



## Planning makes 'lite' of holiday parties

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bowls and relish trays and fill up on the good stuff.

Physically remove yourself from sweet tables, deli trays and junkie snack foods. Better yet, move the junk food to other parts of the room, close to people you wish to avoid. A great way to help keep holiday drinking in check is to enjoy one, then down a tall, non-alcoholic soda, spritzer or water. This will not only give you a feeling of fullness, but will also increase your elimination and will make it twice as difficult to get "buzzed."

If you are a natural party person and find yourself being invited to one party after another, knowing your host or hostess puts out a spread of twinkies and Margueritas, bring along a "gift" of good health and eating to share with the other guests.

A basket filled with homemade tabouli and some fresh pita triangles for dipping, a sampling of finger-fresh fruits arranged around a bowl of honey-yogurt dip or some julienned exotic vegetables like Jerusalem artichokes, jicama, pattypan squash, fluted mush-

rooms and different dips are always appreciated.

**OFFER TO PUT** the tray out and watch as your special gift will probably be devoured faster than the greasy meatballs and bacon-wrapped livers.

If you're planning to throw the party-to-bent-all-parties yourself, a little strategic planning and a stop at a local health food store and produce stand will open up exciting ideas on how-tos for great food that will be sure to arouse even the most discriminating palates.

How about a "fake drink and fake fur" bash, asking your guests to wear something fake and bring ingredients and a recipe for a great non-alcoholic drink that will fake out everyone's taste buds.

Remember the saying, "You can never be too rich or too thin?" Merely being thin is not enough to make you have a more rewarding life. Being slim, attractive, full of pep and new-found vitality may open the way to a happier, healthier and perhaps even a longer life.

Here's a few of our favorite health recipes with complete nutritional



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— Chef Larry Janes

breakdowns to help you enjoy the holidays with pizzazz — and with a discriminating palate.

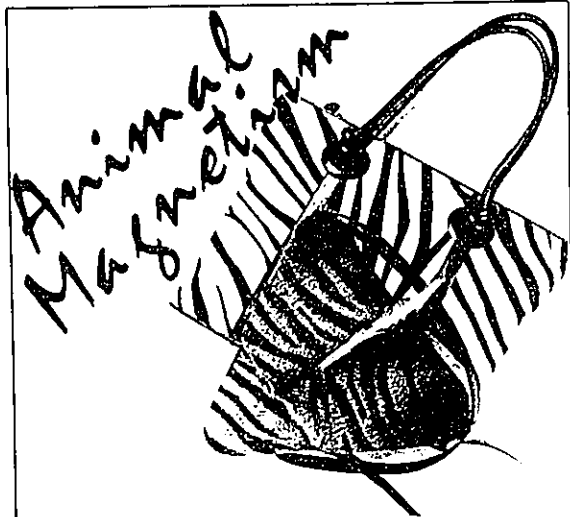
### BROCCOLI DIP

(makes almost 3 cups)

1 (10 oz) pkg. frozen broccoli, cooked, drained, cooled  
¼ cup cottage cheese

¼ tsp. thyme  
¼ cup plain yogurt  
¼ tsp. marjoram  
3 green onions, chopped fine  
3 hard boiled eggs, whites only  
½ cup fresh parsley, chopped

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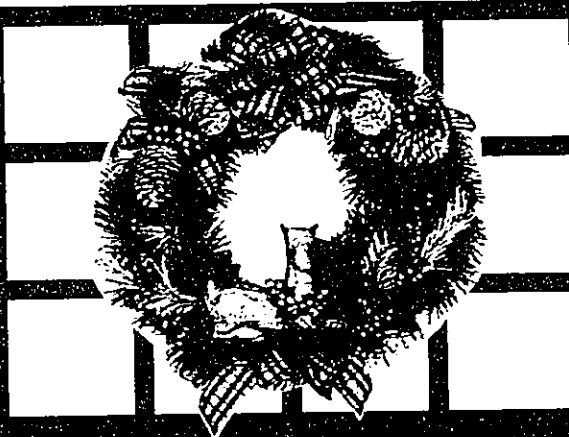


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