How can cooking be creative without being complicated? How do you find inspiration to put delicious, healthful food on the table every time you cook? By turning to the pages of Weight Watchers Great Cooking Every Day, a cookbook created by Weight Watchers and the chefs of The Culinary Institute of America. Now instead of another meal of deli sandwiches, you can enjoy Smoked Turkey and Roasted Pepper Panini. Or rather than making the same pasta standby, try Penne with Creamy Garlic-Parmesan Sauce. And how about adding a flavorful kick to dinner by serving Bolivian Beef Stew, a simple and soul-satisfying alternative to ordinary stew that includes jalapeno, acorn squash, red potatoes, and corn?

No matter what you serve, you should treat yourself and your family to dessert. Chocolate Fudge Cookies always hit the spot, and for something simple but spectacular, try Berry Napoleon. These are just a few examples of the inspired recipes in Weight Watchers Great Cooking Every Day. They show how to maximize the natural flavors.
of foods and pair fresh, quality ingredients together for delicious results. Throughout the book, the chefs of The Culinary Institute of America share tips that help you shop for ingredients and prepare your meals. You'll find useful buying and handling advice for flavor-packed ingredients such as portobellos, tomatillos, dried chiles, demi-glace, and more. You'll also learn clever techniques like dry-searing meats and working the pizza dough. The recipes and information in Weight Watchers Great Cooking Every Day will enhance all your cooking so that you'll develop the skills, creativity, and efficiency that has become second nature to chefs. Of course, to help you maintain a healthful diet, every recipe also includes both nutrition information and POINTS values from the new Weight Watchers Winning Points® Weight Loss Plan. With straightforward recipes and more than 30 tantalizing color photos for salads, soups, fish, meats, breads, desserts, and more, this cookbook will tempt you with how easy it is to make good food and to be a creative cook. Here's to great cooking every day!

**Personal Review: Weight Watchers Great Cooking Every Day by Weight Watchers**

This is one of my favourite WW cookbooks. I love the concept of WW collaborating with the Culinary Institute of America (CIA) to produce a collection of gourmet recipes that are WW friendly and healthy.

You can WOW your family and/or guests with these recipes from start to finish and nobody would ever guess that they're WW and you won't feel as though you're falling off the bandwagon if you're following the program.

A couple of caveats: this book is not intended for people who don't enjoy cooking and/or have little experience in the kitchen. These are a bit more in-depth and require more prep and cooking time. The second thing to watch out for is the # of Points per recipe. Some of the values are as high as 13 Points per serving. In short, if you have a low Point allocation per day, be careful about the recipes you choose to make and/or your portion size.

Outside of that, this is a fabulous book for avid and curious chefs who wish to experiment with concoctions created by WW and the CIA. You will feel like a gourmet, accomplished chef without the guilt of preparing and eating unhealthy and fattening foods. Enjoy..

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