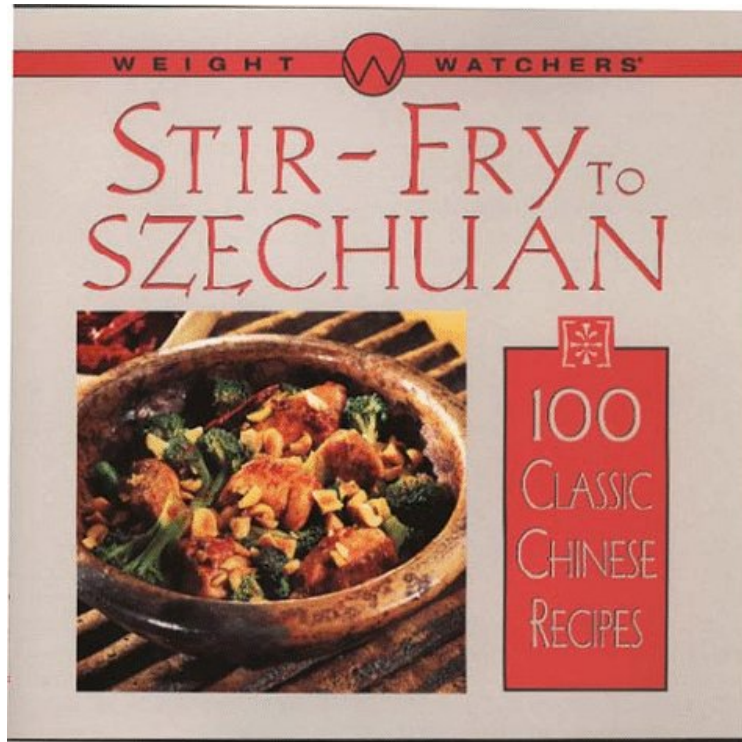


## Weight Watchers Stir-Fry to Szechuan: 100 Classic Chinese Recipes

*Weight Watchers*

*audiobook | \*ebooks | Download PDF | ePub | DOC*



 [Download](#)

 [Read Online](#)

#667941 in Books 1997-09-08Original language:EnglishPDF # 1 7.79 x .57 x 7.69l, #File Name: 0028617185140 pages | File size: 61.Mb

**Weight Watchers : Weight Watchers Stir-Fry to Szechuan: 100 Classic Chinese Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Weight Watchers Stir-Fry to Szechuan: 100 Classic Chinese Recipes:

18 of 18 people found the following review helpful. Great so far!By D. J. SantoneMy husband and I have tried 4 recipes out of this book so far, and all 4 were a big hit. One in particular -- curried shrimp with noodles -- was really good and we have made it 5 times already. You really wouldn't know it was "diet food" unless you saw the book title. I'm only giving it four stars just because I haven't tried most of the recipes yet. But so far, very good, and the format of the book is great too!0 of 0 people found the following review helpful. Five StarsBy Kathi Mccaffrey BeattyLove it!1 of 1 people found the following review helpful. Recipes are very easyBy Manning WhittierI love the fact that this book has an egg foo yung in it. Delightful and good. I would recommend it.

Americans love the taste of Chinese food but worry about its high fat and calorie content. Thanks to Weight Watchers Stir-Fry to Szechuan, you'll be able to enjoy the tempting flavors of Chinese dishes without the guilt!Stir-Fry to Szechuan takes a fresh look at classic Chinese cuisine. The result is a satisfying and healthy collection of flavorful dishes from Grilled Garlic Shrimp and Kung Pao Chicken to Curried Fried Rice and Red Cooked Pork with Pineapple.You'll find complete up-to-date Weight Watchers nutrition information with every recipe, along with at-a-glance icons that help you identify microwavable, one-pot or make-ahead dishes. It's all packaged in a fresh,

contemporary cookbook design including full-color photographs of featured dishes. And best of all, with the Weight Watchers name, you can be assured that every delicious recipe our high standards for a healthy eating regimen.