Hanukkah favorites made low-cal

Traditionally the feast of Hanukkah is Jam packed with calories, but this year Weight Watchers has designed a menu which allows you to eat your favorite boliday foods.

"If you plan your meals carefully and eat sensibly, you can enjoy a traditional Hanukkah celebration without feeling guilty." says Florine Mark, president of the WW Group for the Marketh feast includes Veal Roast Jardiniere, Carriol-Potato Latkes (pancakes) and Coconat 'n' Fruit Candy which can be prepared with ease by following the recipes allowed on Weight Watchers Quick Start program.

Vergan Watches Quick State program.

Veal ROAST JARDINERE

1 gorlic clove, minced
1 tsp. stall
1 tsp. plus 1 tsp. olive oil
2 cup each dry wine and water
1 cup each cubed white turnips (1-inch cubes) and
carrot chunks (1-inch pleces)
1 cup each cut or forcen asparagus (2-inch pleces)
and quartered mushrooms
2 tsp. cornstarch, dissolved in 1 Tsp. water
1 n small bowl, using fork, mix together garlic,

2 tsp. comstarch, dissolved in I Top, water In small bowl, using fork, mix together garlic, salt, rosemary, and pepper. With a tip of a sharp knife, cut about a dozen sitis, each about 1 indeep, over tops and sides of veal; insert some linch mixture into each sitt and sprinkle any remaining garlic mixture over roast.

Proheat oven to 335 degrees F. In, 4-quart Immerproof casserole, heat oil over medium-high heat; add veal and brown well on all sides. Add wine and brigg to a boil; ever, transfer to oven, and bake, uncovered, until veal is tender, about 15 minutes longer. Remove veal to serving plate and keep warm.

Return casserole to stove-top and bring vegetable mixture to a boil; sit in dissolved cornstarch and cook. Sit constantly until mixture is thickened

and cook. Stir constantly, until mixture is thickened and smooth. Slice year and serve with vegetable

(Makes 8 servings, each providing: 4 Protein Exchanges; 1 Vegetable Exchange; ½ Fat Exchange; 20 calories Optional Exchange.)

CARROT-POTATO LATKES (PANCAKES)

CARROT-POTATO LATKES (PANCAKES)
1 culp coarsely chopped carrots
6 ors, pared postaces, chopped
½ cup coarsely chopped onlon
2 eggs
3 Tbsp, matto meal
1 tsp, sall
¼ tsp, each thyme leaves and pepper
1 Tbsp, plos 1 tsp, vegetable oil, divided
In work bowl of food processor, using grating attachment, grate carrots, potatoes, and onlon; pour
mixture into mixing bowl and stir in eggs, matzo
meal, salt, thyme and pepper. Brush 9-inch nonstick
akillet with 1 tsp, oil and heat over high heat; drop
carrot mixture by tablespoon into skillet, forming 4
equal latkes. Using the back of a spoon, press top of
each pancake to flatten slightly. Reduce heat to
medium and cook until latices are browned on bot
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COCONUT 'N' FRUIT CANDY

OOCONOT N FRUIT CANDY
% cup chusk-xiple peans thatter
12 dried apricot halves, chopped
% cup plus 2 tsp, golden ratins, chopped
4 large plitted prunes, chopped
1 Tosp, plus 1 tsp, firmly packed light brown sugar
2 tsp, vanilla extract 2 tsp. vanilla extract
¼ tsp. ground cinnamon
1½ cups nonfat dry milk powder

14 cup water 1 egg white 1/2 cup plus 2 tsp. shredded coconut

In bowl combine peanut butter with fruits, sugar, vanilla, and cinnamon. Add milk powder and using fork, sit to combine. Add water and sit mull combined; using your fingers, knead mixture until well beinede. Divide mixture into 32 pieces and roll each into a 1-inch bail, dip each bail into egg white, then roll into econout. Set on plate, cover tightly and refrigerate for 1 hour. Serve 4 candles per portions.

tions. (Makes 8 servings, each providing: 1 Protein Ex-change; 1 Fat Exchange; 1 Fruit Exchange; ½ Milk Exchange; 35 calories Optional Exchange.)

PUMPKIN-RAISIN MUFFINS

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1% cups all-purpose flour

1% tsp, double-acting baking powder

% tsp, each delinamon

% tsp, each baking soda and ground allspice

% tsp, each ground nutneg and salt

% cup dark raisins

% cup reduced-calorie margarine

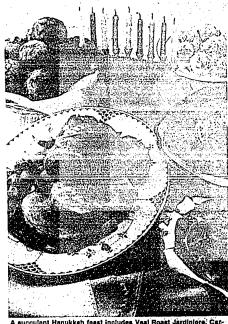
2 Tosp, plus 2 tsp, firmly packed light brown sugar

2 eggs

2 eggs
% cup canned pumpkin
1 tsp. grated orange peel
% cup evaporated skimmed milk

Preheat oven to 350 degrees F. Onto sheet of wax paper or a paper plate sift together flour, baking powder, cinnamon, baking soda, allspice, nutmeg, and salig set alde. In amail bowl toss 1 Thep, of flour mixture with raisins, set aside. In medium mixing bowl, using electric mixer at medium speed, beat together margaraine and sugnituding and orange peel, then gradually beat in remaining flour mixture alternately with milk; fold in raisins. Spray eight 24-inch diameter muffin pan cups with nonstick coxing spray and spoon % of batter into each sprayed cup (each will be about % full.) Bake until muffins relightly browned. 36 to 35 minutes.

(Makes 8 servings, each providing: 1 Bread Exchange; % Vegetable Exchange; 1 Fat Exchange; 60 calories Optional Exchange.



A succulant Hanukkah feast includes Veal Roast Jardiniere, Car-rot-Potato Latkes and Coconut 'n' Fruit Candy.

Knife know-how simplifies buying

Good knives are one of the cook's most important tools. But, if you're just starting out, the realm of cuttery can be a bit overwelming. Professional chefs and food authorities suggest you buy just what you need and that you buy the best quality you

can aford.

A four-piece cutlery set consisting of the follow-ing with handle most food preparations:

2 to 4-inch parer — Used for cleaning and paring fruits and vegetable:

5 to 6-inch utility—An all-round knife that can be used for most kitchen tasks

8 to 10-inch sileer — Used for sileing cooked

8- to 12-inch chef's knife — A must for chopping, dicing and mincing.

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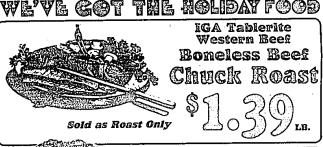
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