

Weight  
Watchers  
presents...

eight  
things  
you  
don't  
know  
about

jennifer

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eight things you **don't** know about  
**jennifer**



As our exclusive interview reveals, WW spokesperson **Jennifer Hudson** is passion-forward. Here the singer, actress and, yes, author dishes on pizza, purses and *PointsPlus* values.

BY MICHELE SHAPIRO



**Handheld happiness** The one thing Jennifer won't leave home without? Her iPhone! "I take it everywhere, because it has my Weight Watchers app on it." She uses the app to track religiously, and if she finds herself without cell service, she types what she eats into Notes and transfers the information to the app later on. But tracking isn't the only reason she keeps her handheld handy: "I also use it to listen to music and to call or text friends," she says. "It's all I need!"

**Urban dweller** Jennifer, who grew up in Chicago, prides herself on being a city girl. In fact, when she travels, she prefers to stay in big cities rather than at seaside resorts (though her toned body is bathing-suit ready should she decide to use the hotel pool).

**Share tactics** Jennifer loves to share her weight-loss victories—and her closet—with her relatives. "They like to come over and take my clothes," she says, laughing. "My cousin Gina recently lost a lot of weight on WW and has raided my wardrobe on more than one occasion."



“I’m motivated by what I wear now, not by old clothes hanging in my closet.”

**BAG LUST** While she loves road-testing the latest leg-lengthening platforms, such as the killer Yves Saint Laurents in these photos, Hudson’s real weakness is handbags. (If you share Jennifer’s passion for designer bags, set your sights on one, and use it to reward yourself when you reach a major weight goal.)

**RECORD KEEPER** Jennifer realized after a few weeks on WW that keeping a log of every bite is key. How serious is the Grammy winner about the “recording contract” she’s made with herself? Very, and we’ve got proof: For her recent 30th birthday celebration, she planned to take a few days off from tracking as a gift to herself—but she just couldn’t do it! “Even if I go over my *PointsPlus* budget, I need to see what I’ve eaten.”

**DOG CRAZY** Jennifer has a passion for Pomeranians. In fact, she owns three. Their names? Oscar, Grammy and Dreamgirl! “I got each at a special time in my life,” she explains. “They’re like family. And I love it that they have different personalities.” Walking her Poms several times a day allows her to get outdoors and move more, too.

**PURPLE PASSION** Jennifer has been seen out-and-about in various shades of her favorite hue, both as an accent color and as the main act.

**Poster child** *When she was a teen, Jennifer’s bedroom walls weren’t plastered with movie idols and rock stars. “Instead, I made scrapbooks,” she reveals. “And the only singing group in those scrapbooks was Destiny’s Child.” (Perhaps it’s destiny that Jennifer now counts singer Beyoncé Knowles, formerly of Destiny’s Child, among her good friends.)*

**EXCLUSIVE!** Jennifer will sign copies of her new book, *I Got This* (Dutton, 2012), soon at select WW meeting rooms. Visit [weightwatchers.com](http://weightwatchers.com) in mid-January to see if there’s a signing near you.



FASHION STYLING: ERIC ARCHIBALD FOR GRID ENTERTAINMENT; HAIR: TIPPY SHORTER FOR EPIPHANY ARTIST GROUP; MAKEUP: SHANNON PEZZETTA/DION PERONNEAU LA; MANICURE: CARLA KAY FOR CLOUTIER REMIX. DRESS: FENDI; BELT: LANVIN; HEELS: YVES SAINT LAURENT.

## “I Can Eat *THAT?*”

Jennifer's the first to admit she has a short list of rich, indulgent splishes (splurge dishes) that conjure up pleasant memories. Here, we make over a few of her favorites, so she doesn't have to roll out the red carpet to enjoy them—and neither will you!



“I like my chicken crispy and golden brown.”

The cornflake crumbs in our no-fry recipe provide ample crunch.

### Crispy Oven-Fried Chicken with Sage Gravy

PREP 15 MIN BAKE/COOK 45 MIN SERVES 4

- ½ cup + 2 Tbsp all-purpose flour
- 2 egg whites, lightly beaten
- 1 ½ c cornflake crumbs
- 2 bone-in chicken breast halves, skinned
- 2 chicken drumsticks, skinned
- 2 chicken thighs, skinned
- ½ tsp salt
- ½ tsp cayenne
- ¼ c fat-free buttermilk
- 1 Tbsp butter
- 1 c reduced-sodium chicken broth
- ¼ tsp dried sage
- ½ tsp black pepper

**1** Preheat oven to 375°F. Line large shallow baking pan with foil. Place a wire rack in pan; spray rack with nonstick spray.

**2** Place ½ c flour in shallow dish. Place egg whites in second dish and cornflake crumbs in a third.

**3** Put chicken in large bowl; sprinkle with salt and cayenne. Add buttermilk and turn to coat. Dip chicken, one piece at a time, into flour, then egg whites, then into cornflake crumbs, pressing to adhere. Place chicken on rack. Spray top of chicken lightly with nonstick spray. Bake until golden brown and cooked through, about 45 minutes.

**4** Meanwhile, to make gravy, melt butter in small saucepan over medium-high heat. Whisk in remaining 2 Tbsp flour; cook, whisking constantly, 1 minute. Gradually whisk in chicken broth. Cook, whisking constantly, until gravy comes to a boil and thickens, about 2 minutes. Stir in sage and black pepper. Divide chicken among 4 plates and serve with gravy.

PER SERVING (¼ OF CHICKEN WITH ¼ CUP GRAVY): 310 CAL, 11 G FAT, 4 G SAT FAT, 0 G TRANS FAT, 91 MG CHOL, 635 MG SOD, 20 G CARB, 1 G FIB, 32 G PROT, 48 MG CALC. **PointsPlus value: 8**

“My favorite pie is Margherita topped with spicy jalapenos.”

Our version's so tasty, it doesn't require any toppings!

### Pizza Margherita

PREP 10 MIN BAKE 10 MIN SERVES 6

- 1 (10-oz) prebaked thin whole wheat pizza crust
- 3 plum tomatoes, thinly sliced
- 2 garlic cloves, minced
- 2 c shredded fat-free mozzarella cheese
- ¼ c thinly sliced fresh basil
- 1 tsp dried oregano
- 2 tsp olive oil

**1** Preheat the oven to 450°F. Spray baking sheet with nonstick spray.

**2** Place crust on prepared baking sheet. Arrange tomatoes on crust and sprinkle with garlic. Top evenly with mozzarella, basil, and oregano; drizzle with oil. Bake until cheese is melted, about 8 minutes. Cut into 6 wedges.

PER SERVING (% OF PIZZA): 198 CAL, 4 G FAT, 1 G SAT FAT, 0 G TRANS FAT, 4 MG CHOL, 544 MG SOD, 25 G CARB, 4 G FIB, 17 G PROT, 609 MG CALC. **PointsPlus value: 5.**



### SNACK LIKE A STAR

Jennifer is a snacker. If she had her way, the superstar says, she'd skip meals altogether and spend the entire day nibbling on snacks. Here, two easy-to-fix favorites.

#### STRAWBERRY “CHEESECAKE” BITES

Spread 2 tsp low-fat cream cheese on each of 2 graham crackers; top each with 1 slice strawberry.

**PointsPlus value: 3**

#### RED ANTS ON A LOG

Spread 1 tsp peanut butter on each of 3 celery sticks. Top each with 4 dried cranberries.

**PointsPlus value: 4**

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