

## Weight Watcher tips

- **Pizza.** To avert an impending pizza crisis, toast an oat bran English muffin to desired crunchiness. Add sauce or canned tomatoes, 1 tablespoon part-skim mozzarella or ricotta, plus some diced green peppers, onions and other veggies of your choice. Pop it back in the oven and broil until the cheese is slightly melted. Add more veggies for more vitamins, minerals and fiber.
- **Burgers.** Make your own patties from ground white turkey breast or extra-lean ground beef sirloin. Mix in seasonings to please your palate. Try any of these: salt and pepper, garlic powder, mustard, reduced-sodium soy sauce, hoisin sauce or chopped onions. Broil or grill (instead of frying) so the patty is not swimming in oil. Make sure the turkey is cooked all the way through — it should not be pink in the center. Once done, pile on any number of low-fat toppings such as veggies, salsa, or mustard. Or try our recipe for [Turkey Burgers](#).
- **Fried Chicken.** Many weight-loss efforts have been thrown off-track by fried chicken. Don't be derailed: You can throw together a home version of faux fried chicken that's just as good as the original. Dip the skinless white-meat chicken in egg white and place meat in a plastic baggie of crushed cornflakes/breadcrumbs and spices, or use seasoned breadcrumbs. Shake, thoroughly covering the chicken. To add zing, consider mixing ranch dressing mix or taco seasoning mix in your breading. Or dip chicken in egg whites then honey mustard before you coat it with breading. Then bake at 350° F to crispy, crunchy perfection (about 30-45 minutes). Try this technique with fish too.
- **French Fries.** Skip the traditional white potatoes and head straight for sweet potatoes, which are brimming with vitamin A. Wash and scrub the potatoes well. Keeping skin intact, slice just as you would regular fries. Brush with a small amount of olive or canola oil or coat with olive oil-flavored cooking spray. Sprinkle generously with Kosher salt to encourage crispiness, plus all the herbs and spices that suit your fancy. Bake on a non-stick baking sheet at 400° F for 40-50 minutes, or until crispy.