

ZESTY SPANISH RICE WITH SHRIMP, CORN and OLIVES

1 box **WEIGHT WATCHERS ZESTY SPANISH RICE**

1 cup frozen kernel corn

10 small green olives chopped

8 ounces of shrimp

- prepare the zesty spanish rice according to the package directions.
- stir in corn and chopped olives
- add shrimp and cook until they are pink

Makes 2 servings at 6 points each

ZESTY GARBANZO BEANS AND RICE

1 box **Weight Watchers Zesty Brown Rice Side**

1 cup Water

(1) 14 ounce can Diced Tomatoes

(1) 14 ounce can Garbanzo Beans Rinsed And Drained

- Bring 1 cup water and canned tomatoes in juice to a boil.
- Stir in rice and seasonings.
- Bring back to a boil, reduce heat, cover and simmer for 5 minutes.
- Remove from heat, add garbanzo beans, and let sit for 5 minutes.
- Stir and serve.

Makes 4 (1 cup) Servings at 4 points per cup.

WEIGHT WATCHERS ZESTY SPANISH RICE MEAT LOAF

2 pounds ground turkey

2 eggs

1 cup chopped onion

1 box WEIGHT WATCHERS ZESTY SPANISH RICE (cooked)

Mix all ingredients and bake at 350° for 45 mins.

8 SERVINGS AT 3 POINTS EACH

WEIGHT WATCHERS TOMATO PARMESAN SIDE WITH SAUSAGE AND BROCCOLI RABE

1 bag TOMATO PARMESAN WEIGHT WATCHERS SIDES

2 sausage links (6 ozs.)

1 pound broccoli rabe

2 teas of olive oil

Olive oil flavored spray

2 cloves garlic chopped fine

Salt and pepper to taste

- Coat pan with olive oil spray and sauté sausage until cooked.
- Add broccoli rabe, olive oil, garlic and salt and pepper.
- Cook until broccoli rabe is soft.
- Prepare tomato parmesan according to package directions.
- Mix in sausage and broccoli rabe and serve.

Makes 2 servings at 8 points each

WEIGHT WATCHERS CHICKEN HERB SIDES SOUP

1 bag of CHICKEN/HERB WEIGHT WATCHERS SIDES

3 cups water

2 cans fat free chicken broth

1 cooked chicken breast or small can of chicken breast

chopped carrots and celery to your taste

salt and pepper to taste

- Bring water, broth, chicken seasonings and veggies to a boil.
- Add side dish, reduce heat and cook an additional 8 minutes.

Makes 8 servings at 3 points each.

CHICKEN HERB SIDES SOUP ** 1 pt variation ...

8 cups (2 qts) cans fat free chicken broth

3 – 4 cups of shreeded cabbage (coleslaw mix work fine)

- Cook until tender and add

1 bag of CHICKEN/HERB WEIGHT WATCHERS SIDES

- Cook 8 more minutes or until the pasta is soft

chopped carrots and celery to your taste

salt and pepper to taste

8 Points for the entire recipe

8 Servings = 1 Point / cup