

Fresh Strawberry Crepes

Crepes sound fancy, but don't be deterred: If you can make pancakes, you can master these in no time.

3 POINTS PER SERVING

PREP: 10 MIN
COOK: 32 MIN
SERVES 8

- ▲ 5 large egg whites
- 1/8 tsp table salt
- 1 tsp vanilla extract
- 1 Tbsp unsalted butter, melted
- ▲ 1 cup fat-free milk
- 1 cup all-purpose flour
- 8 sprays cooking spray
- ▲ 1 lb strawberries, hulled and sliced very thin (about 3 cups)
- 1/4 cup powdered sugar

In a medium bowl, whisk together egg whites, salt, vanilla extract, melted butter, milk, and flour until just combined.

Coat an 8- or 9-inch skillet with cooking spray; set over medium heat. When pan is hot, add 1/4 cup of batter and tilt skillet to cover entire bottom of pan with a thin layer of batter. Cook for 2 minutes; flip over. Top with about 1/3 cup strawberries; cook for 2 minutes more. Fold crepe over and slide onto a serving plate; cover to keep warm. Repeat with remaining ingredients; sprinkle with sugar. Yields 1 crepe per serving.

NOTE: Having a party? Make the crepes ahead of time, then heat them up and top them when you're ready to serve.

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To see if the pan is hot, add a few droplets of water—if they sizzle and dance, the pan is ready.

Go nuts!

What's the best nut around for heart health? Turns out it's the humble walnut, according to a recent study presented at the American Chemical Society. Walnuts have the most, and best quality of, healthful antioxidants among common nuts. They're a great source of protein, too!



5 POINTS FOR 1 OUNCE

Enjoy them scattered on your morning oatmeal, in a salad, or atop baked fish.

Last Bash of Summer

With Labor Day around the corner, you may have had your fill of burgers, dogs—the typical BBQ fare. Up your game and see summer out in style with deliciously easy party nibbles like Creole-Style Stuffed Mushrooms.



1 POINT PER MUSHROOM

Find it and other simple yet elegant recipes: Search for "Labor-Free Labor Day Appetizers" on WeightWatchers.com.