



**WEIGHT WATCHERS
MAGAZINE**

MAY/JUNE 2018

THE BODY ISSUE

CELEBRATE YOUR BODY!

**TAKE BACK YOUR
HEALTH & HAPPINESS**

INSIDE: WOMEN AND MEN SHARE
THEIR INSPIRING JOURNEYS



**OUR 3RD ANNUAL
BODY IMAGE SURVEY**

**SWEETEN YOUR
SELF-TALK**

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**23
FRESH NEW
RECIPES**

DISHES FROM
SUPERSTAR
CHEFS—
JUST FOR WW

TRULY
AUTHENTIC
TACOS

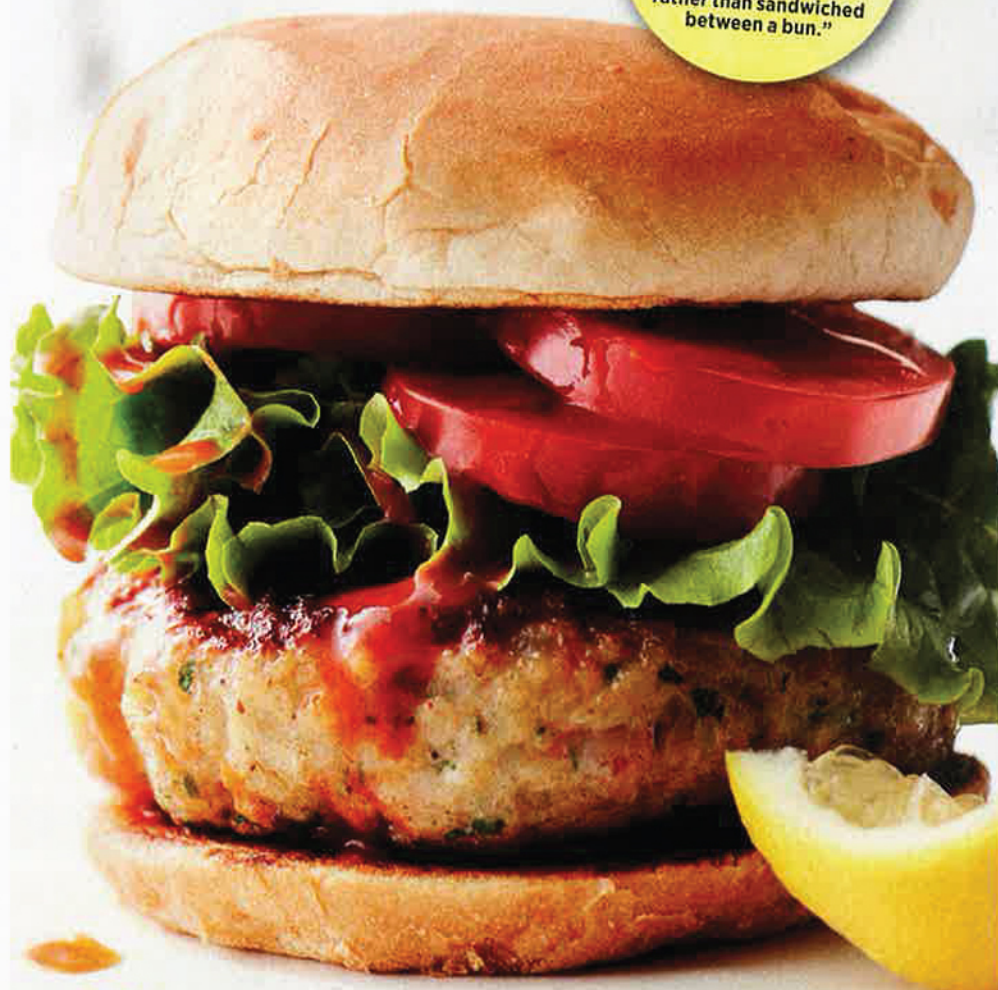
BERRIES!
IN SIDES,
SALADS &
DESSERTS



← WW
MEMBER
MICHELLE
SHARES
HER COVER
MODEL
MOMENT
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PATTY CAKES

"These patties work great as burgers or cakes, and they're also nice topped with an egg for brunch rather than sandwiched between a bun."



SHRIMP BURGERS

PREP 30 MIN // COOK 18 MIN // SERVES 6

- 2 Tbsp canola oil
- 1 medium celery stalk, diced
- ½ sweet onion, diced
- ½ jalapeño, seeded and chopped, or to taste
- ¼ tsp kosher salt, or to taste
- ⅛ tsp black pepper or to taste
- 1 garlic clove, finely chopped
- 2 lb medium shrimp, peeled and deveined
- 1 c panko (bread crumbs)
- 2 Tbsp chopped fresh parsley
- 1 tsp finely grated lemon zest
- 1½ tsp Old Bay seasoning
- 2 tsp unsalted butter
- 6 reduced-calorie hamburger buns, toasted
- 12 lettuce leaves
- 2 plum tomatoes, cut into 6 slices each
- Hot sauce (optional)

1 Preheat oven to 200°F.

2 Heat 1 Tbsp oil in a large skillet over medium-high heat. Add celery, onion, and jalapeño; cook, stirring often, until light golden, about 5 minutes. Season with ¼ tsp salt and pinch pepper; add garlic and cook until fragrant, stirring, 45–60 seconds. Remove from heat; transfer to a bowl to cool.

3 Meanwhile, place 8 oz (about 1 cup) shrimp in a food processor fitted with blade attachment; puree until very smooth. Add remaining 1½ lb shrimp; pulse until coarsely chopped.

4 Transfer to bowl with cooled vegetables; add panko, parsley, lemon zest, and Old Bay. Gently mix; season with ¼ tsp salt and pinch pepper. (To test for seasoning, zap a spoonful of the shrimp in the microwave to cook it through first.)

5 Heat ½ Tbsp oil with 1 tsp butter in same skillet over medium heat until shimmering. Using a two-third cup measure, shape mixture into 6 burgers. Working with 3 burgers at a time, add to skillet and cover. When bottom is golden, about 3 minutes, flip and cook 3 minutes more. Transfer to a rimmed baking sheet; place in oven to keep warm. Repeat with remaining ingredients. Place on toasted buns with lettuce and tomato. Serve immediately, with hot sauce, if using.

PER SERVING (1 burger): 331 cal, 10 g total fat, 2 g sat fat, 1,400 mg sod, 35 g total carb, 5 g sugar, 5 g fib, 27 g prot. **SmartPoints** value: 6

the secret gardens



VIRGINIA WILLIS wants you to know how diverse, delicious, and produce-heavy Southern cooking really is. "There is a misperception that the South is all fried chicken and biscuits," says the James Beard Award-winning author and chef. "I love those, but we are more than that. Our cuisine is vegetable-based, and reflects so many cultures." Her latest book, *Secrets of the Southern Table* (she has a PBS series of the same name, too), explores all the influences on Southern food—from Vietnamese to African to Italian. "My Southern cooking is very vegetable heavy," says Willis, herself a Weight Watchers member. Here, she spills a few favorite recipes and cooking tips. BY MELANIE MANNARINO

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—Gigi R.



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eat it up
cook like a chef



PAN-SEARED SUMMER SQUASH WITH SPICED LEMON VINAIGRETTE

PREP 18 MIN // COOK 7 MIN // SERVES 6

- 1 lb small yellow squash
- 1 lb small green squash
- Zest of 1 lemon
- Juice of ½ lemon
- 2 Tbsp extra-virgin olive oil
- 3 medium garlic cloves, mashed to a paste with a pinch of salt
- 1 tsp harissa or chile paste, or to taste
- ¼ tsp ground cumin
- ½ tsp coarse kosher salt, or to taste
- ⅓ tsp freshly ground black pepper, or to taste
- 2 Tbsp chopped fresh parsley

in Virginia's kitchen

THE SEAFOOD IS SUSTAINABLE Over the years I've tried to educate people about overfishing, and I support and encourage people to look for Gulf-caught or at least American wild shrimp. I am very passionate about this. I learned to fish as a little girl, and my grandfather taught me to respect the pond. Now I'm on the board of the Monterey Bay Aquarium Seafood Watch.

EATING SOLO IS EASY AND DELICIOUS My go-to is seared boneless skinless chicken thighs over sautéed cabbage with thyme. I pop it in the oven so you get a little char on the cabbage. It's good and good for you. It's a 30-minute skillet meal, all in one.

SUMMER SQUASH CAN DO ANYTHING I love to grill it, maybe with a drizzle of oil, and then toss it with fresh herbs afterward. I also eat it raw, spiralized, or chopped up in a salad.

- 1 Trim squash; use a chef's knife to quarter each one lengthwise. Using tip of knife, trim away seeds (the seeds can make the dish watery). Cut squash into 1-inch pieces.
- 2 Heat a large nonstick skillet over medium-high heat. Without crowding, add squash to dry skillet; cook, stirring often, until lightly blistered on both sides and tender to the point of a knife, 5–7 minutes.
- 3 Meanwhile, in a small bowl or jar with a lid, combine lemon zest and juice, oil, garlic, harissa, and cumin to make dressing. Stir or shake to combine; season with salt and pepper.
- 4 Place squash in a large bowl and drizzle some dressing over top; toss to coat and combine, adding more as needed. Sprinkle with parsley.

PER SERVING (rounded ¼ cup):
71 cal, 5 g total fat, 1 g sat fat, 221 mg sod, 6 g total carb, 5 g sugar, 2 g fib, 2 g prot. **SmartPoints value:** 1

These recipes by Virginia Willis, originally published in *Secrets of the Southern Table*, have been modified for Weight Watchers with permission.