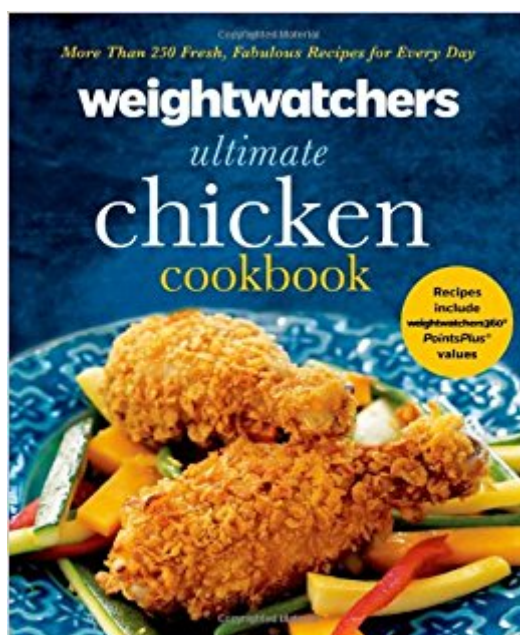


The book was found

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 Pitas

With 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

Hardcover: 384 pages

Publisher: St. Martin's Griffin; First Edition edition (September 3, 2013)

Language: English

ISBN-10: 1250038200

ISBN-13: 978-1250038203

Product Dimensions: 8.3 x 1.5 x 9.8 inches

Shipping Weight: 3.2 pounds

Average Customer Review: 4.4 out of 5 stars 41 customer reviews

Best Sellers Rank: #359,326 in Books (See Top 100 in Books) #50 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers #216 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Meat & Game > Meats #795 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

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 has 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.

[Download to continue reading...](#)

Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016
Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers
2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits:
(Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015,
Weight Watchers Diet) Weight Watchers Ultimate Chicken Cookbook: More than 250 Fresh,
Fabulous Recipes for Every Day Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer
Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Weight
Watchers: Weight Watchers Cookbook Ã¢â¬â¢ Smart Points Edition Ã¢â¬â¢ Lose Weight By
Eating Smarter (Weight Watchers Pocket Guide) Chicken Pot Pie Recipe : 50 Delicious of Chicken
Pot Pie Cookbook (Chicken Pot Pie Recipe, Chicken Pot Pie Recipe Book,Chicken Pot Pie
Cookbook) (Karen Gant Recipes Cookbook No.4) Weight Watchers:Weight Watchers: 101 Weight
Watchers Dinner Recipes For Natural Weight Loss & Clean Eating Chicken Coops: The Essential
Chicken Coops Guide: A Step-By-Step Guide to Planning and Building Your Own Chicken Coop
(Chicken Coops For Dummies, Chicken Coop Plans, How to Build a Chicken Coop) Weight

Watchers All-Time Favorites: Over 200 Best-Ever Recipes from the Weight Watchers Test Kitchens (Weight Watchers Cooking) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Weight Watchers Daily Recipes Cookbook: The Ultimate Weight Loss Cookbook (Breakfast Recipes, Lunch and Dinner Delicious Recipes for weight loss) Weight Watchers Family Meals: 250 Recipes for Bringing Family, Friends, and Food Together (Weight Watchers Lifestyle) Weight Watchers Cook it Fast: 250 Recipes in 15, 20, 30 Minutes by Weight Watchers (2014) Paperback Chicken Coop Building: Step by Step Guide for Beginners (Chicken Coop Building, Chicken Coop, Backyard Chickens, Chicken Coop Plans, DIY Project, Fresh Eggs, Raising Chickens) Weight Watchers Recipes: 100 Weight Watcher Slow Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals Weight Watchers Cookbook:Pressure Cooker Recipes For Quick & Easy, Weight Watchers One Pot Meals Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers Cooking) Weight Watchers 101 Secrets for Success: Weight Loss Tips From Weight Watchers Leaders CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Weight Watchers One Pot Cookbook (Weight Watchers Cooking)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)