

Summer Entertaining Guide



weightwatchers

Summer Entertaining Guide

Nothing says “summer” quite like backyard entertaining. Whether you send out invites for a proper outdoor soiree or invite the neighbors over on a whim, we’ve got menus, party tips and signature drink ideas for the perfect warm-weather get-together.

These mouthwatering recipes from Weight Watchers® use the best of the season’s ingredients, are easy to prepare – and best of all, are so tasty that your guests will never guess that what’s on their plate is as healthy as it is delicious!

The days are long, the fireflies are out, the mood is relaxed... celebrate summer.

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Think beyond burgers – this sophisticated menu makes the most of summer produce and quality cuts of meat. The international flair makes it an impressive meal to “whip up” for a spontaneous get-together.

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Create a casual vibe or a fancier feel with this versatile meal filled with brunch favorites. The secret is in the details – and either way, you’ll throw a bash everyone can enjoy.

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Fresh and flavorful, a fiesta menu adds the right amount of spice to any get-together. Play up the theme with our easy tips, then sit back and savor the great food and conversation.

Classic Summer BBQ

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Fire up the grill and set out extra patio chairs. We put a twist on this classic American tradition with easy, creative entertaining tips and a menu that will please guests of all ages.

Upscale Grill

The key to a successful get-together: spend as little time in the kitchen as possible. These tips and recipes are devised so that you have as much fun as your guests do.

menu

Cocktail

Pomegranate Coolers

Appetizer

Grilled Italian Bread and Tomato Salad

Entrée

Grilled T-Bone Steak with Easy BBQ Sauce
Grilled Vegetable Kabobs

Dessert

Grilled Peaches

Party prep

When guests ask, “How can I help?” they mean it! Be prepared with tasks: have them chop tomatoes or bread for the salad, thread kabobs with veggies, or light votives you’ve set around the deck or patio. Prep work always goes faster when you’re laughing and having fun with friends.

Set the mood

Tired of paper plates? There’s no rule that says you can’t use your everyday dishes – or even a mismatched set of china – outdoors! Using real dishes, flatware and glasses lend an upscale vibe to any al fresco occasion.

Fresh scent

Snip herbs from your garden (or buy a bunch at the market) and place them in vases like flowers for a fragrant centerpiece that won’t attract bees the way flowers might. Try: dill, rosemary, oregano, mint, basil.



Upscale Grill

Cocktail

Pomegranate Coolers

3 pointsplus[®] value per serving | serves 6

INGREDIENTS

3 cups (24 fl oz) pomegranate-flavor fruit juice

½ cup fresh lime juice

¼ cup grenadine syrup

2 cups (16 fl oz) raspberry-flavor sugar-free seltzer

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.



Upscale Grill

Appetizer

Grilled Italian Bread and Tomato Salad

3 pointsplus® value per serving | serves 6

INGREDIENTS

- 1 ½ Tbsp** extra-virgin olive oil
- 2 tsp** red wine vinegar
- ½ tsp** table salt
- ¼ tsp** freshly ground black pepper
- ¼ tsp** crumbled dried oregano
- ▲ **1 ½ pounds** fresh tomatoes, cut in wedges, wedges halved (4 ½ cups)
- ▲ **⅓ cup** chopped red onion
- 3 ½ oz** Italian bread or ciabatta bread, cut into four ¾-inch-thick slices
- 2 sprays** cooking spray
- 1 medium** garlic clove, cut in half, or to taste
- ½ cup** fresh basil, cut into strips or roughly torn

▲ = Weight Watchers Power Foods

INSTRUCTIONS

In a large bowl, whisk together oil, vinegar, salt, pepper and oregano. Add tomatoes and onion; toss and let stand at least 15 minutes for flavors to blend.

Heat outdoor grill or stovetop grill pan. Coat bread with cooking spray.

Grill bread until toasted, about 2 minutes per side; remove from grill and rub with cut side of garlic. Cut bread (or simply break it) into bite-size chunks.

Just before serving, add bread to bowl with tomatoes; sprinkle with basil and toss to mix and coat. Yields about 1 cup per serving.



Upscale Grill

Entrée

Grilled T-Bone Steak with Easy Barbecue Sauce

7 pointsplus[®] per serving | serves 4
value

INGREDIENTS

2 Tbsp chili sauce or ketchup

1 Tbsp packed brown sugar, dark-variety

1 medium garlic clove, minced (or ½ tsp garlic powder)

1 Tbsp Worcestershire sauce

2 tsp mustard, coarse-grain recommended

1 tsp minced fresh ginger root (or ¼ tsp ground ginger)

1 pound uncooked lean and trimmed T-bone beef steak, cut 1½ inches thick

INSTRUCTIONS

Preheat grill to high.

In a small bowl, combine chili sauce (or ketchup), sugar, garlic, Worcestershire sauce, mustard and ginger; brush sauce all over steak. Grill, flipping once, brushing steak with any leftover barbecue sauce while steak cooks, about 6 to 7 minutes per side, or until desired degree of doneness.

Remove steak to a cutting board, cover loosely with aluminum foil and let stand for 10 minutes before slicing against the grain. Yields about 3 ounces steak per serving.



Upscale Grill

Entrée

Grilled Vegetable Kabobs



per serving | serves 4

INGREDIENTS

¼ cup finely minced fresh parsley

1 tsp olive oil

1 medium garlic clove, finely minced

½ tsp sea salt

▲ 2 medium green peppers, cut into 8 chunks each

▲ 12 medium grape tomatoes

▲ 12 medium cremini mushrooms (also known as baby bella), wiped clean, stems trimmed

INSTRUCTIONS

Preheat grill to high.

In a medium bowl, combine parsley, oil, garlic and salt; add vegetables and toss to coat. Thread vegetables onto 4 long metal skewers.

Grill, turning once, until tender and charred, about 6 to 10 minutes, depending on desired degree of doneness. Yields 1 kabob per serving.

▲ = Weight Watchers Power Foods



Upscale Grill

Dessert

Grilled Peaches



per serving | serves 6

INGREDIENTS

1 spray cooking spray

¼ cup low-fat cream cheese,
at room temperature

2 Tbsp reduced-fat
sour cream

1 Tbsp honey

▲ **3 large** peaches, halved
and pitted

INSTRUCTIONS

Preheat grill. Off heat, coat grill
rack with cooking spray.

Mash cream cheese and sour cream
in a bowl with a fork; stir in honey
until smooth.

When grill is hot, grill peaches
cut-side down until marked,
about 1 minute.

Place peaches cut-side up on a
platter; top each with 1 tablespoon
sweetened cheese mixture. Yields 1
peach half per serving.



▲ = Weight Watchers Power Foods

Summer Brunch

Brunch is the special meal in the middle of a lazy day – neither breakfast nor lunch, it incorporates both and lasts as long as you want it to. With a sweet and savory spread like the one on these next few pages, your guests will settle in and relax.

menu

Cocktail

Citrus Punch

Appetizer/Side

Lemon-Ginger Fruit Dip
served with fresh fruit

Brunch Options

Fluffy Lemon-Ricotta
Pancakes

Feta and Vegetable
Frittatas

Tropical Chicken Salad
with Orange Vinaigrette

Pace the meal

Brunch has few rules – it can start as early as 10 am, last until 4 pm or even 5. The secret to a successful brunch bash is to serve food in casual courses, so guests can enjoy noshes in between laughter and conversation.

Signature style

A signature drink – whether a cocktail or mocktail – puts guests in the party spirit. Whip up a batch or two of the Citrus Punch on the following page, and make sure you've got extra ingredients in the fridge.

Go with the flow

Brunches work best as buffets – the leisurely pace of this midday meal is conducive to grazing, mingling, getting up and stretching. Set up a game of croquet or horseshoes in the backyard, so guests can entertain themselves and feel right at home.



Summer Brunch

Cocktail

Citrus Punch

3 pointsplus[®] value per serving | serves 8

INGREDIENTS

- 4 cups** (32 fl oz) diet ginger ale
- 2 cups** (16 fl oz) grapefruit juice
- 2 cups** (16 fl oz) mango nectar
- 2 ½ Tbsp** thawed frozen orange juice concentrate
- 4 fl oz** rum, preferably white, 80 proof
- 3 tsp** fresh lime juice, or to taste

- ▲ **1 small** seedless orange, thinly sliced
- ▲ **Fresh** thin lime slices for garnish (optional)

INSTRUCTIONS

In a large pitcher, combine diet ginger ale, grapefruit juice, mango nectar, orange juice concentrate, rum and lime juice. Garnish with thin slices of orange (and lime if desired). Yields about 1 cup per serving.

▲ = Weight Watchers Power Foods



Appetizer/Side

Lemon-Ginger Fruit Dip

1 pointsplus[®] value per serving | serves 8

INGREDIENTS

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

INSTRUCTIONS

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

Serve with nectarines, strawberries, pineapple, or mango.



Summer Brunch

Brunch Option 1

Fluffy Lemon-Ricotta Pancakes

5 pointsplus[®]
value per serving | serves 6

INGREDIENTS

- 1½ cups** all purpose flour
- 1 tsp** baking soda
- ½ tsp** table salt
- 1 cup** buttermilk
- ▲ 2 large** eggs, yolks and whites separated
- 2 Tbsp** granulated sugar
- 2 Tbsp** lemon zest, or more to taste
- ½ cup** part-skim ricotta cheese
- 3 sprays** cooking spray

INSTRUCTIONS

In a small bowl, whisk together flour, baking soda and salt.

In a large bowl, beat together buttermilk, egg yolks, sugar, lemon zest and ricotta cheese by hand.

In a clean bowl, using an electric mixer, beat egg whites until soft peaks form.

Add dry ingredients to buttermilk mixture until just combined; gently fold in egg whites until they are just incorporated.

Coat a large nonstick griddle or pan with cooking spray; heat over medium heat. Spoon batter into pan in batches using ¼ cup of batter for each pancake; cook until lightly browned, about 2 to 3 minutes per side. Remove pancakes to a tray in a warm oven and repeat with remaining batter (being careful not to spray cooking spray into open flame). Yields 2 pancakes per serving.

▲ = Weight Watchers Power Foods



Summer Brunch

Brunch Option 2

Feta and Vegetable Frittatas

2
pointspus
value

per serving | serves 16

INGREDIENTS

- 4 **sprays** cooking spray
- ▲ 6 **large** eggs
- ▲ 4 **large** egg whites
- ½ **cup** water
- ¼ **tsp** table salt
- ¼ **tsp** freshly ground black pepper
- ▲ 2 **cups** coarsely chopped fresh baby spinach leaves
- ▲ 1 **cup** canned artichoke hearts without oil, cut in chunks (or frozen, cooked artichoke hearts)
- 1 **cup** crumbled feta cheese
- ▲ ½ **cup** roasted red peppers (packed in water), chopped
- ▲ ½ **cup** sliced uncooked scallions
- ¼ **cup** low-fat cream cheese, at room temperature

INSTRUCTIONS

Preheat oven to 350°F. Coat two 8-hole muffin pans with cooking spray (or use one 12-hole pan and four holes from another muffin pan).

In a medium bowl, beat eggs, egg whites, water, salt and pepper until blended. Stir in spinach, artichoke hearts, feta, roasted peppers, scallions and cream cheese; mix well.

Spoon about ¼ cup of egg mixture into each prepared muffin hole. Bake until just set, about 18 to 22 minutes. Cool in pans on a wire rack for 5 minutes. Loosen edges of frittatas with a rubber spatula, sliding spatula underneath frittatas to loosen bottoms and lift frittatas out of pans; serve. Yields 1 frittata per serving.



▲ = Weight Watchers Power Foods

Summer Brunch

Brunch Option 3

Tropical Chicken Salad with Orange Vinaigrette

7 points plus value per serving | serves 2

INGREDIENTS

2 Tbsp unsweetened orange juice

1 Tbsp rice wine vinegar

2 tsp olive oil

¼ tsp table salt

¼ tsp freshly ground black pepper

▲ **4 cups** fresh mixed baby greens

▲ **5 oz** cooked skinless, boneless chicken breasts, thinly sliced

▲ **¾ cup** fresh pineapple chunks

▲ **¾ cup** fresh mango chunks

▲ **¾ cup** seedless cucumber chunks

¼ cup fresh mint leaves, cut into thin strips

▲ **¼ cup** thinly sliced uncooked red onion

INSTRUCTIONS

In a large bowl, stir together orange juice, vinegar, oil, salt and pepper until blended.

Add salad greens, chicken, pineapple, mango, cucumber, mint and onion; toss to mix and coat. Serve immediately. Yields about 3 cups per serving.

▲ = Weight Watchers Power Foods



Summer Fiesta

The fresh flavors of Mexican cuisine lend themselves to healthy cooking – and staples like tomatoes, peppers and onions are in abundance come summer. A Mexican-themed cookout always guarantees a good time.

menu

Cocktail

Fruity Sangria

Appetizer

Creamy Mexican Dip

Entrée

Grilled Flank Steak with Corn, Black Bean and Avocado Salad

Side

Chili-Lime Corn

Dessert

Chocolate-Cinnamon Quesadillas

Color Palate

When you think Mexican, you think bold colors – so bring in vibrant hues wherever you can, including the plate! Here, the vibrant colors of this south-of-the-border menu will get everyone ready to party!

Embrace the theme

Hang a piñata from a tree branch, use a Mexican throw blanket as a tablecloth, string chili-pepper lights around your porch. Let your imagination run wild when it comes to decorating – whether you tend toward kitschy or classy, the key is to have fun.

Spice done right

When people think of Mexican cuisine, they often imagine tongue-singeing dishes. Reassure your guests that there's more to this popular cuisine than hot peppers. The following menu allows you to control how much, if any, heat to add to the dishes.



Summer Fiesta

Cocktail Fruity Sangria

2 pointsplus[®] per serving | serves 8
value

INGREDIENTS

- 1 cup** (8 fl oz) dry red table wine
- 3 cups** (24 fl oz) low-calorie cold cranberry juice cocktail
- ▲ **2 cups** strawberries, chopped
- ▲ **2 medium** fresh apples, chopped
- 1/8 tsp** ground cinnamon, or to taste

INSTRUCTIONS

Stir together all ingredients in a large pitcher; allow to stand for 30 minutes. Place ice in glasses and serve. Yields about 3/4 cup per serving.



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Summer Fiesta

Appetizer

Creamy Mexican Dip



per serving | serves 8

INGREDIENTS

- ▲ **1 cup** plain fat-free yogurt, Greek-variety recommended
- ▲ **½ cup** fat-free salsa, hot chipotle variety suggested
- ½ medium** avocado, diced
- ⅓ cup** chopped fresh cilantro
- ▲ **½ small** chopped uncooked red onion
- ½ tsp** ground cumin
- ½ tsp** table salt, or more to taste

Garnish

- ¼ medium** avocado, diced
- 1 Tbsp** chopped fresh cilantro
- ▲ **1 Tbsp** chopped uncooked red onion

INSTRUCTIONS

In a medium bowl, stir together yogurt and salsa until blended; stir in remaining ingredients except garnishes. Cover and refrigerate up to 1 day.

When ready to serve, transfer to a serving bowl and sprinkle with garnishes. Yields about ¼ cup per serving.

Pair this Creamy Mexican Dip with crunchy jicama, carrots, and skin-on cucumbers – as well as that old standby, tortilla chips.

▲ = Weight Watchers Power Foods



Summer Fiesta

Entrée

Grilled Flank Steak with Corn, Black Bean and Avocado Salad

7 pointsplus[®] per serving | serves 4

INGREDIENTS

▲ **1 pound** uncooked lean flank steak

1 medium garlic clove, peeled and smashed with side of a knife

1 tsp fresh lime juice

1/8 tsp table salt

1/8 tsp freshly ground black pepper

Salad

▲ **1 Tbsp** minced jalapeño pepper (do not touch seeds with bare hands)

▲ **1 piece** corn on the cob, cooked, kernels removed

1/2 medium avocado, peeled, pitted and diced

▲ **1 cup** canned black beans, drained and rinsed

4 tsp fresh lime juice

2 Tbsp minced fresh cilantro

1/8 tsp table salt

1/8 tsp black pepper

INSTRUCTIONS

Preheat grill to medium hot.

Score steak on one side by making shallow crisscross slashes with a sharp knife; rub garlic over cut surface of steak. Brush steak with lime juice and season with salt and pepper; set meat aside for 10 minutes to allow meat to absorb flavors.

Meanwhile, combine salad ingredients in a medium bowl; stir gently and set aside.

Grill steak for 5 minutes on first side; flip and grill until well-browned on outside and medium-rare inside, about 5 to 6 minutes more. Immediately remove steak from grill and set aside on a clean plate for 5 minutes for meat to reabsorb juices. Thinly slice steak across grain and serve with salad. Yields about 3 1/2 ounces of steak and 1/2 cup of salad per serving.



▲ = Weight Watchers Power Foods

Summer Fiesta

Side Chili-Lime Corn

3 pointsplus[®] per serving | serves 4

INGREDIENTS

- ▲ **4 medium ears** corn on the cob, husked
- 2 sprays** cooking spray
- 2 Tbsp** fresh lime juice
- 1 tsp** lime zest
- 1 tsp** chili powder
- 1 tsp** table salt

INSTRUCTIONS

Preheat grill to medium. Lightly coat corn with cooking spray.

In a cup, stir together lime juice and zest, chili powder and salt; brush over corn.

Grill corn until tender and lightly charred, turning once or twice, about 10 minutes. Yields 1 ear per serving.



▲ = Weight Watchers Power Foods

Dessert Chocolate-Cinnamon Quesadillas

2 pointsplus[®] per serving | serves 4

INGREDIENTS

- 2 Tbsp** grated or chopped semisweet chocolate
- 1 Tbsp** granulated sugar
- ½ tsp** ground cinnamon, or to taste
- 2 medium** whole-wheat tortillas
- ½ tsp** powdered sugar

INSTRUCTIONS

Sprinkle 1 tablespoon chocolate, ½ tablespoon granulated sugar and ¼ teaspoon cinnamon over half of each tortilla; fold tortillas over to cover ingredients.

Set a medium dry skillet over medium heat; cook quesadillas, flipping once, until speckled with brown spots and filling melts, about 2 minutes per side. Cut each quesadilla in half and sprinkle with powdered sugar. Yields 1 wedge per serving.



Classic Summer BBQ

With just a little effort, you can elevate the standard patties-on-the-grill gathering to delicious new heights. This is the gathering friends will be dreaming about once winter sets in.

menu

Cocktail

Raspberry-Lemonade
Vodka Slushies

Appetizer

Creamy Spinach
Parmesan Dip

Entrée Options

Italian-Grilled Chicken
Sandwiches

Greek-Style
Cheeseburgers

Side

Health Salad

Dessert

Creamy Lime Pie

Grown-up vibe

The difference between this BBQ and the ones you threw in college? Think brown craft paper instead of red-and-white checked tablecloths, fresh-brewed sun tea studded with citrus slices (instead of that powdered stuff from a can).

Game day moves

Hosting a friend of a friend? Invite strangers into your social circle with easy group games. The backyard provides an open stage for a hilarious game of charades. Or play Memory Lane: go around the table sharing your favorite childhood summer memory, your best summer vacation ever, the one thing on your summer bucket list, etc.

Bar service

Set up a table with cups, bottles of wine or liquor (if you're serving it), sliced lemons and limes and two coolers: one for alcoholic beverages, one for non-alcoholic beverages. Alert guests as they come in to help themselves and shout when something runs out – that way you're not stuck playing bartender all evening.



Classic Summer BBQ

Cocktail

Raspberry-Lemonade Vodka Slushies

3 pointsplus[®]
value per serving | serves 8

INGREDIENTS

6 cups (48 fl oz) prepared low-calorie raspberry-lemonade mix (prepared with water)

1 cup (8 fl oz) diet lemon-lime-flavor soda

1 cup (8 fl oz) raspberry-flavor vodka

½ cup fresh lemon juice

▲ **6 oz** raspberries

¼ cup fresh mint leaves (for garnish)

INSTRUCTIONS

Pour 4 cups lemonade into 2 standard-size ice cube trays (16 cubes each). Freeze lemonade cubes until solid (several hours or overnight). Reserve remaining 2 cups lemonade in refrigerator.

When ready to make slushies, combine 1 tray lemonade ice cubes, 1 cup reserved refrigerated lemonade, ½ cup soda, ½ cup vodka and ¼ cup lemon juice in blender; blend until smooth. Pour into 4 glasses; garnish each with a small skewer of raspberries and some mint leaves. Repeat with remaining ingredients to make 4 more slushies. Yields about 1 cup per serving.



Appetizer

Creamy Spinach Parmesan Dip

2 pointsplus[®]
value per serving | serves 8

INGREDIENTS

▲ **1 pound** fresh baby spinach leaves

¾ cup reduced-fat sour cream

¼ cup grated Parmesan cheese, Parmigiano-Reggiano suggested

1 medium garlic clove, finely chopped, or more to taste

⅛ tsp ground nutmeg

⅛ tsp sea salt, or more to taste

INSTRUCTIONS

Steam, boil or microwave spinach until wilted, about 3 to 5 minutes; drain well and cool.

Combine all ingredients in a blender or food processor; puree until smooth. Spoon into a serving bowl or onto fresh vegetables and garnish with additional sea salt. Yields about ¼ cup dip per serving.



▲ = Weight Watchers Power Foods

Classic Summer BBQ

Entrée Option 1

Italian-Grilled Chicken Sandwiches

7
pointspus®
value

per serving | serves 4

INGREDIENTS

- 2 sprays cooking spray
- ▲ 1 pound uncooked boneless skinless chicken breasts (four 4 oz pieces)
- ¾ tsp table salt, divided
- ⅛ tsp freshly ground black pepper, or to taste
- ▲ ½ small uncooked red onion, sliced into four ¼-inch-thick slices
- ▲ 4 reduced-calorie hamburger buns, toasted
- 2 Tbsp reduced-fat pesto sauce
- 12 basil leaves
- ▲ ½ cup roasted red peppers (packed in water), drained, chopped

▲ = Weight Watchers Power Foods

INSTRUCTIONS

Coat a grill or grill pan with cooking spray; preheat to medium-high.

Pound chicken until ¼-inch thick. Season both sides of chicken with ½ teaspoon of salt and a pinch of pepper. Coat onion with cooking spray and sprinkle with remaining ¼ teaspoon of salt and a pinch of pepper.

Place chicken and onion on grill. Cook chicken until browned and cooked through, flipping once, about 2 to 3 minutes per side. Cook onion until softened and grill marks appear, flipping once, about 2 to 3 minutes per side. Slice each piece of chicken in half so it fits better on buns.

Spread each bun bottom with 1 ½ teaspoons pesto sauce; top each with 2 pieces chicken, 1 slice onion separated into rings, 3 basil leaves, 2 tablespoons roasted red pepper and a bun top. Yields 1 sandwich per serving.



Classic Summer BBQ

Entrée Option 2

Greek-Style Cheeseburgers

8 pointspus
valeur per serving | serves 4

INGREDIENTS

- 1 pound** uncooked lean ground beef
- ½ tsp** crushed dried oregano
- ¼ tsp** table salt
- ¼ tsp** black pepper
- 1 medium** garlic clove, minced
- ½ cup** minced uncooked onion
- 2 sprays** cooking spray
- ▲ **4** light hamburger buns
- 5 tsp** crumbled feta cheese
- ▲ **¾ cup** fresh baby spinach leaves

INSTRUCTIONS

In a medium bowl, combine beef, oregano, salt, pepper, garlic and onion. Gently form into four ¾-inch-thick patties.

Coat a nonstick ridged grill pan with cooking spray; heat over medium-high heat for 30 seconds. Place burgers in pan; grill for 4 minutes. Flip burgers and grill until cooked through to center, about 3 to 4 minutes more.

Place burgers on buns; top each with 1 ¼ teaspoons of cheese and some spinach. Serve immediately. Yields 1 burger per serving.

▲ = Weight Watchers Power Foods



Classic Summer BBQ

Side Health Salad

1 pointsplus[®]
value per serving | serves 16

INGREDIENTS

- ▲ **4 cups** shredded red or green cabbage
- ▲ **½ medium** English cucumber, thinly sliced
- ▲ **½ medium** uncooked red onion, thinly sliced
- 1 medium** garlic clove, thinly sliced
- ▲ **1 medium** green pepper, thinly sliced
- ▲ **1 medium** uncooked carrot, thickly shredded
- ½ tsp** table salt
- ½ tsp** black pepper
- 2 ½ Tbsp** sugar
- 2 ½ Tbsp** apple cider vinegar
- 1 Tbsp** olive oil
- 1 Tbsp** water
- 1 Tbsp** chopped fresh dill (optional)

INSTRUCTIONS

In a large bowl, combine cabbage, cucumber, onion, garlic, green pepper and carrot; set aside.

In a small bowl, combine remaining ingredients; pour over vegetables and toss to mix and coat. Chill in refrigerator, tossing once or twice, for about 1 hour. Yields about ½ cup per serving.

▲ = Weight Watchers Power Foods



Classic Summer BBQ

Dessert

Creamy Lime Pie

5 points^{plus}
value per serving | serves 12

INGREDIENTS

16-oz graham cracker
pie crust

14 fl oz fat-free sweetened
condensed milk

▲ **1 cup** (8 fl oz) fat-free egg
substitute

¾ cup fresh key lime juice

¾ cup fat-free whipped
topping, thawed if frozen

INSTRUCTIONS

Preheat oven to 325°F. Place crust
on a baking sheet; set aside.

In a medium bowl, whisk together
milk, egg substitute and lime juice;
pour into crust.

Bake pie until center looks set but
still shakes a little when you tap it,
about 15 minutes; remove to a wire
rack and cool completely. Transfer
cooled pie to refrigerator; chill for
1 to 2 hours.

Cut chilled pie into 12 slices; garnish
each piece with 1 tablespoon
whipped topping and serve.
Yields 1 piece per serving.

▲ = Weight Watchers Power Foods

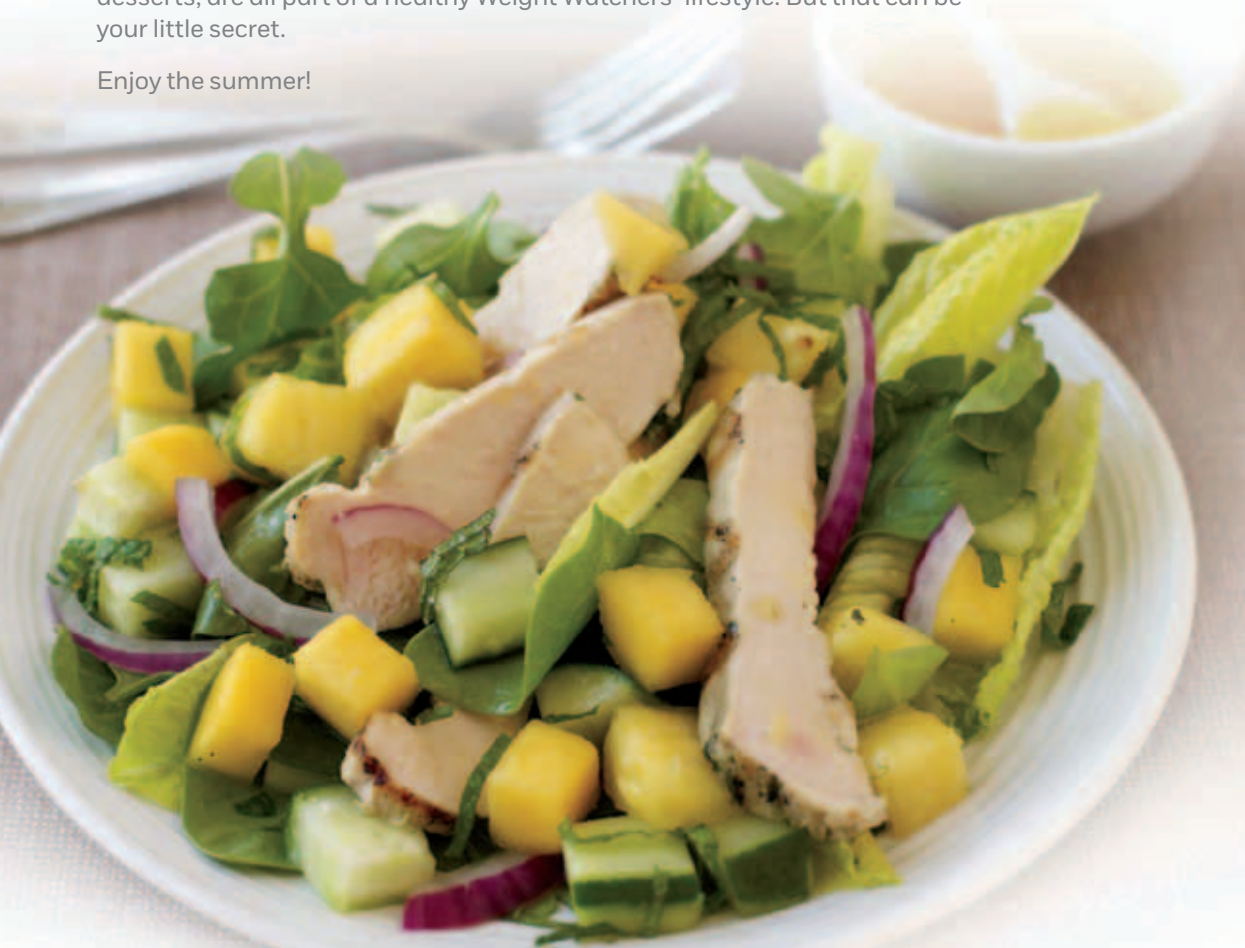


Summer Entertaining Guide

There's something about summer that brings out the entertainer in all of us. Lazy sunny days, warm sultry nights – it makes you want to invite over some friends and light up the grill.

Put a festive new spin on your backyard get-togethers with these party guides. We've got four fun, easy ideas – including everything from entertaining tips to recipes – that will leave your guests impressed, and leave you with plenty of time to mingle. The best part? These menus, from signature drinks to sweet, seasonal desserts, are all part of a healthy Weight Watchers® lifestyle. But that can be your little secret.

Enjoy the summer!



Recipe photos by Tina Rupp

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