



Best of Easy Eats

Delicious meals ready in 30 minutes...or less!



Introduction

Everyone loves a great recipe that comes together fast, especially meals that can be ready in a half hour or less. After all, everybody's hungry and busy! These delicious recipes—everything from pasta to pork chops to vegetarian curry—fit the bill; you'll be at the table in 15 to 30 minutes. We've thrown in a handful of quick desserts, too. OK, one takes longer than 30 minutes because it needs to chill in the fridge, but you can still assemble it in 15.

For each recipe, you'll see the SmartPoints® value for all three *myWW*™ plans. So whether you're on Green, Blue, or Purple, tracking will be easy.

Green

- **A sizable SmartPoints Budget** to spend on foods you love.
- **A smaller list of foods** that form the basis of healthy eating habits.
- **100+ ZeroPoint™ foods** including fruits and non-starchy veggies.

Blue

- This is our most recent program, **WW Freestyle®**.
- **A moderate list of foods** that form the basis of healthy eating habits.
- **200+ ZeroPoint foods** including fruits, veggies, and lean proteins.

Purple

- **A modest SmartPoints Budget** to spend on foods you love.
- **A long list of foods** that form the basis of healthy eating habits.
- **300+ ZeroPoint foods** including fruits, veggies, lean proteins, and whole grains.

What are you waiting for? Hurry up and dig in.

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New dietary icons

Look for these symbols throughout the book to choose recipes that fit best with your dietary needs.



Vegetarian

Recipes that contain no animal-flesh foods or products made from animal flesh, though they may contain eggs and dairy products.



Vegan

Recipes that contain no animal-flesh foods, eggs, dairy products, or honey.



Gluten-free

Recipes that contain no wheat, barley, or rye, or any products that are made from these ingredients.



Dairy-free

Recipes that contain no milk from any animal and no products made from animal milk.



Nut-free

Recipes that contain no tree nuts or peanuts.

Main meals

Quick and easy recipes for healthy food that tastes amazing.



Spicy chicken-asparagus stir-fry

Total time 25 min Serves 4



This stir-fry is full of veggies and great over rice or quinoa. Leftovers make an excellent take-to-work (or school) lunch.

- 3** tsp canola oil, divided
- 1** lb skinless boneless chicken breasts, sliced on diagonal
- $\frac{1}{4}$ tsp salt
- 1** tbs grated peeled ginger
- 2** garlic cloves, minced
- $\frac{1}{2}$ lb asparagus, trimmed and cut into 2-inch lengths
- $\frac{1}{2}$ cups matchstick-cut carrots
- 1** small red bell pepper, thinly sliced
- 1** small yellow bell pepper, thinly sliced
- 2** tbs water
- 3** tbs black bean sauce
- 1** tsp hot chili oil
- 2** tsp toasted sesame seeds

1 Heat a wok or large deep skillet over medium-high heat until a drop of water sizzles in pan. Add $1\frac{1}{2}$ tsp oil, swirling to coat pan. Sprinkle chicken with salt; add to wok and stir-fry until lightly browned and cooked through, about 5 minutes. Transfer to a plate.

2 To wok, add remaining $1\frac{1}{2}$ tsp oil, swirling to coat pan; add ginger and garlic. Stir-fry until fragrant, about 30 seconds. Add asparagus, carrots, bell peppers, and water and cook, covered, until vegetables are crisp-tender, 4 to 5 minutes.

3 Return chicken to wok along with black bean sauce and chili oil. Stir-fry until chicken is heated through, about 2 minutes. Sprinkle with sesame seeds.

Per serving ($1\frac{1}{2}$ cups): 256 Cal, 10 g Total Fat, 2 g Sat Fat, 624 mg Sod, 12 g Total Carb, 5 g Sugar, 4 g Fib, 29 g Prot.

Tip

For dessert, serve an Asian-inspired fruit bowl of fresh clementine segments or canned unsweetened mandarin orange segments, fresh lychee nuts, and thinly sliced strawberries sprinkled with a pinch of Chinese five-spice powder.



London broil with red onions and peppers

Total time 20 min Serves 4



Don't have a large grill pan? Cook the steak and vegetables in batches in a smaller one, or use an outdoor grill for extra smokiness.

Nonstick spray

- 1 (1-lb) boneless lean sirloin steak, trimmed
- 2 large bell peppers, quartered
- 2 red onions, thickly sliced
- 1 lemon, halved
- 4 tsp Creole seasoning
- $\frac{3}{4}$ cup chopped flat-leaf parsley

1 Spray a large ridged grill pan with nonstick spray and set over medium heat.

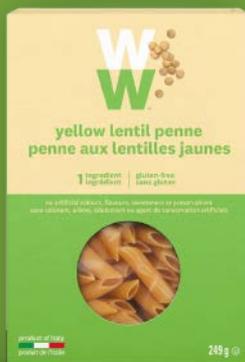
2 To pan, add steak, bell peppers, onions, and lemon; sprinkle with Creole seasoning. Lightly spray peppers, onions, and cut sides of lemon with nonstick spray. Cook until vegetables are tender, lemon is browned in spots, and an instant-read thermometer inserted into steak registers 145°F for medium, 6 minutes per side.

3 Transfer steak to a cutting board and let stand 5 minutes. Cut across grain into 16 slices and arrange on a platter. Add onions and peppers. Sprinkle with parsley and squeeze lemon over top.

Per serving (4 slices steak and $\frac{3}{4}$ cup vegetables): 194 Cal, 6 g Total Fat, 2 g Sat Fat, 810 mg Sod, 9 g Total Carb, 4 g Sugar, 2 g Fib, 27 g Prot.



Lentil Pasta



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No-mayo pasta e ceci salad

Total time 20 min Serves 8



The addition of chickpeas (aka ceci in Italian) ups the fiber and protein in this vegetarian pasta salad.

- 6 oz pasta (like campanelle)**
- 3 tbsp extra-virgin olive oil**
- 1 medium garlic clove**
- ½ tsp sea salt, divided**
- 1 tsp chopped rosemary**
- ½ tsp red pepper flakes, plus more for sprinkling**
- 30 oz canned chickpeas, drained and rinsed**
- 3 cups kale, roughly torn**
- 2 tbsp chopped basil**
- 1 tsp lemon zest, plus more for sprinkling**
- ¼ tsp black pepper**

1 Cook pasta according to package directions (reduce the salt if desired). Drain; do not rinse. On an oversize plate or large rimmed baking sheet, spread pasta; let cool to room temperature, about 10 minutes.

2 Meanwhile, in a small saucepan over very low heat, gently warm oil until it begins to just shimmer, 1 minute; remove saucepan from heat. On a cutting board, use the blade and flat side of a chef's knife to chop and smash garlic with ¼ tsp salt to form a paste. Into saucepan, stir garlic paste, rosemary, and red pepper flakes.

3 In a large bowl, gently toss together pasta, garlic-oil mixture, chickpeas, kale, basil, and lemon zest. Season with remaining ¼ tsp salt and black pepper. Sprinkle with additional lemon zest and red pepper flakes, if desired.

Per serving (1 cup): 273 Cal, 8 g Total Fat, 1 g Sat Fat, 381 mg Sod, 40 g Total Carb, 5 g Sugar, 8 g Fib, 11 g Prot.



Mac 'n' cheese with bacon, tomatoes, and arugula

Total time 25 min Serves 4



Cooking times will vary depending upon the wattage of your microwave. Use the doneness description as your guide—not just the indicated cooking time.

- 4 slices ready-to-serve bacon
- 4 cups water
- 2 tsp salt
- 2 cups elbow macaroni
- $\frac{3}{4}$ cup low-fat (1%) milk
- 2 tbsp light cream cheese (Neufchâtel)
- 2 tbsp grated Parmesan
- 2 scallions, sliced, divided
- 1 cup shredded reduced-fat sharp cheddar, divided
- 2 cups baby arugula
- 1 cup halved grape tomatoes

1 Microwave bacon according to package directions until crisp. Set aside.

2 In a 2-quart glass measure or bowl, combine water and salt. Stir in macaroni and microwave on High 5 minutes; stir again. Microwave 5 minutes and stir once more. Microwave until al dente, about 4 minutes; drain in a colander. Set aside.

3 Into same glass measure, pour milk. Add cream cheese, Parmesan, and half of scallions; microwave on High 1 minute. Add $\frac{3}{4}$ cup cheddar, whisking until melted. Stir in pasta, arugula, and tomatoes and microwave on High until arugula is wilted, 2 minutes.

4 Into each of 4 bowls, spoon $1\frac{1}{2}$ cups mac 'n' cheese. Crumble 1 slice bacon onto each serving and sprinkle evenly with remaining $\frac{1}{4}$ cup cheddar and scallions.

Per serving (1 $\frac{1}{2}$ cups mac 'n' cheese and 1 tbsp cheddar): 357 Cal, 11 g Total Fat, 6 g Sat Fat, 977 mg Sod, 44 g Total Carb, 6 g Sugar, 2 g Fib, 19 g Prot.

Grilled salmon with herbed caper sauce

Total time 20 min Serves 4



Serve this with rice or quinoa to help absorb all of the delicious sauce.

Nonstick spray

- ½ cup parsley leaves
- 2 tbsp oregano leaves
- 1½ tbsp drained capers
- ½ small shallot, chopped
- 1 tbsp red-wine vinegar
- 1 tbsp water
- 1 medium garlic clove, chopped
- ¼ tsp red pepper flakes
- 2 tbsp olive oil
- 4 (5-oz) skin-on salmon fillets
- ¼ tsp salt
- ¼ tsp black pepper

1 In a food processor, puree parsley, oregano, capers, shallot, vinegar, water, garlic, and red pepper flakes. With motor running, add oil. Transfer sauce to a bowl.

2 Sprinkle salmon with salt and pepper. Spray a large ridged grill pan with nonstick spray and set over medium-high heat. Add salmon and cook, turning once, until just opaque in center, about 6 minutes.

3 Remove skin and place salmon on a platter or divide among 4 plates. Drizzle evenly with sauce.

Per serving (1 salmon fillet and 1½ tbsp sauce): 248 Cal, 13 g Total Fat, 2 g Sat Fat, 331 mg Sod, 2 g Total Carb, 0 g Sugar, 1 g Fib, 29 g Prot.





Thai beef and pasta salad

Total time 20 min Serves 4



Make a double-batch of dressing to use on salads or for dipping veggies all week long.

Nonstick spray

- 8 oz angel-hair pasta
- 1 head Boston lettuce, torn into pieces
- 2 cups lightly packed bean sprouts
- 1 large tomato, seeded and diced
- 1 cup matchstick-cut carrots
- 1 cup cilantro leaves, divided
- ¼ cup mint leaves, torn
- 3 tbsp lime juice
- 3 tbsp soy sauce
- 1 tbsp brown sugar
- 2 tsp refrigerated ginger paste
- 2 tsp fish sauce
- 2 tsp canola oil
- ½ to 1 tsp red curry paste or sriracha
- ¾ lb lean beef stir-fry strips

1 Cook pasta according to package directions. Drain, rinse under cold water, drain again. Transfer pasta to a large bowl. Top with lettuce, sprouts, tomato, carrots, ½ cup cilantro, and mint. Set aside.

2 To make dressing: In a small bowl, whisk together lime juice, soy sauce, brown sugar, ginger paste, fish sauce, oil, and curry paste.

3 In medium bowl, toss beef with 2 tbsp dressing. Reserve remaining dressing.

4 Spray a large cast-iron skillet or grill pan with nonstick spray and set over high heat. Cook half of beef until browned, about 2 minutes. Transfer to a plate. Cook remaining beef; add to plate. Let cool slightly.

5 Over pasta-veggie mixture, drizzle reserved dressing and toss. Divide among 4 plates. Top evenly with beef and remaining ½ cup cilantro.

Per serving (about 3 cups): 414 Cal, 8 g Total Fat, 2 g Sat Fat, 985 mg Sod, 56 g Total Carb, 8 g Sugar, 5 g Fib, 31 g Prot.



Portobello “burgers” with avocado butter and slaw

Total time 30 min Serves 4



For an extra punch of flavor, add chopped basil and mint to this slaw.

Nonstick spray

- 1 **tbsp plus 1 tsp olive oil**
- 1 **tbsp balsamic vinegar**
- 1 **garlic clove, crushed through press**
- $\frac{3}{4}$ **tsp kosher salt, divided**
- $\frac{3}{4}$ **tsp black pepper**
- 4 **(4-inch) portobello mushroom caps**
- $\frac{1}{2}$ **English (seedless) cucumber**
- 2 **carrots**
- 2 **cup coarsely chopped cilantro**
- 2 **tsp soy sauce**
- $\frac{3}{4}$ **tsp sriracha (or to taste)**
- 1 **small Hass avocado, pitted and peeled**
- $\frac{3}{4}$ **tsp ground cumin**
- 2 **whole-grain or whole-wheat English muffins, split and toasted**

1 In a bowl, whisk together oil, vinegar, and garlic. In a cup, mix $\frac{1}{2}$ tsp salt and pepper.

2 Spray a ridged grill pan with nonstick spray and set over medium heat until hot.

3 Into pan, place mushrooms, stem-side down. Brush with half of oil mixture and sprinkle with half of salt-pepper mixture; grill 5 minutes. Flip; brush with remaining oil and sprinkle with remaining salt-pepper mixture. Grill until tender, about 5 minutes.

4 To make slaw: Using a vegetable slicer or peeler, cut cucumber and carrots into thin matchsticks. Transfer to a bowl and toss with cilantro, soy sauce, and sriracha.

5 In small bowl, coarsely mash avocado. Add cumin and remaining $\frac{1}{4}$ tsp salt. Place scant 2 tbsp avocado butter on English muffin halves; top with mushrooms and about $\frac{1}{3}$ cup slaw.

Per serving (1 garnished “burger”): 208 Cal, 11 g Total Fat, 2 g Sat Fat, 701 mg Sod, 25 g Total Carb, 8 g Sugar, 7 g Fib, 6 g Prot.

WW by Dash Egg Bite Maker

Have a cafe-style breakfast at home with the WW by Dash Egg Bite Maker, which makes four delicious, protein-packed egg bites in minutes.

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Orecchiette with sausage and broccoli rabe

Total time 25 min Serves 6



Orecchiette (“little ears”) is the traditional pasta shape used in this recipe, but farfalle or gemelli will work in a pinch. Adding vinegar at the end of cooking brightens the taste of the tomatoes and sharpens all the flavors in this dish.

8 oz orecchiette

1 bunch broccoli rabe (about 1½ lb), trimmed and chopped

¾ lb Italian turkey sausage links, casings removed

2 garlic cloves, thinly sliced

½ tsp red pepper flakes

1 cup grape tomatoes, halved

2 tbsp white-wine vinegar

½ tsp salt

6 tbsp grated Pecorino Romano

1 Bring a pot of water to a boil. Add pasta and cook 4 minutes. Add broccoli rabe and cook until pasta is al dente and greens are just tender, about 5 minutes more. Drain, reserving ¼ cup pasta water.

2 Meanwhile, in a large nonstick skillet over medium heat, cook sausage, breaking up with a wooden spoon, until no longer pink, about 4 minutes. Add garlic and red pepper flakes; cook, stirring frequently, until fragrant, about 30 seconds. Add tomatoes, reserved pasta water, vinegar, and salt. Cook, stirring to scrape up browned bits from bottom of pan, until tomatoes are just heated through, about 1 minute.

3 To skillet, add pasta-broccoli mixture and stir until combined. Divide evenly among 6 bowls and sprinkle with Pecorino Romano.

Per serving (about 1 cup pasta mixture with 1 tbsp cheese): 267 Cal, 7 g Total Fat, 3 g Sat Fat, 669 mg Sod, 33 g Total Carb, 2 g Sugar, 4 g Fiber, 18 g Prot.



Quesadillas with zucchini, peppers, pesto, and cheese

Total time 20 min Serves 4



In place of the mini bell peppers, you can use two full-size bell peppers, either thinly sliced or chopped.

Nonstick spray

- 2 medium zucchini (about ¾-lb), halved lengthwise and thinly sliced**
- 8 mixed mini sweet peppers, seeded, thinly sliced (⅓-inch-thick)**
- 4 scallions, thinly sliced**
- ½ tsp crushed red pepper flakes**
- ¼ tsp kosher salt**
- 2 tsp olive oil**
- 4 (8-inch) flour tortillas**
- 8 tsp prepared pesto, homemade or store-bought**
- 1 cup shredded part-skim mozzarella**

1 Place a wire rack over a baking sheet and place in oven; preheat oven to 275°F.

2 In a large bowl, toss together zucchini, peppers, scallions, red pepper flakes, and salt.

3 In a large nonstick skillet over medium heat, warm oil. Add vegetable mixture and cook, tossing frequently, until zucchini and peppers are crisp-tender, 2 to 3 minutes. Return to bowl and let cool slightly.

4 Lay tortillas on a work surface. Spoon ¼ vegetable mixture over half of each tortilla and drizzle with 2 tsp pesto. Top each with ¼ cup mozzarella. Fold unfilled half of tortilla over filling, gently pressing down.

5 Spray tops of quesadillas with nonstick spray. In a large nonstick skillet over medium-high heat, place 2 quesadillas, sprayed-side down. Cook until browned in spots, 1½ minutes. Spray tops of quesadillas with nonstick spray. Flip and cook until cheese is melted and quesadillas are browned in spots on other side, 1 to 1½ minutes more. Transfer to wire rack in oven to keep warm.

6 Cook remaining 2 quesadillas. Remove quesadillas from oven, cut in half, and serve.

Per serving (1 quesadilla): 270 Cal, 13 g Total Fat, 5 g Sat Fat, 538 mg Sod, 27 g Total Carb, 6 g Sugar, 4 g Fib, 13 g Prot.



Green shakshuka

Total time 25 min Serves 6



Ground roasted cumin has a more robust flavor than regular ground cumin. Look for it alongside the other spices in your supermarket.

- 2** tsp ground cumin, preferably roasted
- ¾** tsp salt
- ¼** tsp cinnamon
- ⅛** to **¼** tsp red pepper flakes
- 1** tbs extra-virgin olive oil
- 1** large onion, chopped
- 3** garlic cloves, minced
- 1½** lb baby spinach
- 6** large eggs
- ⅓** cup crumbled reduced-fat feta
- 3** light whole-wheat English muffins, split and toasted
- 1** tsp smoked paprika

1 In a cup, mix cumin, salt, cinnamon, and red pepper flakes.

2 In a 12-inch skillet over medium heat, warm oil. Add onion and cook, stirring, until softened, 5 minutes. Stir in spice mixture and garlic and cook, stirring, until fragrant, 1 minute.

3 Add enough spinach to fill skillet and cook, tossing with tongs, until spinach starts to wilt, 1 minute. Continue adding handfuls of spinach until all wilted, about 4 minutes.

4 Using a large spoon, make 6 evenly spaced indentations in spinach. Crack an egg into a cup, then slip egg into indentation. Repeat with remaining eggs and indentations. Sprinkle with feta and cook, covered, until whites are firm but yolks are soft, 4 minutes.

5 On each of 6 plates, place 1 English muffin half. Using large spoon, lift out eggs and spinach mixture and place on English muffins. Sprinkle with smoked paprika.

Per serving (½ English muffin with 1 egg and ⅓ cup spinach): 198 Cal, 9 g Total Fat, 3 g Sat Fat, 644 mg Sod, 18 g Total Carb, 3 g Sugar, 5 g Fib, 14 g Prot.

Pork chops with fig sauce and green beans

Total time 25 min Serves 4



Fig jam gives this sauce a sweet, complex flavor. Look for it in large supermarkets and specialty-food markets.

- 16 oz lean boneless pork chops**
- ¾ tsp salt, divided**
- ½ tsp black pepper, divided**
- 2 tsp olive oil**
- ¼ cup onion, minced**
- ¼ cup reduced-sodium chicken broth**
- 2 tbsp fig jam**
- ½ cup water**
- 1 lb green beans**
- 2 tbsp grated Parmesan**

1 Sprinkle pork with ½ tsp salt and ¼ tsp pepper. In a medium skillet over medium-high heat, warm oil. Add pork and cook, turning once, until an instant-read thermometer inserted into sides of chops registers 145°F, about 6 minutes. Transfer to a plate and keep warm.

2 To make sauce: Reduce heat to medium and add onion to skillet. Cook, stirring constantly, until onion is golden, about 1 minute. Add broth and jam. Cook, stirring to scrape up browned bits on bottom of skillet, until jam is melted, 1 to 2 minutes.

3 Meanwhile, in a large skillet, bring water to a boil. Add green beans and cook, covered, until just crisp-tender, about 5 minutes. Drain and toss with Parmesan, remaining ¼ tsp salt, and remaining ¼ tsp pepper. Place green beans on a serving platter. Top with chops and spoon sauce over chops.

Per serving (1 pork chop, 1 tbsp sauce, and 1 cup green beans): 262 Cal, 10 g Total Fat, 3 g Sat Fat, 596 mg Sod, 16 g Total Carb, 9 g Sugar, 3 g Fib, 27 g Prot.





Smoky sweet potato and black bean soup

Total time 30 min Serves 8



Chipotles en adobo bring great heat and smoky taste. Start with just a little and add more to suit your taste.

- 2 tsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tsp ground cumin
- 1¼ lb sweet potatoes, peeled and cut into ½-inch dice (6 cups)
- 2 cups water
- ¾ tsp salt
- 2 cups reduced-fat (2%) milk
- 1½ cups frozen corn kernels
- 1 (15 ½-oz) can black beans, rinsed and drained
- 2 tsp minced chipotles en adobo
- 2 tbsp lime juice
- Chopped cilantro, for garnish

Scallions, thinly sliced, for garnish
Lime wedges, for serving

- 1 In a Dutch oven over medium-high heat, warm oil. Add onion and cook, stirring, until softened, 5 minutes. Add garlic and cumin and cook, 30 seconds.
- 2 Add sweet potatoes, water, and salt and bring to a boil. Reduce heat. Simmer, covered, until tender, 10 minutes.
- 3 Transfer 2 cups of sweet-potato mixture to a food processor and process until smooth. Return puree to Dutch oven. Add milk, corn, beans, and chipotles. Reduce heat to low and cook, covered, stirring, until just heated through (do not boil), 5 minutes.
- 4 Remove from heat. Stir in lime juice. Ladle soup into 8 bowls; garnish with cilantro and scallions. Serve with lime wedges.

Per serving (1 generous cup): 210 Cal, 3 g Total Fat, 1 g Sat Fat, 526 mg Sod, 41 g Total Carb, 9 g Sugar, 8 g Fib, 8 g Prot.



Crunchy Snacks



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Waldorf chicken sliders

Total time 15 min Serves 4

12

10

10

We used rotisserie chicken to make these sliders a no-cook meal, but feel free to poach or roast your own or use up any leftover cooked chicken you have.

- $\frac{1}{4}$ cup low-fat mayonnaise
- $\frac{1}{4}$ cup plain fat-free yogurt
- 2 tbsp lemon juice
- $1\frac{1}{2}$ tsp Dijon mustard
- 1 tsp honey or agave nectar
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{4}$ tsp black pepper
- $\frac{3}{4}$ lb rotisserie chicken breast, skin and bones removed and chicken torn into bite-size pieces

- $\frac{1}{2}$ red apple, unpeeled and diced
- $\frac{1}{2}$ cup small seedless green grapes, halved
- $\frac{1}{2}$ cup thinly sliced celery
- $\frac{1}{4}$ cup chopped walnuts, preferably toasted
- 3 tbsp finely diced red onion
- 8 (3-inch) slider or potato buns, split and toasted if desired
- 8 small Bibb lettuce leaves

1 To make dressing: In large bowl whisk together mayonnaise, yogurt, lemon juice, mustard, honey, salt, and pepper. Add chicken and toss to coat. Add apple, grapes, celery, walnuts, and onion.

2 On bottom of each bun, place 1 lettuce leaf and chicken salad. Cover with bun tops.

Per serving (2 sliders): 455 Cal, 14 g Total Fat, 2 g Sat Fat, 1,034 mg Sod, 53 g Total Carb, 15 g Sugar, 4 g Fib, 28 g Prot.



Cheesy pasta frittata with sun-dried tomatoes

Total time 30 min Serves 6



Farmer cheese is essentially cottage cheese with all the liquid pressed out. If you can't find it, purchase small-curd cottage cheese and drain it on three layers of paper towels or in a cheesecloth-lined sieve.

- 5 large eggs
- 5 large egg whites
- ½ tsp black pepper
- 4 oz no-boil, no-drain half-cut spaghetti
- 1¾ cups water
- 6 large sun-dried tomatoes (not oil-packed), very thinly sliced
- ¾ tsp salt
- 1 (5-oz) bag baby spinach
- 2 tsp olive oil, divided
- 1 red onion, thinly sliced
- ½ (7½-oz) package farmer cheese
- 2 tbsp grated Parmesan
- 1¼ cups fat-free marinara sauce, warmed

1 In a bowl, beat eggs, egg whites, and pepper.

2 In a 3-qt nonstick saucepan, combine spaghetti, water, tomatoes, and salt. Bring to a boil. Cook, stirring frequently, until most of water is absorbed and pasta is al dente, about 5 minutes. Stir in spinach until wilted, 1 minute. Mix pasta-spinach mixture into beaten eggs. Set aside.

3 In a large nonstick or enameled cast-iron skillet over medium heat, warm 1 tsp oil. Add onion and cook until softened, 5 minutes. Add to pasta-egg mixture.

4 Preheat broiler. In same skillet over medium heat, warm remaining 1 tsp oil. Pour in pasta-egg mixture and cook, stirring gently, 1 minute. Cook, covered, until eggs are almost set, 2 to 3 minutes. Drop clumps of farmer cheese on top and sprinkle with Parmesan. Broil 5 inches from heat until frittata is set and golden, 3 minutes. Cut into 6 wedges and serve with marinara sauce.

Per serving (1 wedge): 344 Cal, 12 g Total Fat, 5 g Sat Fat, 461 mg Sod, 39 g Total Carb, 14 g Sugar, 5 g Fib, 21 g Prot.





Mahi mahi with lemon-herb aioli

Total time 15 min Serves 4



Halibut, swordfish, and fresh tuna are all good substitutes for mahi mahi.

Nonstick spray

- 4 (6-oz) skinless mahi mahi fillets
- 1 tsp olive oil
- ¼ tsp salt (or to taste)
- ⅓ tsp black pepper (or to taste)
- 2 tbsp reduced-fat mayonnaise
- 1 tbsp water
- 1 tbsp chopped chives
- 1 tsp chopped tarragon
- ½ tsp grated lemon zest
- 1 tsp lemon juice
- 1 small garlic clove, crushed through press

- 1 Spray a ridged grill pan with nonstick spray; set over medium-high heat.
- 2 Brush mahi mahi with oil and sprinkle with salt and pepper.
- 3 To make aioli: In a bowl, mix mayonnaise, water, chives, tarragon, lemon zest and juice, and garlic.
- 4 Spray fish with nonstick spray and place in grill pan. Cook, turning once, until just opaque in center, 8 to 10 minutes depending on thickness of fillets. Serve with aioli.

Per serving (1 fillet and scant 1 tbsp aioli): 178 Cal, 5 g Total Fat, 1 g Sat Fat, 347 mg Sod, 1 g Total Carb, 0 g Sugar, 0 g Fib, 31 g Prot.



Vegetable chickpea curry

Total time 30 min Serves 4



This adaptable curry works with any favorite vegetables; green beans, zucchini, and broccoli are all good swaps.

Nonstick spray

- 1½ cups diced onion
- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 1 tsp curry powder
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 medium red bell pepper, diced
- 1 cup diced eggplant
- 1 cup cauliflower florets
- 1 cup canned chickpeas
- ½ cup fat-free vegetable broth
- 1 tsp lime juice

- 1 Coat a large skillet with nonstick spray; warm over medium-high heat. Add onion; cook, stirring often, until softened, 5 to 7 minutes. Add garlic, ginger, curry, cumin, and coriander; cook, stirring a few times, 30 seconds. Add pepper, eggplant, and cauliflower; cook, stirring frequently, until crisp-tender, 5 to 7 minutes.
- 2 Stir in chickpeas, broth, and lime juice; simmer for 5 minutes to allow flavors to meld.

Per serving (¾ cup): 141 Cal, 2 g Total Fat, 0 g Sat Fat, 237 mg Sod, 26 g Total Carb, 8 g Sugar, 7 g Fib, 6 g Prot.

WW by Dash Express Egg Cooker

Take the guesswork out of breakfast with The WW by Dash Express Egg Cooker. It makes up to seven perfect hard-boiled eggs in minutes—without having to watch the clock. It automatically shuts off when the eggs are done, leaving you with a delicious meal.

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WW Kitchen Portion Control Wine Glass Set

This beautiful set of four WW Portion Control Wine Glasses makes it easier than ever to pour your desired portion of wine with discreet yet functional 5, 6, and 8 ounce markings.

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Seared scallops with sea salt

Total time 15 min Serves 4



Flavored salt (think smoked salt or truffle salt) adds a huge flavor punch. It's perfect for finishing off almost any dish that you want to feel super-special.

1 **1/2** **tblsp** olive oil, divided

2 **large** garlic cloves, minced

1 1/2 **lb** baby spinach

1/2 **tsp** sea salt, plus more for seasoning

1/4 **tsp** black pepper

24 scallops (about 2 lb)

1 pinch table salt or flavored salt, for sprinkling

1/2 lemon, cut into wedges

1 **tblsp** chives, chopped, for garnish (optional)

1 In a large nonstick skillet over medium-high heat, warm $\frac{1}{2}$ tblsp oil. Add garlic and cook, stirring, until it sizzles, about 30 seconds. Add spinach in batches, sprinkling with sea salt each time ($\frac{1}{4}$ tsp in total) to help evenly season spinach. Cook spinach, stirring, until completely wilted, about 2 minutes. Season spinach with more salt to taste, and transfer to a bowl; cover to keep warm.

2 Wipe out skillet and set back over high heat. Add remaining $\frac{1}{2}$ tblsp oil and warm until very hot. Meanwhile season scallops on both sides with remaining $\frac{1}{4}$ tsp sea salt and pepper. Add scallops (in batches if necessary depending on size of pan—you want an even layer with plenty of space around each so they sear instead of steam). Cook scallops without disturbing until undersides are really browned, about 2 minutes. Carefully turn scallops and cook until second sides are browned, 2 minutes more.

3 Serve scallops over spinach and sprinkle with flavored salt; serve with lemon wedges. Garnish with chopped chives if desired.

Per serving (6 scallops and 1 cup spinach): 231 Cal, 5 g Total Fat, 1 g Sat Fat, 1,327 mg Sod, 15 g Total Carb, 1 g Sugar, 4 g Fib, 32 g Prot.



Pasta with creamy butternut squash & sage

Total time 20 min Serves 1



Keep this dish in mind as a perfect “next-night” dinner when you’re cooking butternut squash and have leftover pasta on hand. It’s worth making a little extra of both to be ready for this recipe!

- 1½ **tbsp light cream cheese (Neufchâtel)**
- 1 **tbsp water**
- ½ **cup cubed cooked butternut squash**
- 1 **cup cooked rigatoni**
- 1 **tbsp chopped sage**
- 1½ **tbsp grated Pecorino Romano**
- Salt, to taste**
- Black pepper, to taste**

1 In a large skillet over medium heat, combine cream cheese and water, stirring to combine. Add squash, pasta, and sage and toss to coat. Cook to warm through, 3 to 5 minutes.

2 Sprinkle with Pecorino Romano; stir and season to taste with salt and pepper.

Per serving (about 1 cup): 331 Cal, 8 g Total Fat, 4 g Sat Fat, 517 mg Sod, 47 g Total Carb, 1 g Sugar, 6 g Fib, 11 g Prot.



Classic firehouse chili

Total time 30 min Serves 4



Add freshness and crunch with chopped cilantro and diced red bell pepper.

- 2 **tsp canola oil**
- 1 **lb ground lean beef (7% fat or less)**
- 1 **onion, chopped**
- 1 **small green bell pepper, chopped**
- 2 **large garlic cloves, minced**
- 1 **tbsp chili powder**
- 2 **tsp ground cumin**
- ¼ **tsp salt**
- ½ **tsp cayenne (or to taste)**
- 1 **tbsp tomato paste**
- 1 **(15½-oz) can red kidney beans, rinsed and drained**
- 1 **(14½-oz) can fire-roasted tomatoes**
- 1 **cup beef broth**
- ½ **cup shredded reduced-fat cheddar**

1 In a large saucepan over medium-high heat, warm oil. Add beef and cook, breaking up, until no longer pink, 5 minutes. Add onion, pepper, garlic, chili powder, cumin, salt, and cayenne. Cook 5 minutes.

2 Stir in tomato paste; cook 2 minutes. Add beans, tomatoes, and broth and bring to a boil. Reduce heat to medium-low and simmer until thickened, 10 minutes. Divide evenly among 4 bowls and top with cheddar.

Per serving (¼ cups chili and 2 tbsp cheese): 390 Cal, 14 g Total Fat, 5 g Sat Fat, 1,309 mg Sod, 30 g Total Carb, 9 g Sugar, 8 g Fib, 36 g Prot.



Grilled chicken with puttanesca sauce

Total time 25 min Serves 4



Puttanesca is a piquant tomato sauce featuring the bold flavors of olives, capers, and anchovy paste. In this recipe, it's best to use chicken breasts that are the same thickness so they cook at the same rate.

Nonstick spray

- 1 lb boneless skinless chicken breasts
- ½ tsp kosher salt
- ¼ tsp black pepper
- 1½ cups grape tomatoes, halved
- 8 medium olives, pitted and chopped
- 1 tbsp capers, drained
- 1 tbsp extra-virgin olive oil
- 2 medium garlic cloves, minced
- 1 pinch crushed red pepper flakes
- 1 tsp anchovy paste (optional)
- 2 tbsp basil, slivered

1 Coat a ridged grill pan with nonstick spray; set over medium-high heat. (Alternately, coat an outdoor grill with nonstick spray and heat grill to medium-high.)

2 Sprinkle chicken with salt and pepper; grill 2 to 3 minutes. Flip chicken; grill until just cooked through, 1 to 2 minutes more. Transfer to a platter; let rest 5 minutes.

3 Make sauce while chicken rests: In a medium bowl, combine tomatoes, olives, and capers; set aside.

4 In a small skillet over medium heat, warm oil; add garlic and red pepper flakes. Sauté until just fragrant, about 30 seconds. Stir in anchovy paste, if using.

5 Add garlic mixture to tomato mixture; sprinkle with basil and stir gently. Serve chicken with sauce spooned over top.

Per serving (3 oz chicken and ½ cup sauce): 193 Cal, 8 g Total Fat, 1 g Sat Fat, 457 mg Sod, 4 g Total Carb, 2 g Sugar, 1 g Fib, 26 g Prot.



Ginger shrimp with soba and spinach

Total time 25 min Serves 4



Ponzu sauce is a sweet and tangy combination of soy sauce, lemon juice, and sugar. Look for it in the Asian section of your supermarket and use it in everything from marinades to meatloaf.

- 4 oz soba (100% buckwheat) noodles
- ½ cup ponzu sauce
- 4 scallions, thinly sliced, divided
- 4 tsp minced peeled ginger, divided
- 3 large garlic cloves, minced, divided
- 1 tsp dark sesame oil
- 1 lb peeled and deveined large shrimp
- 1 tsp canola oil
- ½ red bell pepper, thinly sliced
- 1 (10-oz) bag spinach
- ½ tsp salt

1 Preheat broiler.

2 Cook soba noodles according to package directions. Drain in a colander and rinse under cold running water. Drain again and set aside.

3 Meanwhile, in a medium bowl, stir together ponzu sauce, 3 scallions, 2 tsp ginger, 1 tsp garlic, and sesame oil. Add shrimp and toss to coat. Transfer shrimp mixture to a large flameproof baking dish and spread in an even layer. Broil 6 inches from heat until shrimp are just opaque in center, about 4 minutes.

4 In a large heavy nonstick skillet over medium-high heat, warm canola oil. Add bell pepper and cook, stirring often, until crisp-tender, about 3 minutes. Add remaining 2 tsp ginger and remaining garlic; cook, stirring constantly, until fragrant, about 30 seconds. In batches, add spinach and cook, stirring constantly, until wilted, about 2 minutes. Stir in soba noodles and salt.

5 Divide soba mixture among 4 plates and top evenly with shrimp. Drizzle pan juices over shrimp and sprinkle with remaining scallion.

Per serving (1¼ cups noodle mixture and about 8 shrimp): 230 Cal, 3 g Total Fat, 1 g Sat Fat, 1,533 mg Sod, 31 g Total Carb, 2 g Sugar, 2 g Fib, 23 g Prot.



Pan-grilled lemon-dill chicken salad

Total time 25 min Serves 4



If you don't love dill or don't have any on hand, leave it out or swap in another fresh herb like parsley or chives.

Nonstick spray

6 tbsp water

1½ tbsp extra-virgin olive oil

Grated zest of 1 large lemon

4½ tbsp lemon juice

1 garlic clove, minced

1 tsp salt

¾ tsp black pepper

4 (¾-lb) skinless boneless chicken breasts

4 cups sliced romaine lettuce

1 cup canned chickpeas, rinsed and drained

½ cup roasted red peppers (not oil-packed), diced

1 cup sliced English (seedless) or Persian cucumber

8 pitted Kalamata olives, sliced

¼ cup crumbled feta

¼ cup chopped dill

Lemon wedges, for serving

1 To make dressing: In a medium bowl whisk together water, oil, lemon zest and juice, garlic, salt, and black pepper. Reserve ¼ cup dressing. To bowl, add chicken and toss to coat. Let sit 10 minutes.

2 Meanwhile, spray a grill pan with nonstick spray and set over medium-high heat.

3 Grill chicken until golden and cooked through, 5 minutes per side. Transfer to a cutting board and slice on diagonal.

4 Spread lettuce on a platter. On top, arrange chicken, chickpeas, roasted peppers, cucumber, olives, and feta. Add dill to reserved dressing and drizzle over salad. Serve with lemon wedges.

Per serving (1 chicken breast and about 1½ cups salad): 296 Cal, 12 g Total Fat, 3 g Sat Fat, 1,133 mg Sod, 18 g Total Carb, 3 g Sugar, 4 g Fib, 30 g Prot.



Quick-cook tomato sauce

Total time 15 min Serves 8



Here's the perfect tomato-season sauce. Make a double-batch so you can freeze half, and use the rest with the **Cheesy pasta frittata** in this book or on your favorite pastas and pizzas.

- 3** **tblsp olive oil**
- ½** **cup chopped onion**
- 2** **tblsp minced garlic**
- 2** **lb tomatoes, cored and diced**
- 1** **tblsp tomato paste**
- 2** **tsp kosher salt**
- ½** **cup chopped basil**

1 In a nonreactive saucepan over medium heat, combine oil, onion, and garlic; sauté until onion is translucent, about 1 minute.

2 Add tomatoes and their juices, tomato paste, and salt; sauté until tomatoes begin to soften, about 1 minute.

3 Cover pan, reduce heat to medium-low, and cook to desired consistency, about 5 minutes. Remove from heat; stir in basil.

Per serving (½ cup): 75 Cal, 5 g Total Fat, 1 g Sat Fat, 504 mg Sod, 7 g Total Carb, 4 g Sugar, 2 g Fib, 1 g Prot.

Desserts

End any meal (or kick off brunch!) with these naturally sweet wonders.



Banana-raspberry graham icebox cake

Assembly time 15 min Chill overnight Serves 10



Even though this dessert needs to chill overnight, the setup is simple. It only takes a few minutes, and the result is this impressive-looking layered cake.

- 1 cup plain low-fat Greek yogurt
- 2 tbsp confectioners' sugar
- 2 cups lite whipped topping
- 15 squares reduced-fat graham crackers
- 1/3 cup seedless raspberry jam
- 3 medium bananas, sliced
- 1/2 cup blackberries

- 1 Line a 9 x 5-in loaf pan with plastic wrap, leaving overhang on two long sides.
- 2 In a medium bowl, whisk together yogurt and sugar. Using a rubber spatula, gently fold in whipped topping; set aside.
- 3 Spread graham crackers evenly with jam.
- 4 Line bottom of a prepared loaf pan with 3 graham cracker squares, jam-side up; top evenly with 1/4 sliced bananas, then spread 1/4 yogurt mixture over bananas. Repeat three more times. Top with remaining graham crackers, jam-side down.
- 5 Cover top of cake with overhanging plastic wrap; gently mold with your hands to form a nice shape. Refrigerate until graham crackers soften, at least 8 hours or up to 1 day.
- 6 To serve, uncover cake and invert onto a platter; remove plastic wrap and scatter berries over top. With a serrated knife, gently cut cake into 10 slices.

Per serving (1 slice): 156 Cal, 3 g Total Fat, 2 g Sat Fat, 88 mg Sod, 30 g Total Carb, 17 g Sugar, 2 g Fib, 4 g Prot.



Mini pumpkin-pecan tartlets

Total time 30 min Serves 12



Use canned pumpkin puree, not pumpkin pie filling, so you can add spices yourself.

Nonstick spray

- 15 oz pumpkin puree**
- ½ cup packed light brown sugar**
- ¼ cup low-fat (1%) milk**
- 1 large egg**
- 1½ tsp pumpkin pie spice**
- 1 tsp minced ginger**
- ½ tsp table salt**
- 24 wonton wrappers**
- 2 tbsp chopped pecans**

1 Preheat oven to 375°F. Coat a 12-cup muffin tin with nonstick spray. In a large bowl, using an electric mixer, beat pumpkin, sugar, milk, egg, pie spice, ginger, and salt.

2 Into each muffin cup, place a wonton wrapper (corners will stick up); coat with nonstick spray. Add a second wrapper, on an angle, so each cup has 8 corners.

3 Evenly divide filling among muffin cups, smooth, and sprinkle with pecans. Bake until crispy and browned, 13 to 17 minutes. (Check after 3 to 4 minutes; if edges start to burn, cover loosely with foil.)

Per serving (1 tartlet): 111 Cal, 2 g Total Fat, 0 g Sat Fat, 200 mg Sod, 22 g Total Carb, 10 g Sugar, 1 g Fib, 3 g Prot.



Banana-pudding parfaits

Total time 25 min Serves 16



To easily pipe the pudding into the cups, spoon it into a plastic bag and snip off one corner. Twist and squeeze the bag as you fill each cup. This recipe can easily be halved for smaller crowds.

- 2 (3-oz) boxes fat-free vanilla pudding and pie filling**
- 2 cups low-fat (1%) milk**
- 3 cups lite whipped topping, divided**
- 10 large bananas, sliced**
- 16 reduced-fat vanilla wafer cookies**

1 Cook pudding according to package directions using low-fat milk; let cool to room temperature, then gently fold in 2 cups whipped topping.

2 Divide half of banana slices evenly among 16 dessert cups. Pipe half of pudding over banana slices. Repeat with remaining banana slices and pudding to form another layer. Chill until ready to serve.

3 Just before serving, top each parfait with 1 tbsp whipped topping and 1 crushed wafer.

Per serving (1 parfait): 170 Cal, 1 g Total Fat, 1 g Sat Fat, 438 mg Sod, 38 g Total Carb, 16 g Sugar, 2 g Fib, 2 g Prot.



Snack Bars



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Marcona-almond thumbprint cookies

Total time 30 min plus chilling Serves 48



You can substitute plain almonds or hazelnuts in this recipe. And if you're not a marmalade fan, swap in your favorite jam.

- $\frac{3}{8}$ cup plain dry-roasted marcona almonds
- $1\frac{1}{4}$ cups all-purpose flour
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp ground ginger
- $\frac{1}{2}$ tsp salt
- $\frac{1}{3}$ cup sugar
- $\frac{1}{4}$ cup packed light brown sugar
- 6 tbsps unsalted butter, softened
- 1 large egg
- $\frac{1}{2}$ tsp almond extract
- $\frac{1}{3}$ cup orange marmalade

1 Preheat oven to 350°F. Line two baking sheets with parchment paper.

2 In a food processor, pulse almonds until

finely chopped (or chop by hand). In a small bowl, combine $\frac{1}{4}$ cup almonds, flour, baking soda, ginger, and salt; set aside remaining almonds in a shallow bowl.

3 In a large bowl, using an electric mixer, cream sugars and butter. Add egg and almond extract; beat until fluffy. Beat in flour mixture until just combined. Chill for several hours or overnight.

4 Scoop out dough using a 1-tsp measure and roll into balls; gently roll each ball in reserved chopped almonds. Place on prepared baking sheets and bake for 5 minutes. Remove baking sheets from oven. Using the end of a wooden spoon, press a small indentation in center of each cookie. Return pans to oven and bake until lightly browned and set, 4 to 5 minutes. Remove from oven and fill each cookie with $\frac{1}{4}$ tsp marmalade. Let cool.

Per serving (1 cookie): 54 Cal, 3 g Total Fat, 1 g Sat Fat, 50 mg Sod, 7 g Total Carb, 4 g Sugar, 0 g Fib, 1 g Prot.



Chocolate-dipped baby bananas

Total time 15 min plus chilling Serves 12



Baby bananas are a smaller, sweeter version of their standard-size counterparts. If you can't find them, use four well-ripened regular bananas and cut each crosswise into thirds.

- 12 baby bananas**
- 3 oz semisweet chocolate**
- $\frac{3}{4}$ tsp unsalted butter**
- 2 tbsp unsweetened coconut flakes, toasted**

1 Line a large baking sheet with wax paper. Into one end of each banana, insert a wooden craft stick or short wooden skewer.

2 In a medium microwavable bowl, combine chocolate and butter. Microwave on High, 1 minute. Stir until smooth.

3 Working with 1 banana at a time, spoon chocolate over banana to cover. Sprinkle banana with coconut and place on baking sheet. Repeat with remaining bananas. Refrigerate until chocolate sets, about 15 minutes.

Per serving (1 banana): 131 Cal, 3 g Total Fat, 2 g Sat Fat, 2 mg Sod, 28 g Total Carb, 16 g Sugar, 3 g Fib, 1 g Prot.



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