

# Remember when they told you to eat your oatmeal?

Mother and Grandmother always knew best.  
I remember my mother forcing me to eat a hearty bowl of oatmeal, telling me how important it was. I hated oatmeal. I thought, How could this stuff be good for me? It was lumpy, there weren't any prizes in the bottom of the box and it wasn't frosted.

But I ate it.  
By now most of us have heard that oat bran and oatmeal are good for you. They actually help reduce the amount of cholesterol in our blood. They are widely available in cereals, breads and muffins.

But eating oatmeal doesn't guarantee your cholesterol level will reduce to normal rates. Oats are effective only when they are a part of a low-fat, low-cholesterol, high-fiber diet.

The magic of oat bran is that it is a water-soluble fiber. Black-eyed peas, kidney, navy, lima and pinto beans, carrots, green peas, corn, and prunes are also water-soluble fibers. Each of these is not only good for your digestive system but will help reduce cholesterol levels.

BANANAS, APPLES, pears and oranges also have some soluble fiber, as do sweet potatoes, zucchini and broccoli.  
It is not known exactly how much soluble fiber is needed on a daily basis to lower your blood cholesterol. But if you enjoy oat bran or oatmeal in your daily diet and regularly eat the vegetables and fruits mentioned above, you are heading in the right direction and making a difference.

So now, here I am several years later telling my grandchildren to "eat your oatmeal!"  
I think they are more cooperative than I was, because they don't seem to make the same funny faces and sounds I did. I even believe they enjoy it. And I know why. It does taste good (especially with a bit of honey) and it's good for you.

## Cracking problem of eggs

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**EGGSACTLY SEAFOOD STROGANOFF**  
3 tablespoons margarine or butter  
3 tablespoons all-purpose flour  
1/2 teaspoon dry mustard  
dash salt and pepper  
2 1/2 cups milk  
1 cup flaked crabmeat or shrimp or lobster  
4 hard-boiled eggs, cut into fourths

Heat margarine or butter in a 2-quart saucepan over low heat until melted. Stir in flour, mustard, salt and pepper. Cook over low heat, stirring constantly until smooth and bubbly. (Congratulations, you just made a "roux.")  
Stir in milk, whisking constantly to avoid lumps. Heat to almost a boil and cook for 1 minute. Gently stir in seafood and eggs. Can be spooned over English muffins for a great brunch or dinner.

**BAKEY-EGGY** (tastes better than it sounds)  
1/2 cup seasoned breadcrumbs  
2 tablespoons butter or margarine, melted  
3 hard-boiled eggs, sliced  
4 slices bacon, chopped  
1 cup sour cream  
1/2 small onion, chopped fine  
1 tablespoon milk  
dash salt and pepper  
1 cup shredded cheddar cheese

Toss breadcrumbs with margarine; sprinkle onto the bottom of an 8-by-8-inch or similar square or round baking dish. Layer egg slices over breadcrumb mixture.  
Cook bacon until crispy; drain. Mix bacon with sour cream, onion, milk, salt and pepper. Pour over hard-boiled eggs; top with shredded cheese. Bake at 350 degrees, uncovered, for 15 minutes. Great with biscuits.

## clarification

The recipe for Rock Buns by Theresa Hason of Livonia that appeared in the Monday, March 13, Taste pages calls for baking powder, as listed in the ingredients, and baking powder instead of baking soda, as listed in the directions on mixing ingredients.

Now - breast cancer has no place to hide in Michigan. Call us.

**Lite success**  
**Florine Mark**

Believe me.

**DOUBLE CHERRY BARS**  
Makes 8 servings  
3/4 cup all-purpose flour  
3 ounces oat bran  
1 teaspoon grated orange peel  
1/2 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1/2 cup granulated brown sugar (12 calories per teaspoon)  
2 large eggs, lightly beaten  
2 teaspoons margarine  
20 dried cherries  
8 maraschino cherries, chopped  
1 tablespoon confectioners sugar

Preheat oven to 325 degrees. Line an 8-inch-square baking pan with foil to extend above the sides; spray with non-stick cooking spray; set aside. In medium bowl, combine first six ingredients. In large bowl, whisk sugar and eggs until combined; beat in margarine and vanilla extract with 1/4 cup hot water. Gradually add egg mixture to dry ingredients; fold in cherries and mix until combined. Pour into prepared pan; bake 25 minutes, or until toothpick inserted in center comes out clean.

Cool in pan on rack 10 minutes; invert onto wire rack; peel off foil; invert again and let cool completely. In cup, combine confectioners' sugar with 1/4 teaspoon water. Drizzle top with sugar mixture; cut into eight

bars. Store in covered container in refrigerator.  
Each serving provides: 1/4 protein exchange, 1/4 fat exchange, 1/4 fruit exchange, 55 calories optional exchange.  
Per serving: 169 cal, 5 g pro, 4 g fat, 29 g car, 151 mg sod, 69 mg chol.  
Source: Weight Watchers Magazine, March 1989

### HIGH-FIBER APPLE MUFFINS

Makes 16 servings  
1 1/4 cups buttermilk  
3 ounces ready-to-eat natural high-fiber bran cereal  
1 egg, lightly beaten  
2 teaspoons each margarine, melted, and honey  
1 pound apples, cored, pared, and diced  
16 large pitted prunes, diced  
3/4 cup each whole wheat flour and all-purpose flour  
2 tablespoons firmly packed dark brown sugar  
1 1/4 teaspoons double-acting baking powder  
1/4 teaspoon ground cinnamon  
1/4 teaspoon each baking soda and

ground nutmeg  
1/4 teaspoon salt

In large mixing bowl combine buttermilk, cereal, egg, margarine and honey; stir to combine and let stand until cereal softens, three to four minutes.

Preheat oven to 375 degrees. In medium mixing bowl combine remaining ingredients, stirring to combine; add to cereal mixture and stir until combined. Spray twelve 2 1/2-inch-diameter muffin-pan cups with non-stick cooking spray; fill each cup with an equal amount of

batter (each will be about 1/4 full). Bake for 30 minutes (until muffins are browned and toothpick, inserted in center, comes out dry). Remove muffins to wire rack and let cool for 5 minutes; invert muffins onto wire rack and let cool completely.

Each serving provides: 1 bread exchange, 1/4 fat exchange, 1 fruit exchange, 40 calories optional exchange.

Per serving: 177 cal, 5 g pro, 3 g fat, 37 g car, 87 mg cal, 235 mg sod, 24 mg chol, 6 g dietary fiber.

Source: Weight Watchers Quick Success Program Cookbook.

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