

# Take energizing walks to stay skinny in winter

In winter, we tend to use cold weather as an excuse to binge on comforting calorie-laden foods, gaining extra pounds that we fret about only when the first cheery robin appears on the scene. By then, it's too late.

Living in Michigan gives us the opportunity to enjoy the variety of colors and sounds that each season brings. Cold weather is no excuse not to take energizing walks. All that's needed is a wool cap, a long scarf, gloves and a warm jacket. And if, by chance, the temperature does fall far below zero, we can always get out and walk in the malls.

Skiing and skating are also invigorating sports that encourage the mind as well as the body. The important thing to remember is to move. Plan activities, do things, go places and stay active.

There are certain foods which, I believe, were created just for winter. Hot soups, freshly baked herbed breads, spiced muffins and steamed vegetables laced with crushed peppers are all rewards of winter. What could be more soothing than a wonderful cup of hot buttered rum, spiced tea, or Brazilian Cocoa 'n' Creme on a cold, crisp day? Spicing up our lives can be as quick as a steaming hot bowl of chili. With proper planning, we can have all of these delicious treats and still lose unwanted pounds or maintain our goal weight.

The best bluish-chaser is feeling good about ourselves, knowing we're taking measures to improve our health and, at the same time, making sure we aren't storing unwanted fat on bodies we want lean for spring.

## HOT BUTTERED RUM

Makes 2 servings  
1 tablespoon firmly packed dark brown sugar  
2 teaspoons whipped sweet butter  
dash ground cloves  
Zest of 1 small orange, removed in 1 long strip, then cut in half (The strip of the orange is the peel without any of the pith — the white membrane. To remove zest from orange, use a zester or vegetable peeler. Wrap orange in plastic wrap and refrigerate for use at another time).  
1 cinnamon stick (10 inches), broken in half (If 10-inch cinnamon stick is not available, substitute 2-inch cinnamon sticks).



## Lite success

### Florine Mark

6 whole cloves  
1 cup brewed tea (hot)  
1/2 cup unfermented apple cider or apple juice (no sugar added)  
1/4 cup dark rum

In small bowl combine sugar, butter and ground cloves, mixing until well blended; set aside. Wrap each strip of orange zest around each cinnamon stick and insert 3 whole cloves into each strip of zest. Trim zest is necessary.

Into each of 2 8-ounce mugs place 1 prepared cinnamon stick and any remaining orange zest; add 1/4 cup tea, 1/2 cup apple cider (or juice), and 2 tablespoons rum and stir to combine. Top each portion with half of the sugar-butter mixture; serve immediately.

Each serving provides: one fruit exchange, 120 calories optional exchange.

Per serving: 166 calories; 0.3 grams protein; 2 grams fat; 20 grams carbohydrate; 54 milligrams calcium; 6 milligrams sodium; 5 milligrams cholesterol.

## BRAZILIAN COCOA 'N' CREME

Makes 4 servings  
1/4 cup each granulated sugar and unsweetened cocoa

1/4 teaspoon ground cinnamon, divided  
1/4 teaspoon ground nutmeg

2 cups skim milk  
1 cup strong coffee  
1/4 cup thawed frozen dairy whipped topping

In 1/4 quart saucepan combine sugar, cocoa, one teaspoon cinnamon, one teaspoon nutmeg, add milk and coffee and cook over medium heat, stirring frequently, until cocoa and sugar are dissolved and mixture is heated through, 4-5 minutes (do not boil). Divide into four mugs. Spoon 1/4 of the whipped topping onto each serving of cocoa or fill a pastry bag with a star tip, fill bag with topping, and pipe topping onto cocoa. Sprinkle each serving with 1/4 of the

remaining cinnamon and serve immediately.

Each serving provides: 1/4 milk exchange, 100 optional calories.

Per serving: 132 calories, 5 grams protein; 3 grams fat; 24 carbohydrate; 166 milligrams calcium; 75 milligrams sodium; 2 milligrams cholesterol.

Variation: Brazilian cocoa. Omit whipped topping. Decrease optional calories to 75.

Per serving: 108 calories; 5 grams protein; 1 gram fat; 22 grams carbohydrate; 166 milligrams calcium; 65 milligrams sodium; 2 milligrams cholesterol.

## SPICY TURKEY CHILI

Makes 2 servings

7 ounces ground turkey

1/4 cup chopped onion

1 cup drained canned Italian tomatoes, seeded and chopped

1/4 cup each tomato sauce and water

2 teaspoons chili powder

1 teaspoon each Worcestershire sauce and white wine vinegar

1 bay leaf

1/4 teaspoon each salt and garlic powder

1/4 teaspoon each ground cinnamon, ground allspice, and crushed red pepper

Spray 3-quart saucepan with non-stick cooking spray and heat over medium-high heat; add turkey and onion and, using back of a wooden spoon to crumble meat, cook, stirring occasionally, until turkey is browned, about 5 minutes. Add remaining ingredients and stir well to combine. Reduce heat to low and let simmer, stirring occasionally, until chili is thick, 25-30 minutes. Remove bay leaf before serving.

Each serving provides: 2 1/2 protein exchanges, 2 1/2 vegetable exchanges.

Per serving: 231 calories, 21 grams protein; 11 grams fat, 15 grams carbohydrate, 97 milligrams calcium, 981 milligrams sodium, 67 milligrams cholesterol.

Source: "Weight Watchers Favorite Recipes Cookbook."

# La Rose Market

YOUR FAMILY FOOD STORE  
OUR EVERYDAY PRICES ARE OTHER STORE SPECIALS



31300 5 MILE ROAD  
AT MERRIMAN  
LIVONIA  
313/457-1444



**HOURS**  
Mon.-Sat. 9 A.M. - 9 P.M.  
Sunday 9 A.M. - 6 P.M.  
**PRICES EFFECTIVE**  
FEB. 21st  
THRU  
FEB. 27, 1989



We Reserve the Right to Limit Quantities

# DOUBLE COUPONS

DETAILS INSIDE THE STORE

FRESH CUT DAILY • GRADE A

## CHICKEN BREAST

\$1.37 lb.



WITH  
BACK  
ATTACHED

U.S. NO. 1 FRESH JUICY

## FLORIDA PINK GRAPEFRUIT

25¢ ea.



40 ct.  
size



21 oz. wt.

## VAN de KAMP'S BATTERED FISH FILLETS

\$2.49



## DUNCAN HINES CHOCOLATE CHIP COOKIES

11 oz. wt.

97¢

ASSORTED VARIETIES

## CYCLE DOG GOOD



14 oz. wt.

2/79¢

JIF CREAMY OR CRUNCHY

## PEANUT BUTTER

28 oz. wt.



\$2.97

LaRose COUPON

## HAMILTON • GRADE 'AA' LARGE EGGS DOZEN



67¢

LIMIT ONE PER FAMILY WITH COUPON. EFFECTIVE FEB. 21 THRU FEB. 27, 1989.

LaRose COUPON

## BANQUET FRIED CHICKEN



28 oz. wt.

\$1.97

ADDITIONAL QUANTITIES \$2.27  
LIMIT TWO PER FAMILY WITH COUPON.  
EFFECTIVE FEB. 21 THRU FEB. 27, 1989.

LaRose COUPON

## U.S. NO. 1 • FRESH TASTY CALIFORNIA CARROTS



78¢

3 lb.  
bag

ADDITIONAL QUANTITIES 97¢  
LIMIT ONE PER FAMILY WITH COUPON.  
EFFECTIVE FEB. 21, THRU FEB. 27, 1989.

LaRose COUPON

## 64 FL. OZ. TROPICANA REG. OR HOMESTYLE ORANGE JUICE



\$1.69

ADDITIONAL QUANTITIES \$1.88  
LIMIT TWO PER FAMILY WITH COUPON.  
EFFECTIVE FEB. 21, THRU FEB. 27, 1989.

LaRose COUPON

## PEPSI, VERNORS, SLICE, MT. DEW OR A&W ROOT BEER



2 LITER BOTTLES

89¢

+ DEP.  
ADDITIONAL QUANTITIES 99¢ + DEP.  
LIMIT THREE PER FAMILY WITH COUPON.  
EFFECTIVE FEB. 21 THRU FEB. 27, 1989.

LaRose COUPON

## 91% FAT FREE • MR. TURKEY GROUND TURKEY



87¢

1 LB. ROLL  
ADDITIONAL QUANTITIES 97¢  
LIMIT THREE PER FAMILY WITH COUPON.  
EFFECTIVE FEB. 21 THRU FEB. 27, 1989.

LaRose COUPON

## HEINZ KETCHUP



40 oz. wt.

\$1.69

ADDITIONAL QUANTITIES \$1.97  
LIMIT ONE PER FAMILY WITH COUPON.  
EFFECTIVE FEB. 21 THRU FEB. 27, 1989.

LaRose COUPON

## IN WATER OR OIL STAR-KIST TUNA



59¢

6.5 oz. wt.  
ADDITIONAL QUANTITIES 67¢  
LIMIT FOUR PER FAMILY WITH COUPON.  
EFFECTIVE FEB. 21 THRU FEB. 27, 1989.

# Polenta pairs with veggies

This recipe is from an article "A Cross-Country Skiing Weekend" in the February issue of Gourmet magazine.

## CREAMY POLENTA

WITH GRILLED VEGETABLES

4 cups chicken broth

1/2 teaspoon salt

1 cup yellow cornmeal

3 tablespoons unsalted butter, cut into pieces

1/2 cup freshly grated Parmesan

12 baby carrots, blanched for 2 minutes, drained, and patted dry

12 baby eggplants, halved lengthwise

18 scallions, trimmed  
olive oil for brushing the vegetables and the grill pan

In a large heavy saucepan bring the broth and 2 cups water to a boil, add the salt and the cornmeal in a slow stream, whisking constantly, and cook the mixture over moderately low heat, whisking constantly, for 15 minutes. Stir in the butter, the Parmesan and salt and pepper to taste and, if necessary, whisk in enough water to thin the polenta so that it will just fall from a spoon in a continuous stream.

Keep the polenta warm, its surface covered with a round of wax paper. Brush the carrots, the eggplants and the scallions with the oil and season the vegetables with salt and pepper. Heat a well-seasoned large, ridged grill pan or cast-iron skillet over moderately high heat, brush it with the oil, and in it grill the vegetables, covered, in batches for 5 to 7 minutes, or until they are crisp-tender, transferring them as they are grilled to a plate. Divide the polenta among 6 plates and arrange the vegetables on top of it. Serves 6.

# Sara Lee



OUTLET STORES

## President's Day Specials

Plus everyday low prices and unadvertised daily specials!

Senior Citizens get 10% off our already discounted prices every Thursday

## PRE-BAKED CHERRY PIE

99¢



1 lb. 8 oz.

## LARGE NEW YORK CHEESECAKE

\$6.99

68 oz.

## INDIVIDUALLY WRAPPED CHEESE DANISH

10 for \$1.00

2.75 oz.

## CHERRY AND CHEESE COFFEECAKE

89¢



14.5 oz.

Our Sara Lee Products are irregular. All are 100% guaranteed. Prices valid while quantities. Sale ends 2/25/89

Beverly Hills  
31255 Southfield  
647-8280

Sterling Heights  
4115 15 Mile  
979-2340

Westland  
32500 Warren  
422-7799

Traverse City  
2314 Sybrandt  
(616) 947-2100