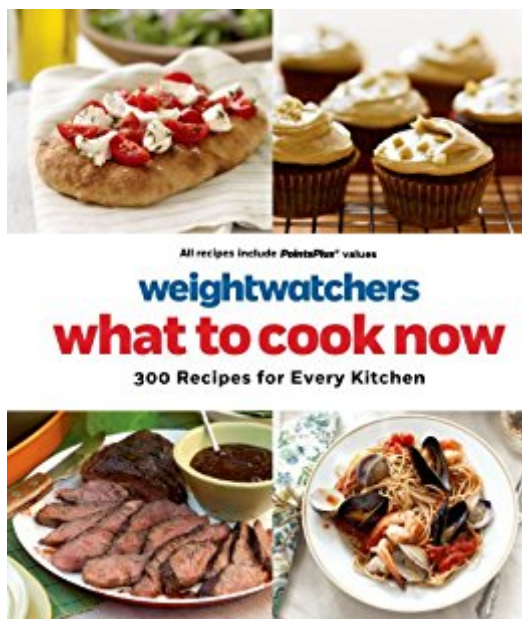


The book was found

Weight Watchers What To Cook Now: 300 Recipes For Every Kitchen



Synopsis

What are you going to eat tonight? Whether you're a seasoned cook or just starting out in the kitchen, it's a question to tackle every day. And in *Weight Watchers What To Cook Now*, it's a question that's answered deliciously more than 300 ways, with great ideas for speedy weeknight dinners, weekend big-batch meals, easy foundation recipes and more. *What to Cook Now* makes smart use of ingredients with concentrated flavors and must-have new kitchen tools and techniques for a healthy diet so everything you turn out in your kitchen packs maximum flavor and satisfaction. In *What to Cook Now*, you'll get the instructions for dishes such as:- Smoky Sweet Potato, Canadian Bacon, and Corn Hash- Apple, Celery, and Walnut Salad with Dijon Dressing- Italian Sausage and Spinach- Stuffed Mushrooms- Grilled Shrimp with Mango-Ginger Dipping Sauce- Merlot-Braised Beef Roast and Vegetables- Red Curry Beef, Napa Cabbage, and Noodle Salad- Shrimp, Chorizo, and Rice Stew- Moroccan-Spiced Beef- Italian Stuffed Artichokes- Chocolate-Chip Layer Cake with Ricotta Frosting

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Customer Reviews

This is a super-cool cookbook, packed not only with delicious recipes, but tons of valuable nutritional information. There are Cook's Notes; Temperature Charts; Tips on How To Saute; Tips on The New Pantry; info on Shopping; Helpful advice on Fresh Fruits And Vegetables; How to create Great Flavor; The Top Herbs; The 9 Best Cooking Tools; Info on Whole Grains; Smart Seasonings; Herb And Spice Blends; How to prepare dinner in a hurry; There are 300 recipes; info on losing weight; info about the Points-Plus Plan; Recipes include the number of servings, calories and other nutritional info. There are also Substitutions included; info on Lean Meat and Poultry; Seafood; Produce; and more. The colorful photos are inviting; there is info on Common Ingredients; How to create Home-Made Sauce; Home-Made Broth; and info on The Skinny On Cooking. There are recipes for: Breakfast; Lunch; Dinners; Snacks; Dips; and more. Included are recipes for Soups; Salads; Main Dishes; Beef; Pork; Lamb; and mouth-watering Appetizers. In addition; there are recipes for Stews; Meat Loaf; Pizza; Ham; Chicken; and Kebabs. Some of the recipes are: Orange-basil Beef And Broccoli Stir-Fry, which was my daughter's choice. It was tasty, and filling. I made the Sausage And Pepper Breakfast Wraps, which were a sensation. There are also recipes for muffins; and burgers included. Our next pick is the Smoky Sweet Potato, Canadian Bacon, And Corn Hash. We can't wait to try this one. My daughter's next choice is the Coconut-Almond French Toast With Tropical Fruit. Thus far, this is one of my favorite Weight watches cookbooks in my collection, and we intend to use it a great deal. I will be gifting this cookbook to friends on special occasions. What a fantastic, inspiring cookbook. Highly recommended!

Made several of these recipes in the past couple of weeks, really good. Easy to read and recipes are easy to follow. First time I had cookbook opened on kitchen counter though, the binding cracked and some pages separated. But of course it's still usable; could I have overused it in 2 weeks? I could have done with less seafood recipes, but that's just me. I did bring into work and my coworkers loved it also and are ordering it.

I bought this when I saw the price drop. I was looking through the book and figuring out Smart Points for a few of the main dish recipes that appealed to me. None of these had sugar listed in the nutritional information, however I didn't think much of it since they were mostly meat and vegetables. Then I went to a dessert and was figuring out Smart Points.... Once again - no sugar. I read the recipe, and it called for powdered sugar. It turns out that we are not given sufficient information to correctly calculate Smart Points. Disappointing.

I have an older Weight Watchers cookbook and use it quite often even though I am not and have never been on the program. It had good, common sense recipes lighter in fat and calories. When I saw this brand new one, I jumped on it. But sadly, from first glance (I always go through and mark recipes I think I will use), it does not have many I think my whole family will like. Do your self a favor and check out Marlene Koch and her "Eat What You Love" series (there are now three books). Those are the BEST lifestyle modification (don't say diet...it will never stick!) cookbooks I have found yet! They contain everyday recipes that "normal" people cook with minor changes that drastically cut down on fat and calories.

I have prepared a few of the dishes from this cookbook and they met my expectations. Like most Weight Watchers recipes, spices and herbs need to be increased to achieve the best flavor. To my surprise, two of the best sections of this cookbook cover desserts and breads/grains. The added information throughout the book about nutrition and tips on "how to" make it an excellent book for someone just beginning to cook. Most of the recipes are easy to make and the directions are well stated.

5 stars all the way. My daughter-in-law lost 145 pounds this last year and a half on Weight Watchers. I sent her this book for her birthday a few weeks ago. She and my son love it! They are using it faithfully and have tried many recipes already. My son says they have really enjoyed every single recipe so far, and he hopes to lose 40 pounds himself with using this as a good head start. Highly recommend even if you're not on Weight Watchers. Good, healthy ingredients and portion control. Good for everyone!

You don't miss the extra fat or calories in any of these recipes. Very family friendly food I can cook for my teenage sons and husband and not have to make something separate for me. Lots of variety of food and great recipes....got the kids to love lentil stew. I use this all the time now.

There's so many great recipes in here. I can't believe I got it for such a great price!!! I am new to weight watchers and this book has definitely helped me figure out what to cook for dinner and how to lighten up some of my current recipes.

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