

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 holiday 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 Inc.

The staples of the Hanukkah feast includes Veal Roast Jardiniere, Carrot-Potato Latkes (pancakes) and Coconut 'n' Fruit Candy which can be prepared with ease by following the recipes allowed on Weight Watchers Quick Start program.

VEAL ROAST JARDINIERE

1 garlic clove, minced
1 tsp. salt
1/4 tsp. each rosemary leaves, crushed, and pepper
2-1/2 lb. rolled boneless veal shoulder
1 Tbsp. plus 1 tsp. olive oil
1/4 cup each dry wine and water
1 cup cubed white turnips (1-inch cubes) and carrot chunks (1-inch pieces)
1 cup each cut or frozen asparagus (2-inch pieces) and quartered mushrooms
2 tsp. cornstarch, dissolved in 1 Tbsp. water
In small bowl, using fork, mix together garlic, salt, rosemary, and pepper. With a tip of a sharp knife, cut about a dozen slits, each about 1 inch deep, over tops and sides of veal; insert some garlic mixture into each slit and sprinkle any remaining garlic mixture over roast.

Preheat oven to 325 degrees F. In 4-quart flame-proof casserole, heat oil over medium-high heat; add veal and brown well on all sides. Add wine and bring to a boil; cover, transfer to oven, and bake for 1 1/2 hours. Add turnips and carrots 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; stir in dissolved cornstarch and cook. Stir constantly, until mixture is thickened and smooth. Slice veal and serve with vegetable mixture.

(Makes 8 servings, each providing: 4 Protein Exchange; 1 Vegetable Exchange; 1/2 Fat Exchange; 20 calories Optional Exchange.)

CARROT-POTATO LATKES (PANCAKES)

1 cup coarsely chopped carrots
6 ozs. pared potatoes, chopped
1/2 cup coarsely chopped onion
2 eggs
3 Tbsp. matzo meal
1 tsp. salt
1/4 tsp. each thyme leaves and pepper
1 Tbsp. plus 1 tsp. vegetable oil, divided

In work bowl of food processor, using grating attachment, grate carrots, potatoes, and onion; pour mixture into mixing bowl and stir in eggs, matzo meal, salt, thyme and pepper. Brush 9-inch nonstick skillet 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 latkes are browned on bottom; turn latkes over and cook until brown on the other side. Using remaining oil and carrot mixture, repeat procedure 3 more times, making 12 more latkes. Serve 4 latkes per portion.

(Makes 8 servings, each providing: 1/2 Protein Exchange; 1/2 Bread Exchange; 1/2 Vegetable Exchange; 1 Fat Exchange; 25 calories Optional Exchange.)

COCONUT 'N' FRUIT CANDY

1/2 cup chunk-style peanut butter
12 dried apricot halves, chopped
1/4 cup plus 2 tsp. golden raisins, chopped
1 large pitted prune, chopped
1 Tbsp. plus 1 tsp. firmly packed light brown sugar
2 tsp. vanilla extract
1/4 tsp. ground cinnamon
1 1/2 cups nonfat dry milk powder
1/4 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, stir to combine. Add water and stir until blended; using your fingers, knead mixture until well blended. Divide mixture into 32 pieces and roll each into a 1-inch ball, dip each ball into egg white, then roll into coconut. Set on plate, cover lightly and refrigerate for 1 hour. Serve 4 candies per portions.

(Makes 8 servings, each providing: 1 Protein Exchange; 1 Fat Exchange; 1 Fruit Exchange; 1/2 Milk Exchange; 35 calories Optional Exchange.)

PUMPKIN-RAISIN MUFFINS

1 1/2 cups all-purpose flour
1 1/2 tsp. double-acting baking powder
1/4 tsp. ground cinnamon
1/4 tsp. each baking soda and ground allspice
1/4 tsp. each ground nutmeg and salt
1/4 cup dark raisins
1/4 cup reduced-calorie margarine
2 Tbsp. plus 2 tsp. firmly packed light brown sugar
2 eggs
1 cup canned pumpkin
1 tsp. grated orange peel
1/2 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 salt; set aside. In small bowl toss 1 Tbsp. of flour mixture with raisins; set aside.

In medium mixing bowl, using electric mixer at medium speed, beat together margarine and sugar until fluffy; add egg pumpkin and orange peel, then gradually beat in remaining flour mixture alternately with milk; fold in raisins. Spray eight 2 1/2-inch diameter muffin pan cups with nonstick cooking spray and spoon 1/4 of batter into each sprayed cup (each will be about 1/4 full). Bake until muffins are lightly browned, 30 to 35 minutes.

(Makes 8 servings, each providing: 1 Bread Exchange; 1/2 Vegetable Exchange; 1 Fat Exchange; 60 calories Optional Exchange.)



A succulent Hanukkah feast includes Veal Roast Jardiniere, Carrot-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 cutlery can be a bit overwhelming. Professional chefs and food authorities suggest you buy just what you need and that you buy the best quality you can afford.

A four-piece cutlery set consisting of the following will handle most food preparations:

- 2- to 4-inch parer — Used for cleaning and paring fruits and vegetables
- 5- to 6-inch utility — An all-round knife that can be used for most kitchen tasks
- 8- to 10-inch slicer — Used for slicing cooked meats
- 8- to 12-inch chef's knife — A must for chopping, dicing and mincing.

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