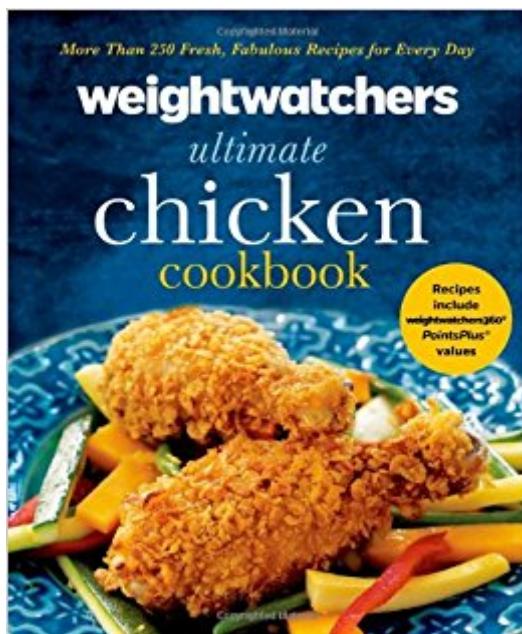


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# Weight Watchers Ultimate Chicken Cookbook: More Than 250 Fresh, Fabulous Recipes For Every Day



## **Synopsis**

Weight Watchers® best-ever recipes for America's favorite meat: chicken! Everyone loves chicken—it's versatile, economical, and perfect for everything from quick weekday dinners to leisurely weekend meals. Here are 250 favorite chicken recipes--from time-tested and classic to new and trendy--for any and every occasion in one beautiful, easy-to-use cookbook, including:- Tasty Small Bites: from Chicken Skewers with Spicy Peanut Dipping Sauce to Chicken and Cheddar Quesadillas- Super Salads: like Chicken, Mango, and Black Bean Salad and Grilled Chicken Sausage with Roasted Potato Salad- Hearty Soups and Stews: such as Mexicali Chicken Soup with Lime and Chicken Stew with Dumplings- Company favorites: from Hunter-Style Chicken to Chicken, Shrimp, and Kielbasa Paella- Something from the Oven: such as Chicken Baked in a Salt Crust and Green-Olive Roast Chicken- Grilled Main Dishes: from Chicken Under a Brick to Tequila-Citrus Chicken- Slow-Cooker Favorites: like Chicken and Ham Cassoulet and Meatballs in Cinnamon-Tomato Sauce- Recipes Ready in Twenty Minutes: such as Chicken and Edamame Stir-Fry and Chicken Caesar PitasWith Weight Watchers Ultimate Chicken Cookbook, you'll discover many delicious recipes sure to become your family favorites. Plus you'll find valuable information on buying and safe handling of chicken, how to carve chicken and turkey, cooking chicken to perfection, types of birds and how to choose them, slow-cooker know-how, and more.

## **Book Information**

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## **Customer Reviews**

Sooner or later, every weight-loss diet comes to rely on chicken as its go-to meat. Cheap,

inoffensive, and ubiquitous, supermarket chicken offers the cook a blank culinary canvas to embellish in nearly limitless ways. Ever-popular chicken salads couple cold, diced breast with leafy greens and crunchy raw vegetables for textural appeal. Soup stocks yield similar pluses, but within a bowl of meat, vegetables, and steaming broth. Nondieting dinner guests won't feel deprived with this book's company fare such as chicken and ham cassoulet; chicken, shrimp, and kielbasa paella; or chicken shepherd's pie. To avoid monotony, the book appends a handful of turkey, duck, Cornish hen, and quail offerings. In addition to substantial and comprehensive nutritional breakdowns for every recipe, Weight Watchers members will find the organization's proprietary numerical index number to help more easily manage a day's calorie consumption and simultaneously ensure nutritionally balanced meals. --Mark Knoblauch

WEIGHT WATCHERS INTERNATIONAL, INC. is the world's leading provider of weight management services. Weight Watchers holds almost 45,000 meetings weekly where members receive group support and learn about healthy eating patterns, behavior modification and physical activity. WeightWatchers.com provides innovative, subscription weight management products and is the leading Internet-based weight management provider in the world.

Great variety of chicken recipes, everything from American Comfort food to: Japanese, Chinese, Cajun, Greek, Thai, Mexican, Spanish, Cuban, Caribbean, Mediterranean, Italian inspired and more!! Soups, salads, appetizer, entrees, grilled, roasted, stir fries and more! All recipes have Weight Watchers 360 Points Plus values listed!

I love how the points plus values are included with every recipe. I'm a picky eater and am glad to find a cookbook with recipes that I like which uses the usual condiments that I already have in my cupboard or frig. I'd recommend this cookbook for the cook who likes to keep cooking simple.

If you don't already have the WW cookbook "Everyone Loves Chicken", you will like this. However, if you do already have the aforementioned book, you will find many of the recipes duplicated.

This book has so many awesome recipes in it and are all in the Weight Watcher guidelines. I couldn't resist purchasing this as I have a collection of cookbooks and love to find different ways to

prepare chicken.

I bought this book for my wife and I. The meals that we have tried are great.

I have cooked many of the dishes that are in the book. They were real easy and quite delicious. I would recommend this cookbook to all. Enjoy.

I am a "chickenaholic". That is one of my favorite foods. Anyway this book has many good recipes. I made the BAcon Cheddar Turkey burgers last week. I did it a little different. I browned both sides and then finished them in the oven for about 8 minutes. They were the juiciest burgers ever. I also enjoyed the chicken sausage/beans. Yummy. The reason for the 4 stars is because some of them are pretty involved and need lots of ingredients. Other than that this is a cook book that I will use often.

I love this book! Trying to eat healthy AND not being able to eat fish, I wanted more recipes with chicken. It also as a section called "Other Birds" and gives some other fowl recipes for like duck, turkey etc. The book is well made, sturdy and heavy - so a good book stand would help when using in the kitchen.

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