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Weight Watchers has helped teach millions of Americans to lose weight and keep it off while incorporating delicious, good-for-you recipes into a daily diet. Now, Weight Watchers brings you the very best in low-fat, low-calorie cooking: an award-winning collection of 250 outstanding dishes from across the country. These recipes -- Weight Watchers members family favorites -- are sure to win kudos from your own friends and family. They're so delicious and easy that they're certain to become a regular part of your cooking repertoire -- and your family will love every healthful bite. Simply the Best has a recipe to please every palette: Asian Meatballs, Corn and Bean Chowder, Cranberry Basmati Rice, Chicken Tetrazzini -- plus a wealth of selections from soups and appetizers to main dishes and desserts. Simply the Best contains completely up-to-date Weight Watchers weight loss program information and each recipe includes complete nutritional data. Its stylish design and full-color photography make it attractive enough for gift-giving.

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