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By Weight Watchers

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PointsPlus Value. Prep time: 15 min. Cook time: 15 min.
Other time: 0 min. Serves: 4.

<http://www.weightwatchers.com/food/rcp/RecipePage.aspx?recipeid=89041>

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A delicious, healthy meal prepared fast at home is a
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Fast (St. Martin s Griffin, \$19.99).

<http://www.dailynews.com/lifestyle/20141118/cookbook-review-weight-watchers-cook-it-fast>

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<http://www.examiner.com/article/new-weight-watchers-cook-it-fast-cookbook-makes-healthy-meals-speedy>

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