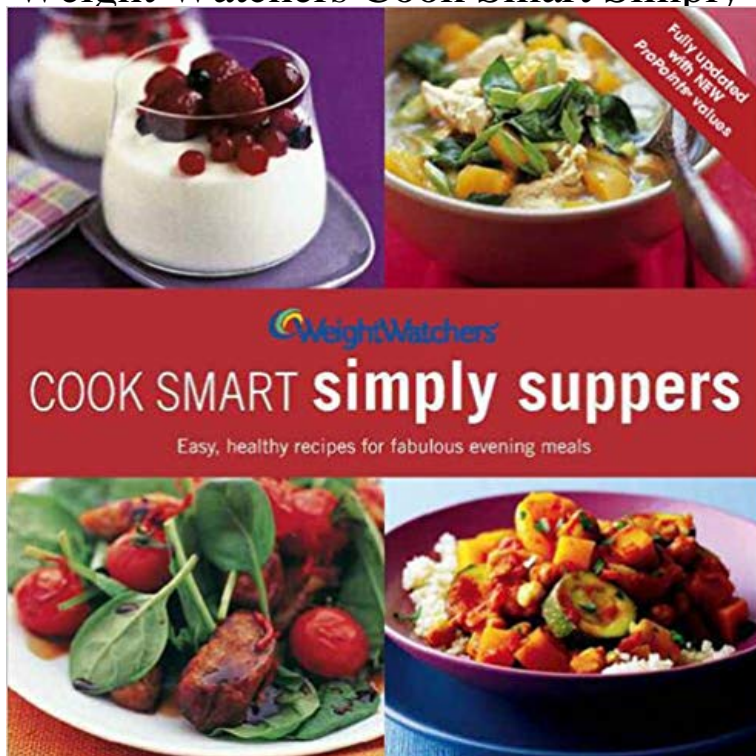


Weight Watchers Cook Smart Simply Suppers



Cook Smart Simply Suppers contains almost 100 specially selected recipes for delicious, healthy evening meals. From simple soups and starters to desserts that can be created in just a few minutes, there are recipes here for every occasion. Divided into seven chapters, recipes range from simple accompaniments like Lemon and Mint Chickpeas or Green Beans and Rosemary to family favourites such as Mexican Chicken Tortillas or Mushroom Toad in the Hole with Onion Gravy. There are many recipes suitable for a quiet night in for two, including Tarragon Chicken with Lemon Braised Potatoes or Crab with Courgette Linguine. And there are also delicious ideas for dinner parties, such as Cajun Pork Steaks with Sweet Potato Chips or Tuna with Spring Vegetable Saute. The final chapter covers delicious desserts such as White Chocolate Mousses with Strawberries and Speedy Sticky Pears - proving that you can eat sweet treats and still be healthy. This is a brilliant resource and a recipe book you will want to use evening after evening.

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