

weightwatchers
LIVELIFE
ACTIVE®

Recipes to
fuel
your
activity



Recipes to fuel your activity

Staying active means staying energized. Each of these recipes are sure to do just that! See what activity moves you, and fuel it with your favorite recipe.



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Explore the great outdoors

Find a trail, a path, pool or beach and pack the perfect picnic.

Arugula, Peach and Goat Cheese Salad

PointsPlus® Value: 4

Prep time: 12 min | Cook time: 7 min | Other time: 0 min

INGREDIENTS

- ▲ **3 medium** peach(es), ripe but not mushy
- 1 Tbsp** olive oil, extra virgin
- 1 Tbsp** red wine vinegar
- ¼ tsp** table salt
- ¼ tsp** black pepper, freshly ground (plus extra for garnish – optional)
- ▲ **6 cup(s)** arugula, baby variety
- ▲ **½ small** uncooked red onion(s), thinly sliced
- ¼ cup(s)** semisoft goat cheese, crumbled
- ¼ cup(s)** salted dry-roasted pistachio nuts, coarsely chopped

INSTRUCTIONS

Peel and pit one peach; cut it into chunks. Cut remaining peaches into thin slices or wedges; set aside.

Put peach chunks, oil, vinegar, salt and pepper in a blender; blend until smooth and set aside.

Place arugula, onion and peach slices in a large serving bowl; drizzle with dressing and gently toss to coat. Sprinkle with cheese and nuts; grind some extra black pepper over top, if desired.

Yields about 2 cups salad mixture and 1 tablespoon each cheese and nuts per serving.

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Health Salad



PointsPlus® Value: 1

Prep time: 14 min | Cook time: 0 min | Other time: 0 min

INGREDIENTS

- ▲ **4 cup(s)** shredded red cabbage, or green cabbage
- ▲ **½ medium** English cucumber(s), thinly sliced
- ▲ **½ medium** uncooked red onion(s), thinly sliced
- 1 clove(s)** (medium) garlic clove(s), thinly sliced
- ▲ **1 medium** green pepper(s), thinly sliced
- ▲ **1 medium** uncooked carrot(s), 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** dill, fresh, chopped (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.

Turkey, Apple and Blue Cheese Wrap



PointsPlus® Value: 7

Prep time: 8 min | Cook time: 0 min | Other time: 0 min

INGREDIENTS

- 1 Tbsp** blue cheese, softened
- 1 Tbsp** fat-free cream cheese, softened
- ⅛ tsp** black pepper, freshly ground (or to taste)
- 1 medium** whole wheat tortilla(s), warmed according to package directions
- ▲ **½ cup(s)** arugula, baby leaves
- ▲ **½ medium** fresh apple(s), diced
- 2 oz** cooked light meat turkey, chopped or diced

INSTRUCTIONS

In a small cup, mash together blue cheese, cream cheese and pepper with a fork; spread onto tortilla. Top tortilla with arugula, apple and turkey, leaving about 1-inch of space from edges; tuck in sides of tortilla and then roll it up tightly (slice in half, if desired).

Yields 1 wrap per serving.

Orzo Salad with Watermelon and Feta



PointsPlus® Value: 5

Prep time: 10 min | Cook time: 10 min | Other time: 0 min

INGREDIENTS

1 cup(s) uncooked orzo

▲ **2 cup(s)** fresh watermelon, seedless, diced

½ cup(s) crumbled feta cheese, French, Hungarian or Greek varieties

1 Tbsp olive oil, extra virgin

½ cup(s) basil, fresh, thinly sliced

⅛ tsp black pepper, freshly ground, or to taste

1 tsp table salt, or to taste

INSTRUCTIONS

Bring a large saucepan of salted water to a boil. Stir in orzo and return to a boil; cook until done, about 8 to 10 minutes. Drain orzo and rinse under cold water; allow to drain completely.

Once orzo is cool, toss with remaining ingredients in a medium serving bowl.

Yields about ¾ cup per serving.

Mini Chocolate-Chip Cookies



PointsPlus® Value: 1

Prep time: 10 min | Cook time: 6 min | Other time: 0 min

INGREDIENTS

2 Tbsp salted butter, softened

2 tsp canola oil

½ cup(s) packed brown sugar, dark-variety

1 tsp vanilla extract

⅛ tsp table salt

▲ **1 large** egg white(s)

¾ cup(s) 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.

RECIPES FOR THE BACKPACK

Black Bean Dip



1
pointsplus®
value

PointsPlus Value: 1

Prep time: 5 min | Cook time: 0 min | Other time: 0 min

INGREDIENTS

- ▲ 15 oz canned black beans, rinsed and drained
- 1 cup(s) cilantro, fresh, leaves, loosely packed, plus extra for garnish
- ▲ ½ cup(s) fat free salsa
- ▲ ½ cup(s) plain fat free yogurt
- 1 tsp ground cumin
- ¼ tsp table salt

INSTRUCTIONS

Put all ingredients in a food processor or blender; blend until desired consistency—either chunky or smooth. Spoon dip into an airtight container and sprinkle with cilantro.

Yields about ¼ cup of dip per serving.

Parmesan-Thyme Popcorn



2
pointsplus®
value

PointsPlus Value: 2

Prep time: 5 min | Cook time: 0 min | Other time: 0 min

INGREDIENTS

- ¼ cup(s) grated Parmesan cheese, Parmigiano-Reggiano, finely grated
- 1 tsp ground thyme
- ½ tsp garlic powder
- ½ tsp table salt
- ▲ 8 cup(s) plain air popped popcorn, kept hot
- 2 spray(s) cooking spray

INSTRUCTIONS

In a small bowl, mix together cheese, thyme, garlic powder and salt.

Place hot popcorn in a serving bowl and coat with cooking spray; sprinkle with cheese mixture, tossing all the while, until well coated.

Yields about 2 cups per serving.

Eggplant Sandwich Provencal



PointsPlus Value: 7

Prep time: 20 min | Cook time: 5 min | Other time: 0 min

INGREDIENTS

$\frac{1}{8}$ tsp table salt, or to taste

▲ $\frac{1}{4}$ medium uncooked eggplant(s), about 2 slices, $\frac{1}{2}$ -inch-thick each

1 tsp olive oil

$\frac{1}{2}$ Tbsp balsamic vinegar

2 slice(s) high-fibre bread, multigrain or sandwich roll

12 leaf/leaves basil

$\frac{1}{2}$ cup(s) canned pimento(s), or about 6 pieces roasted red pepper

INSTRUCTIONS

Sprinkle salt on both sides of eggplant slices. Allow it to sit on a wire rack or in a colander for 20 to 30 minutes. This takes out extra moisture.

Preheat grill, grill pan or sauté pan. Brush eggplant slices with olive oil.

Grill or sauté eggplant slice until cooked but not mushy, about 1 to 2 minutes per side. Allow eggplant to cool, then drizzle balsamic vinegar on bread slices and assemble the sandwich: bread, eggplant, basil, red pepper, bread.

Yields 1 sandwich per serving.

Oatmeal-Raisin Bites



PointsPlus Value: 3

Prep time: 10 min | Cook time: 12 min | Other time: 0 min

INGREDIENTS

1 $\frac{1}{2}$ cup(s) uncooked rolled oats

$\frac{3}{4}$ cup(s) whole-grain wheat flour

$\frac{1}{2}$ tsp baking powder

$\frac{1}{4}$ tsp table salt

$\frac{1}{2}$ tsp ground cinnamon

$\frac{1}{2}$ cup(s) regular butter, softened

$\frac{1}{2}$ cup(s) packed brown sugar

$\frac{1}{4}$ cup(s) sugar

▲ 1 large egg(s)

1 tsp vanilla extract

1 cup(s) raisins, chopped

INSTRUCTIONS

Preheat oven to 350°F

In a medium bowl, combine oats, flour, baking powder, salt and cinnamon; set aside. Using an electric mixer, cream butter and both sugars until incorporated. Add egg and vanilla; mix thoroughly. Add oat mixture and mix until just combined; fold in raisins.

Drop rounded teaspoons of batter onto 2 ungreased cookie sheets, about 1-inch apart each. Bake for 9 to 10 minutes for chewy cookies or 11 to 12 minutes for crispy cookies. Remove from oven and let cookies rest on cookie sheets for about 2 minutes; remove cookies to a wire rack to cool completely.

Yields 1 cookie per serving.

Take it indoors —rain or shine

It's always the perfect weather for an activity. Whether you hit the gym or take over the living room, it's simple to stay energized.

Pesto Chicken Salad Sandwiches

PointsPlus® Value: 7

Prep time: 12 min | Cook time: 9 min | Other time: 0 min

INGREDIENTS

- 2 Tbsp reduced-fat pesto sauce
- 2 tsp reduced-calorie mayonnaise
- ▲ 2 tsp plain fat free yogurt
- ▲ 4 oz cooked skinless, boneless chicken breast(s), chopped
- ▲ 3 Tbsp roasted red peppers (packed in water), diced
- ▲ 4 slice(s) reduced calorie wheat bread, toasted
- ▲ 1 cup(s) arugula, baby leaves
- ▲ 1 medium plum tomato(es), sliced

INSTRUCTIONS

In a medium bowl, stir together pesto, mayonnaise and yogurt until blended. Stir in chicken and peppers; toss until coated.

Place toast on a work surface. Top each of 2 slices with ½ cup arugula, half of tomato slices and ⅔ cup chicken salad. Top with remaining pieces of toast; cut in half and serve.

Yields 1 sandwich per serving.

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Chopped Greek Salad



4
pointsplus
value

PointsPlus® Value: 4

Prep time: 15 min | Cook time: 0 min | Other time: 0 min

INGREDIENTS

- 2 Tbsp** olive oil, extra virgin
- 2 Tbsp** water
- 1 tsp** lemon zest
- 2 Tbsp** fresh lemon juice
- ¼ tsp** table salt
- ¼ tsp** black pepper, freshly ground
- 3 Tbsp** dill, or mint, fresh, chopped
- ▲ **3 Tbsp** uncooked scallion(s), sliced
- ▲ **1½ cup(s)** fresh tomato(es), ripe, diced (about 7 small tomatoes)
- ▲ **1½ cup(s)** cucumber(s), diced, seedless (about ½ large cucumber)
- 8 medium** olive(s), Kalamata, pitted, chopped
- ▲ **6 cup(s)** (chopped) lettuce, Romaine, shredded
- ¼ cup(s)** crumbled feta cheese

INSTRUCTIONS

In a medium bowl, whisk together oil, water, lemon zest, lemon juice, salt and pepper until blended; stir in dill and scallions. Add tomatoes, cucumber and olives; toss to mix and coat.

Place 1½ cups of lettuce on each of 4 containers; top each with about ¾ cup of tomato mixture and then 1 tablespoon of feta. Spoon any dressing left in bottom of bowl over salads.

Yields 1 salad per serving.

Strawberry-Mango Smoothie



4
pointsplus
value

PointsPlus® Value: 4

Prep time: 5 min | Cook time: 0 min | Other time: 0 min

INGREDIENTS

- ▲ **8 oz** unsweetened frozen strawberries
- ½ cup(s)** low fat vanilla yogurt
- 4 fl oz** fruit juice, mango-variety (½ cup)
- 1 Tbsp** honey

INSTRUCTIONS

Combine all ingredients in a blender; blend on high for 1 to 2 minutes.

Yields about 1 cup per serving.

Replenish and recharge

Take time and celebrate your activity. Kick back, relax and recharge with these perfect post-activity recipes.

Mini Zucchini Quiche

PointsPlus® Value: 1

Prep time: 25 min | Cook time: 15 min | Other time: 0 min

INGREDIENTS

- 4 **spray(s)** cooking spray
- ▲ **2 small** uncooked zucchini, finely chopped
- ▲ **1 large** uncooked onion(s), finely chopped
- 1 cup(s)** shredded parmesan cheese, about 3 oz
- ▲ **6 large** egg(s)
- ½ cup(s)** all purpose flour
- ¼ cup(s)** 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 quiches are cooked through, about 15 minutes. Remove pan(s) from oven and let quiches cool for a few minutes in pan(s); remove quiches to a wire rack to cool more (and repeat with remaining ingredients if necessary).

Yields 1 quiche per serving.

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Feta and Spinach Dip



2
pointplus
value

PointsPlus® Value: 2

Prep time: 10 min | Cook time: 5 min | Other time: 0 min

INGREDIENTS

- ▲ **4 cup(s)** fresh spinach, fresh, chopped (about 2 oz)
- ▲ **½ cup(s)** low fat cream cheese
- ▲ **½ cup(s)** fat-free sour cream
- ▲ **¼ cup(s)** crumbled feta cheese
- ▲ **¼ cup(s)** chives, fresh, minced, divided
- ▲ **2 tsp** fresh lemon juice
- ▲ **¼ tsp** black pepper
- ▲ **¼ tsp** table salt, or less to taste (optional)

INSTRUCTIONS

Place spinach in a small saucepan with 2 cups of water. Bring to a boil over high heat and then cook for 1 minute; drain well.

Place spinach, cream cheese, sour cream, feta cheese, 2 tablespoons of chives, lemon juice and pepper in a blender; puree. Taste dip and add salt if desired. Spoon dip into a bowl and sprinkle with remaining tablespoon of chives.

Yields about 3 tablespoons of dip per serving.

Tuna Salad on Whole Wheat



7
pointplus
value

PointsPlus® Value: 7

Prep time: 7 min | Cook time: 0 min | Other time: 0 min

INGREDIENTS

- ▲ **12 oz** canned chunk white tuna in water, drained
- ▲ **⅓ cup(s)** uncooked onion(s), finely minced (sweet onions recommended)
- ▲ **⅓ cup(s)** uncooked celery, finely minced
- ▲ **⅓ cup(s)** reduced-calorie mayonnaise
- ▲ **8 slice(s)** reduced calorie wheat bread
- ▲ **1 large** fresh tomato(es), thinly sliced
- ▲ **1 cup(s)** (chopped) lettuce, baby leaves

INSTRUCTIONS

Place tuna in a mixing bowl and flake with a fork until very fine. Add onions, celery and mayonnaise; mix well.

Top a slice of bread with a heaping ⅓ cup of tuna, ¼ of tomato slices and ¼ cup of lettuce; top with another slice of bread. Repeat with remaining ingredients.

Yields 1 sandwich per serving.

Classic Guacamole



2
pointsplus
value

PointsPlus® Value: 2

Prep time: 10 min | Cook time: 0 min | Other time: 0 min

INGREDIENTS

- 1 (medium)** avocado, Hass variety
- ▲ **2 Tbsp (chopped)** uncooked red onion(s), chopped
- 2 Tbsp** cilantro, fresh, chopped
- 1 Tbsp** fresh lime juice
- ¼ tsp** hot pepper sauce
- ¼ tsp** table salt, or more to taste

INSTRUCTIONS

Put avocado in a medium bowl and mash with a fork until almost smooth.

Add remaining ingredients and stir until combined. Cover surface with plastic wrap and refrigerate up to 1 day.

Yields about ¼ cup dip per serving.

Mini Brownie Cupcakes



2
pointsplus
value

PointsPlus® Value: 2

Prep time: 7 min | Cook time: 15 min | Other time: 0 min

INGREDIENTS

- 21 oz** regular brownie dry mix
- ½ cup(s)** water
- ▲ **½ cup(s)** unsweetened applesauce
- ▲ **2 large** egg white(s), lightly beaten
- 1 Tbsp** powdered sugar

INSTRUCTIONS

Preheat oven to 350°F. Line 36 mini muffin tin holes with mini cupcake wrappers.

In a large mixing bowl, combine brownie mix, water, applesauce and egg whites. Mix 50 times with a wooden spoon (use 50 strokes); do not under or over mix.

Pour brownie mixture into prepared muffin tins, about 1 tablespoon per hole. Bake cupcakes until a tester inserted in center of a cupcake comes out clean, about 12 to 15 minutes. Remove from oven and cool completely; remove cupcakes from pan. Before serving, dust with powdered sugar.

Yields 1 cupcake per serving.