Greetings,

For many of us, this has been one ultra-chilly season. And while it's oh so tempting to want to ditch our weight loss efforts and dive into stews, soups and sauces, the good news is, with Weight Watchers, you can have your stew and eat it too!

So to help you brave the last few weeks of winter we've gathered several super-comforting recipes.

We start with [Moroccan Chicken with Apricots and Squash](http://link.coremotivesmarketing.com/c/306/f8a7b2a9ad09cbfa3afa061d5e66d1c5a2671a4604ddce4fea37a8962b57f3fa), a dish as beautiful as it is delicious. We combine lean chicken, sweet dried fruit, butternut squash, rice and seasonings, for a one-pot dish that delivers wonderful flavor and a ***PointsPlus***®value per serving of 9.

Pining for pasta? Our [Baked Ziti with Turkey Sausage](http://link.coremotivesmarketing.com/c/306/f8a7b2a9ad09cbfa3afa061d5e66d1c5a2671a4604ddce4fea37a8962b57f3fa) will fill the bill. Made with savory turkey sausage, onions, tomatoes, peppers, shredded mozzarella and whole wheat ziti, this easy-to-make casserole can feed a crowd and comes with a ***PointsPlus***® value per serving of 8.

There's probably nothing more comforting on a cold night than [Old-Fashioned Chicken Pot Pie](http://link.coremotivesmarketing.com/c/306/f8a7b2a9ad09cbfa3afa061d5e66d1c5a2671a4604ddce4fea37a8962b57f3fa). To make ours Weight Watchers-friendly, we've lightened it up with reduced-fat crescent rolls and a creamy sauce made with skim milk. So you get all of the taste, with a ***PointsPlus***® value per serving of only 6.

And even if you're staying put, you can still send your taste buds to France. Our [Provencal-Style Fish Stew](http://link.coremotivesmarketing.com/c/306/f8a7b2a9ad09cbfa3afa061d5e66d1c5a2671a4604ddce4fea37a8962b57f3fa)combines pantry staples like canned beans, tuna and tomatoes, takes only 20 minutes to prepare, and yields a delicious, stick-to-your-ribs meal for four with a ***PointsPlus***®value per serving of only 5.

If you do not currently offer the convenience of a Weight Watchers AT WORK Program and would like to receive information on getting started, please contact me!
If you currently have an onsite program and would like additional advertising to promote, let me know!  I would be happy to help you "spread the word" .....

Happy eating!

Cheryl

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