Blueberry-bran pancakes

Celebrate morning with these hearty, high-fiber pancakes. Consider placing the blueberries in the shape of your first initial, a flower or other decorative pattern.

PREP TIME: 15 min | COOK TIME: 12 min | SERVINGS: 4 | PER SERVING:

Ingredients ▲ = Power Food
- ¾ cup(s) ready-to-eat bran flakes
- 2 large egg white(s)
- 1 ¼ cup(s) buttermilk
- 2 tsp canola oil
- 1 cup(s) all-purpose flour
- 1 Tbsp sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp table salt, or to taste
- ¼ tsp lemon zest, or to taste
- ¾ cup(s) fresh blueberries
- 2 tsp powdered sugar

Instructions
Coat a nonstick skillet with cooking spray; heat over medium-high heat. Crush cereal in a food processor or blender, or place in a zip-close plastic bag and crush with a rolling pin; set aside.

Stir egg whites, buttermilk, oil and cereal together in a medium bowl; allow to stand 5 minutes. Beat in flour, sugar, baking powder, baking soda, salt and zest with a wire whisk until well blended.

To make pancakes, place 3 tablespoons of batter onto skillet, repeat to make 4 pancakes at a time. Gently press a few blueberries into each pancake. Cook until puffed, about 2 minutes; flip and cook until golden brown, about 2 minutes more. Repeat to make 12 pancakes. Serve pancakes in a short stack dusted with powdered sugar. Yields 3 pancakes per serving.

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Cumin-lime black bean and avocado salad

A fresh, flavorful Mexican-influenced bean salad served over green leaf lettuce and topped with crumbled baked chips.

PREP TIME: **10 min** | COOK TIME: **0 min** | SERVINGS: **4** | PER SERVING:

**Ingredients ▲ = Power Food**

▲ ½ small uncooked red onion(s), thinly sliced
▲ ¼ cup(s) fresh lime juice
▲ 1 Tbsp olive oil
▲ ½ tsp table salt
▲ ½ tsp cumin seeds

▲ 15 oz canned black beans, rinsed and drained
▲ 1 medium avocado, Hass, diced
▲ 1 cup(s) grape tomatoes, halved
▲ 8 cup(s) lettuce, green leaf, roughly torn
▲ 12 baked low-fat tortilla chips, very coarsely crumbled

**Instructions**

In a large bowl, combine onion, lime juice, oil, salt and cumin seeds; let stand 10 minutes, tossing occasionally, until onion starts to wilt. Add beans, avocado and tomatoes to bowl; gently toss to mix and coat.

Line each of 4 plates with 2 cups of lettuce; top each with ¾ cup of bean salad and 3 crumbled chips.

Yields 1 salad per serving.
Blackberry-peach smoothie

Having trouble getting in your fruit servings? This awesome combination of sweet peaches and tart blackberries goes down real smooth.

PREP TIME: 5 min | COOK TIME: 0 min | SERVINGS: 1 | PER SERVING:

Ingredients ▲ = Power Food

¾ cup(s) ice cube(s)
▲ 2 medium peach(es), peeled*, pitted and quartered
▲ ¼ cup(s) fresh blackberries
▲ ½ cup(s) fat-free skim milk

Instructions

Place ice in a blender; add peaches, blackberries and milk. Blend on high until smooth and ice is completely crushed, about 3 to 4 minutes. Yields 1 serving.

*Peel the peaches with a sturdy vegetable peeler. Or you can skin them by dipping the peaches in boiling water for 1 minute and then removing the skins with a paring knife.
**Pesto sauce**

Our slimmed-down version of this Italian classic relies on chicken broth – and just a touch of olive oil – for texture.

**PREP TIME: 12 min | COOK TIME: 3 min | SERVINGS: 4 | PER SERVING:**

**Ingredients ▲ = Power Food**
- 2 Tbsp pine nuts
- 2 cup(s) basil, leaves, fresh
- ▲ ½ cup(s) reduced-sodium chicken broth
- ¼ cup(s) grated Parmesan cheese
- 1 Tbsp olive oil
- 2 medium garlic clove(s), peeled
- ½ tsp table salt

**Instructions**

Place pine nuts in a small skillet and set pan over medium heat. Cook until nuts are golden, shaking pan frequently to prevent burning, about 3 minutes. Transfer nuts to a plate to cool. In a blender or food processor, combine nuts, basil, broth, cheese, oil, garlic and salt; process until smooth and thick. Yields about ¼ cup per serving.
BBQ pork sandwich with homemade slaw

In the mood for BBQ? Give this summertime favorite a try.

**PREP TIME:** 10 min  |  **COOK TIME:** 25 min  |  **SERVINGS:** 4  |  **PER SERVING:**

### Ingredients  ▲ = Power Food
- 1 pound(s) uncooked lean pork tenderloin
- 3 ⅓ Tbsp barbecue sauce, divided  
  (equals 3 Tbsp plus 1 tsp)
- 3 Tbsp reduced-calorie mayonnaise
- 1 Tbsp water
- 1 tsp apple cider vinegar
- ⅛ tsp black pepper, freshly ground
- 2 cup(s) packaged coleslaw mix  
  (shredded cabbage and carrots)
- 3 Tbsp uncooked scallion(s), sliced
- 4 mixed-grain hamburger roll(s)

### Instructions
Preheat oven to 450°F. Line a shallow roasting pan with nonstick foil or coat pan with cooking spray. (You can also cook the pork on an outdoor grill.) Place pork in pan and brush with 2 tablespoons of barbecue sauce. Roast until an instant read thermometer inserted in center of pork registers 160°F for medium, about 25 minutes. Transfer pork to a cutting board; cover loosely with foil and let stand 10 minutes. Meanwhile, in a medium bowl, whisk mayonnaise, water, vinegar and pepper until smooth. Add coleslaw mix and scallions; toss to mix and coat.

Slice pork into 20 thin pieces. For each sandwich, place 5 slices of pork on the bottom half of each roll and drizzle with 1 teaspoon of barbecue sauce; top with ½ cup of coleslaw and cover with top half of roll. Yields 1 sandwich per serving.
Chocolate chip meringue cookies

These cookies are the perfect combination of vanilla and chocolate. If you prefer chewy meringues, make them the day before you plan to eat them.

PREP TIME: 8 min | COOK TIME: 120 min | SERVINGS: 24 | PER SERVING:

Ingredients ▲ = Power Food
1 spray(s) cooking spray 1 cup(s) sugar
1 tsp all-purpose flour ½ cup(s) mini chocolate chips, semi-sweet
▲ 4 large egg white(s) ½ tsp vanilla extract

Instructions
Preheat oven to 200ºF.
Coat a large baking sheet with cooking spray; coat with a light dusting of flour and shake off excess.
In a large mixing bowl, beat egg whites with an electric mixer until soft peaks form. Gradually add sugar and beat until stiff, glossy peaks form; gently fold in chocolate and vanilla extract.
Drop mixture by heaping tablespoons* onto prepared baking sheet about 1 inch apart, making 24 cookies.
Bake until lightly golden and no longer sticky on the surface, about 1 hour. Turn oven off and let cookies sit in oven for 1 hour. Transfer cookies to a wire rack to cool completely. Yields 1 cookie per serving.

*You can make these cookies mini if you prefer. Just use heaping teaspoons of batter; not tablespoons.

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