

Easter Menu Plan

EASTER DINNER

	POINTS
1 serving Spinach and Sprout Salad (see recipe)	1
1 serving Orange Rosemary Pork Tenderloin (see recipe)	3
1 cup Boiled "New" Potatoes with	3
2 teaspoons reduced calorie Margarine	1
½ cup Baby Peas with	0.5
1 teaspoon reduced calorie Margarine	0.5
½ cup each sliced Mushrooms and Red Bell Pepper sautéed with	0
chopped Onion and minced Garlic in a nonstick pan with nonstick	0
cooking spray	
1 small glass of wine	2
1 serving Easter Pie (see recipe)	6
TOTAL	17

These three recipes are from the following Weight Watchers cookbooks:

Recipe reprinted from Weight Watchers Simply The Best 1997 by Weight Watchers International, Inc., through an arrangement with Macmillan Books, USA.

Recipe reprinted from The Weight Watchers Complete Cookbook & Program Basics' 1994 by Weight Watchers International, Inc., through an arrangement with Macmillan Books, USA.

Recipe reprinted from Weight Watchers Simply The Best Italian' 1999 by Weight Watchers International, Inc., through an arrangement with Macmillan Books, USA.

The points values are based on what they were at that time ... they may or may not be different on the Momentum Plan. (If they are different, I'm sure it's not by much.)

SPINACH AND SPROUT SALAD

Number of Servings: 8

POINTS ® per serving: 1

2 tablespoons reduced sodium soy sauce
2 tablespoons fresh lemon juice
1 teaspoon Asian sesame oil

¼ teaspoon sugar
¼ teaspoon freshly ground black pepper

8 cups torn cleaned spinach

1 cup sliced mushrooms
1 cup bean sprouts
1-8ounce can sliced water chestnuts,
drained
1 red bell pepper seeded and julienned
4 scallions, thinly sliced
2 tablespoons sesame seeds, toasted*

1. In a small jar with a tight fitting lid or in a small bowl, combine the soy sauce, lemon juice, oil, sugar and black pepper; cover and shake well or whisk until blended.

2. In a large salad bowl, combine the spinach, mushrooms, sprouts, water chestnuts, bell pepper and scallions. Add the dressing; toss to coat. Serve, sprinkled with the sesame seeds.

To toast the sesame seeds, place a nonstick skillet over low heat; add the sesame seeds and cook, stirring constantly, until browned, about 3 minutes

Per serving: 53 Calories, 2 g Total Fat, 0 g Saturated Fat, 0 mg Cholesterol, 198 mg Sodium, 8 g Total Carbohydrate, 3 g Dietary Fiber, 3 g Protein, 84 mg Calcium.

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ORANGE ROSEMARY PORK TENDERLOIN

Number of Servings: 12

POINTS per serving: 3

INGREDIENTS:

4 garlic cloves

4 sprigs fresh rosemary

½ teaspoon salt

½ teaspoon freshly ground black pepper

2 tablespoons vegetable oil

3 pork tenderloins (about 10 ounces each), broiled 2 minutes, turning once

½ cup low sodium chicken broth

1 ounce (2 tablespoons) dry white wine, or increase broth by 2 tablespoons

¼ cup + 2 tablespoons orange all fruit spread

1. Preheat oven to 350°F.
2. In mini food processor, combine garlic, rosemary, salt and pepper; process until finely chopped. Add oil; process until mixture forms a paste.
3. Place pork on rack in roasting pan; spread with garlic mixture. Pour broth and wine into bottom of pan. Roast, basting occasionally, 20 minutes. Brush pork with fruit spread; roast 10 minutes longer, until meat thermometer registers 160°F. Let stand 10 minutes before carving into ¼" slices.

Per serving: 125 Calories, 4 g Total Fat, 46 mg Cholesterol, 128 mg Sodium, 6 g, Total Carbohydrate, 15 g Protein.

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EASTER PIE

Number of Servings: 10

POINTS per serving: 6

Ingredients:

- ½ cup pearl barley
- 3 cups water
- 1 cup + 1 tablespoon sugar
- ¼ cup finely chopped candied orange peel
- 2 prepared pie crusts
- 1 (15ounce) container nonfat ricotta cheese
- 2 eggs
- ¼ teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1½ tablespoons sambuca liqueur

1. Combine the barley and 2 cups of the water. Cover and soak at least 8 and up to 24 hours.

2. Transfer the barley to a strainer and rinse under cold water. Put in a nonstick saucepan, add the remaining 1 cup of water, and bring to a boil. Reduce the heat and simmer, covered, until all the water is absorbed, 30 to 40 minutes. Add 1 tablespoon of the sugar and the candied orange peel. Remove from the heat and let cool.

3. Preheat the oven to 350°F. Fit 1 pie crust into a 9inch glass pie plate and pat it into place. Cut the second crust into eight 1inch strips.

4. With an electric mixer at high speed, cream the ricotta and the remaining cup of sugar. Beat in the eggs, 1 at a time, then the cinnamon, vanilla, and sambuca. Stir in the barley mixture. Pour into the pie crust and lay 4 of the pie crust strips on top in each direction to create a crosshatch. Bake until the bottom crust is golden brown, about 1 hour. Cool in the pan on a rack. ,

Per serving: 304 Calories, 9 g Total Fat, 1 g Saturated Fat, 43 mg Cholesterol, 183 mg Sodium, 46 g Total Carbohydrate, 2g Dietary Fiber, 10 g Protein, 60 mg Calcium.

Recipe reprinted from Weight Watchers Simply The Best Italian' 1999 by Weight Watchers International, Inc., thorough an arrangement with Macmillan Books, USA.