

THE WEEKLY DISH *lite*

Serving you three light recipes each Wednesday with accompanying grocery list, WW points, and nutritional information.

Tuna Stuffed Avocados

(4 servings) 6 smartpoints per serving (blue plan)

Calories per serving: 254 | Fat: 19 g | Carbs: 7 g | Net Carbs: 5 g | Protein: 15 g | Sugars: 1 g



Ingredients:

- 1 cup tuna packed in water, drained
- 2 avocados, pit removed, sliced in half
- 2 tbsp chopped red onion
- 2 tbsp chopped celery
- 1/2 tsp lemon juice
- 1 tbsp lite mayonnaise
- Salt and pepper, to taste
- 1 tbsp Everything But the Bagel seasoning

Directions:

1. Scoop out about a tablespoon from each avocado and put in a medium sized bowl. Add tuna, red onion, celery, lemon juice, mayo, salt and pepper.
2. Mash avocado with the rest of the ingredients until combined.
3. Stuff each avocado with 1/4 of the tuna mixture and top with Everything But the Bagel seasoning.
4. Serve cold.

Helpful Tips: This is an easy recipe you can make in the morning for lunch or for a quick supper. If you do not have EBTB seasoning, you can just omit it. If you aren't a tuna fan, this recipe also works great with rotisserie chicken.

Not Your Mama's Chicken and Rice Casserole

(8 servings) **4 smartpoints per serving (blue plan)**

Calories per serving: 228 | Fat: 7 g | Carbs: 15 g | Protein: 25 g | Sugars: 2 g



Ingredients:

- 2 cups cooked chicken
- 2 cups frozen veggies, steamed and chopped smaller
- 2 cups cooked brown rice
- 1 cup plain Greek Yogurt
- 1 tsp garlic powder
- 1/4 cup green onion, chopped
- 1 cup shredded cheddar cheese
- Salt and pepper, to taste

Directions:

1. Preheat your oven to 350 degrees F. and spray a large baking dish with non-stick spray.
2. In a large bowl, mix cooked chicken, veggies, cooked brown rice, Greek yogurt, garlic powder, green onions, cheese, salt and pepper.
3. Pour into your baking dish, and bake for 25 minutes or until bubbly.

Helpful Tips: *I was craving chicken and rice casserole, but needed a lighter version, and this one turned out great! I bought a frozen packet of broccoli stir fry with broccoli, carrots, peas and bell peppers, and it was so good! I did chop the vegetables up a little smaller and season them with salt and pepper before adding them to the mixture.*

Shrimp and Feta Tacos

(8 servings) **4 smartpoints per serving (blue plan)**

Calories per serving: 393 | Fat: 13 g | Carbs: 28 g | Protein: 41 g | Sugars: 2 g



Ingredients:

- 1 lb shrimp, peeled and deveined
- 2 tbsp reduced-sodium taco seasoning
- 1 tbsp olive oil
- 2 cups shredded lettuce
- 1/2 cup crumbled feta cheese
- 1/2 red onion, sliced thin
- 8 small low carb tortillas (corn tortillas work too)

Directions:

1. Place shrimp in a bowl and season with the taco seasoning. Heat oil on medium-high heat in a large pan.
2. Cook shrimp for 4-5 minutes, or until pink. This will depend on the size of the shrimp you use, I like to use large. Set aside.
3. Fill tortillas evenly with shrimp, shredded lettuce, red onion and feta cheese.
4. Serve with corn and black beans if you need something on the side. (I opted for a 3rd taco)

Helpful Tips: Ryan introduced me to this way of eating shrimp tacos years ago, and it is one of my FAVS! If you do not want to use shredded iceberg, you can totally use shredded red cabbage.

Thank you for subscribing!

WANT TO COOK EVERYTHING?

HERE IS YOUR GROCERY LIST AND PRINT ABLES:

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*The nutritional information is provided as a courtesy and is an estimate only. This information comes from online calculators. Varying factors such as product types or brands purchased can change the nutritional information in any given recipe. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new diet and fitness regimen. This email is in no way sponsored or endorsed by Weight Watchers, International, and they have not reviewed this e-mail for accuracy. All readers are encouraged to go to a Weight Watchers meeting for actual WW info.



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