**WEIGHT WATCHERS
NEWSLETTER**

Since our recipes are always a bit hit with our readers, we've decided to dedicate more newsletters to food to give you more great dishes to bring to the table. Now that spring has arrived, we've packed this issue with light, delicious options that will take you from appetizer through dessert.

We start with our [Greek Yogurt-Spinach Dip with Dill](http://link.coremotivesmarketing.com/c/306/3045969d52b4232d71106dda26549d7c4dff2d17fc13dfe758858d48733c3b6f). Made with creamy yogurt, crunchy water chestnuts, baby spinach and fresh dill, this tangy dip is perfect with raw vegetables or as a topping for meat or fish, and comes with a ***PointsPlus***® value per serving of only 1!

Love spring salads? This recipe for [Egg, Veggie and Avocado Salad with Tarragon Vinaigrette](http://link.coremotivesmarketing.com/c/306/3045969d52b4232d71106dda26549d7c4dff2d17fc13dfe758858d48733c3b6f)is a keeper. You'll combine crunchy vegetables with hard-boiled eggs, ripe avocado and goat cheese, and top everything with a flavorful homemade dressing. It's a deliciously filling lunch or light supper and has a ***PointsPlus***®value per serving of 7!

Need a speedy-to-make spring side dish? Try our [Roasted Asparagus with Pepper Sauce](http://link.coremotivesmarketing.com/c/306/3045969d52b4232d71106dda26549d7c4dff2d17fc13dfe758858d48733c3b6f). Let the asparagus cook until tender in the oven while you pull together a fast, savory sauce of red peppers, reduced-fat mayo and garlic. It's both easy and elegant, and comes with a ***PointsPlus***® value per serving of just 2!

And finally, a light and classic dessert or snack. These crowd pleasing [Crispy Oatmeal-Chocolate Chip Cookies](http://link.coremotivesmarketing.com/c/306/3045969d52b4232d71106dda26549d7c4dff2d17fc13dfe758858d48733c3b6f)taste great with coffee, tea or milk and have a ***PointsPlus***®value per serving of 2.

Happy spring!

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