

POP OF FLAVOR

"I like all pickles, but cabbage somehow works with everything. Adding any of these to a dish gives it a bit more interest and brightness in color and in taste."

—Jenny Rosenstrach



QUICK PICKLES

PREP 10 MIN // COOK 3 MIN
// REFRIGERATE 24 HOURS
// SERVES 8

Add instant flavor to sandwiches, eggs, salads, and more.

- 1½ c pickling vegetables (shredded cabbage, wax beans, quartered radishes, peppers)
- ½ c water
- ½ c vinegar
- 2 Tbsp sugar
- 1 Tbsp kosher salt

1 Add all the vegetables to a clean 14- to 16-oz glass jar.
2 In a small pot, simmer water, vinegar, sugar, and salt until sugar dissolves, about 3 minutes. Let cool slightly; pour pickling mixture over vegetables. Let cool; seal jar and refrigerate. Pickles will be ready within 24 hours and keep up to 2 weeks, refrigerated.

PER SERVING (2 Tbsp): 19 cal, 0 g total fat, 0 g sat fat, 728 mg sod, 4 g total carb, 4 g sugar, 0 g fib, 0 g prot.

SmartPoints value: 1

celebrate!



For food blogger and cookbook author **Jenny Rosenstrach**, every day is an opportunity for celebrations, and meals that make memories stick. In her latest book, *How to Celebrate Everything*, she shares recipes and anecdotes for holidays like Mother's Day and Fourth of July along with personal traditions like a sleepover breakfast, and even weekends making pickles with the family. The takeaway? Cooking and eating with the people you love is rewarding. Here, she shares some of her favorite recipes—and more ways to celebrate. **BY MELANIE MANNARINO**

This recipe by Jenny Rosenstrach, originally published in *How To Celebrate Everything*, has been modified for *Weight Watchers* with permission.



HAM AND EGGS WITH PARM AND HERBS

PREP 10 MIN // COOK 5 MIN //
SERVES 2

in Jenny's kitchen

FIND TREASURED RITUALS IN THE EVERYDAY. “Instead of treating each day like a race to the finish line, I try to slow down and shine a spotlight on certain moments—usually simple, not elaborate ones. Celebrate an A+ or a soccer goal. It’s best and most meaningful when the moments are uniquely yours.”

KEEP A HEALTHY BALANCE. “There’s a section in the book called ‘How to Avoid Empty Celebration Syndrome.’ Think of Thanksgiving: You spend weeks planning, shopping, and cooking, and it’s all over so quickly. Sometimes the kids are done eating before you even sit down to your meal. That’s when you are at risk of forgetting what it’s all about, and it drives me crazy. Instead, recognize what the milestone really is.”

REMEMBER: ICE CREAM ISN’T EVERYTHING. “Taste memories are so powerful—they can send you back to the beach where you vacationed growing up; they’re a fast connection to a happy memory. But the link doesn’t have to be about something sweet or decadent. My favorite ritual is family dinner, so I try to make future memories around the table with all of us together enjoying healthy meals.”

Give leftover Easter ham a delicious new fate in these herb-and-cheese-flavored eggs.

- ½ **Tbsp butter**
- ½ **c diced lean leftover ham**
- 2 large eggs**
- 4 large egg whites**
- 1 Tbsp grated Parmigiano-Reggiano cheese**
- Pinch freshly ground pepper**
- 1 Tbsp minced chives, for garnish**
- Pinch sea salt (optional)**

1 Add butter to a nonstick skillet over medium heat; when it melts, add ham, cooking until slightly crispy, about 3 minutes.

2 In a small bowl, whisk together eggs, egg whites, cheese, and pepper; add to skillet and stir with ham. Scramble until eggs are cooked but still slightly wet (or longer if desired). Serve sprinkled with chives and salt, if using.

PER SERVING (% cup): 218 cal, 11 g total fat, 4 g sat fat, 1,167 mg sod, 2 g total carb, 1 g sugar, 0 g fib, 24 g prot.

SmartPoints value: 6

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