



# WeightWatchers Magazine

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## cooking solutions



The **holidays** are prime time for **recipe lovers**. I take equal pleasure in making the classics and challenging myself to introduce new recipes into my repertoire. Here I share my best seasonal tips with you. **BY CAROL PRAGER**

## A Lighter Loaf

When Lynn R. of Connecticut asked WWM to redo this festive bread, I couldn't resist the challenge. Using light butter and mixing fresh and dried cranberries helped cut the per-serving **POINTS** value.



- **Q** Got an easy recipe for baby carrots?
- —Misty L., CA
- **A** This is a favorite—and a great holiday side dish. Preheat the oven to 425°F. Line

with  
 a  
 carrots  
 olive  
 d fresh  
 pepper  
 carrots  
 past  
 -30  
 g once  
 h.



**PASTA GETS HEALTHY** I'm often asked about gluten-free recipes and products, so I was pleased to try a tasty new pasta alternative—spaghetti, rotini, elbows, and penne made with organic brown rice. A cup of cooked pasta is just **3 POINTS** per serving; I like to toss it with marinara sauce for a speedy meal.

LUNDBERG FAMILY FARMS BROWN RICE PASTA, 12-OZ. BOX, \$3.99, IN SUPERMARKETS NATIONWIDE

substitute in another bowl. Add the orange mixture to the flour mixture; stir just until blended. Add **1 c. fresh cranberries, coarsely chopped**, and **½ c. each dried cranberries and golden**

Unmold the bread; let cool on a rack.  
**PER SERVING (1/16 OF LOAF):** 128 CAL, 1 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 2 MG CHOL, 226 MG SOD, 28 G CARB, 1 G FIB, 2 G PROT, 35 MG CALC.  
**POINTS VALUE: 2.**



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- **SO EASY!**
- Try this trick for holiday baking marathons: Before measuring dry ingredients, lay a sheet of wax paper on the counter. Then use the paper to pour any spillage back into the appropriate container—cleanup is much easier!

calling all cooks!

Got a favorite recipe you'd like made over next year? We'd love to hear from you. Send your original recipe (savory or sweet) via e-mail to [wmmfoodeditor@weightwatchers.com](mailto:wmmfoodeditor@weightwatchers.com).