

Spring is here and [WorkWell NYC](#) and [Weight Watchers](#) are partnering to help you make this your healthiest year yet. Here are some tips to ward off these common workplace temptations:

- ✓ **The office snack trap.** How to resist that dish of chocolate kisses or the doughnut in the breakroom? Stock your own stash of healthy snacks – carrots and hummus, peanut butter and rice cakes or fresh strawberries – for a more nutritious energy boost.
- ✓ **The working lunch.** Are take-out or catered lunches sabotaging your progress? Have a piece of fruit or some sliced veggies beforehand to take the edge off your hunger. Then eat with the pack, but be mindful of portion sizes and keep condiments on the side.
- ✓ **The mid-afternoon slump.** Craving soft drinks or frozen treats? Keep a water bottle on your desk filled with refreshing H₂O. Throw in some lemon slices or mint to add a flavorful twist.

Spring is the perfect season to stock up on fruits and veggies. Fire up your broiler or grill with this great recipe for only 1 SmartPoint™!

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Grilled Eggplant, Tomato and Feta Stacks *recipe*

1 SmartPoint

COOK TIME: 11 min | SERVINGS: 12

INGREDIENTS

- 1 Tbsp fresh lemon juice
- 1 Tbsp olive oil, extra virgin
- 1 Tbsp fresh oregano leaves (plus more for garnish)
- ¼ tsp minced garlic, very finely minced
- ¼ tsp kosher salt, divided (or to taste)
- ½ tsp black pepper, freshly ground (or to taste)
- 1 large uncooked eggplant(s), trimmed, sliced into twelve 1/2-in rounds
- 2 spray(s) cooking spray
- 2 large fresh tomato(es), ends trimmed, cut into six slices each
- ¾ cup(s) crumbled feta cheese

INSTRUCTIONS

Preheat grill to medium-high. Meanwhile, in a small bowl, combine lemon juice, oil, oregano, garlic and ¼ teaspoon salt; set aside for flavors to blend. Coat eggplant with cooking spray; sprinkle with remaining ½ teaspoon salt and pepper. Grill eggplant until lightly charred and tender, turning as needed, about 8 to 10 minutes. Flip eggplant over and brush with lemon mixture; top each with 1 slice tomato and 1 tablespoon feta. Cover grill and cook until tomato and feta soften slightly, about 1 minute. Remove to a serving platter and garnish with additional oregano leaves, if desired. Yields 1 eggplant stack per serving.

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By enrolling through the City’s Weight Watchers program, employees can take advantage of a subsidy that reduces the cost of membership by **more than 50%** off the regular membership price*. Spouses/domestic partners, dependents (ages 18-26) and retirees** are also eligible for discounted pricing through the WorkWell NYC partnership with Weight Watchers – making health a family affair!

Weight Watchers Offering	NYC Employee Special Pricing
Meetings (Includes Online Plus) at work or in your local community	\$15.00 per month
Online Plus	\$7.00 per month

Visit nyc.join.weightwatchers.com to learn more about Weight Watchers and sign up today!

* The dollar value of this contribution/benefit will be included as taxable income to the employee.

** Spouses and dependents of retirees are not eligible for the discount.

