

FIND YOUR JOY | PARTY LIKE A SOCIAL-LITE | CANNED vs FRESH? YOU DECIDE

Weight Watchers

November/December 2012

115 FESTIVE TIPS

TO MAKE LIFE EASIER,
YOU HAPPIER!



Jessica
**LOSING,
LOVING &
LEARNING**

HAPPY HOLIDAYS! 52 RECIPES

SPECTACULAR ENTRÉES,
LIGHT DESSERTS, MORE

U.S.A. \$4.99

\$4.99US



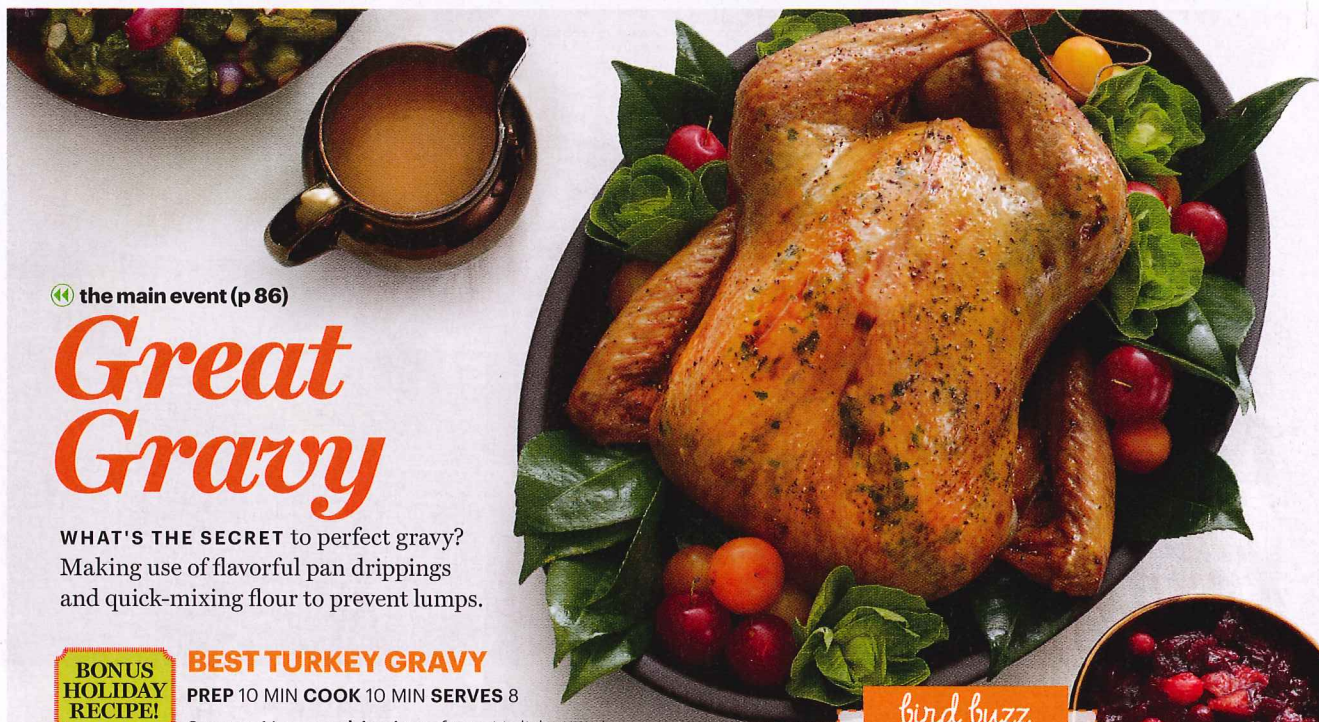
**ALL IN
THE FAMILY
SUCCESS
STORIES**

WeightWatchers.com



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ENJOY HOLIDAY "EXTRAS," FROM SHOPPING TIPS AND TURKEY KNOW-HOW TO EASY CLEANUP SECRETS



the main event (p 86)

Great Gravy

WHAT'S THE SECRET to perfect gravy? Making use of flavorful pan drippings and quick-mixing flour to prevent lumps.

**BONUS
HOLIDAY
RECIPE!**

BEST TURKEY GRAVY

PREP 10 MIN COOK 10 MIN SERVES 8

Scrape $\frac{1}{2}$ c pan drippings from Holiday Turkey (p 86) into liquid measure. Let stand 5 minutes; skim off fat. Bring skimmed drippings and $\frac{1}{4}$ c white wine to boil in saucepan over medium-high heat. Cook until reduced by half, 3–4 minutes. Whisk 1 c broth from 2 (14½-oz) cans low-sodium chicken broth and 6 Tbsp quick-mixing flour in bowl. Stir remaining broth into wine mixture; bring to simmer. Whisk in flour mixture, 1 Tbsp chopped thyme, $\frac{1}{4}$ tsp salt and $\frac{1}{4}$ tsp pepper. Cook, whisking, until slightly thickened, 5 minutes. Strain through sieve into gravy boat.

PER SERVING (ABOUT $\frac{1}{4}$ CUP): 49 CAL, 1 G TOTAL FAT, 0 G SAT FAT, 0 G TRANS FAT, 0 MG CHOL, 170 MG SOD, 6 G TOTAL CARB, 0 G TOTAL SUGAR, 0 G FIB, 3 G PROT, 9 MG CALC.

PointsPlus value: 1

FYI Quick-mixing (or instant) flour is bleached all-purpose flour milled from a select blend of wheats. You'll find it in the baking aisle at the supermarket.

bird buzz

November 15th is Butterball's Golden Thursday. Get a head start with prep tips and coupons online, or speak live to the Turkey Talk-Line pros.

FOR INFORMATION, GO TO BUTTERBALL.COM.



KITCHEN GADGETS

Clever cork Freeze this gel-based device, then slip it into your bottle of white. The wine will stay chilled without a messy ice bucket.

CORKSICLE, \$25, CORKSICKLE.COM.



Rack star Roast your turkey on this flexible heatproof rack, or use it as a trivet on the holiday table.

PREPARA ROASTING LAUREL, \$25, PREPARA.COM.



Hole package Genius measuring cups allow you to rinse and measure everything from berries to beans in one roomy container. CHEF'S PLANET MEASURING COLANDER (3-CUP), \$15, CHEFSPLANET.COM.

PHOTOGRAPHY: ANTONIS ACHILLEOS (TURKEY); JAMIE GRILL/GETTY IMAGES (WOMAN); VEER (CUPS).