

Berry-picking season means summer fun

Berries, berries abound! Mmmmm. It's heavenly biting into freshly picked Michigan berries at this time of year.

I'm sure you've noticed the produce department at your local supermarket: Strawberries, raspberries, blueberries and cherries are displayed and kept in constant supply.

Berries are the best. They're healthy — rich in vitamin C, potassium and fiber. Summer-time dieters will love the fact that berries are also low in calories — less than 100 calories per one-cup serving.

Yet, you don't have to rely on the supermarket to provide a variety of berries. You can grow your own, shop at a farmer's market or visit a



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pick-your-own farm. You'll know that you're getting fresh produce this way, plus saving yourself some money.

What's more, picking your own can be a lot of fun. Get your family up early this Saturday morning and grab some empty buckets. Head to one of the picking farms and have

yourself a ball. Remember the sunscreen and wear loose, comfortable clothing, preferably light colors. White is the least absorbent of the sun's rays.

Once you've brought the berries home, refrigerate them in a covered container, rinsing gently just before use.

Besides the fun of just popping them into your mouth, there are many ways to include fresh berries into recipes. Take the opportunity now through the end of August while the Michigan berry season lasts.

Need something fast and frothy for the morning rush hour? Blend skim milk, yogurt, fresh berries and honey to make a mighty breakfast shake. Would chocolate-dipped strawberries or a frozen yogurt pop satisfy your sweet tooth? Take pleasure in a treat that is delicious, low in calories and healthy for you.

BLUEBERRY JAM
(Makes 30 servings, two teaspoons each serving)
2 cups thawed frozen or hulled fresh, unweetened blueberries
1 tablespoon fresh lemon juice
1/4 teaspoon ground cinnamon
1/4 cup granulated sugar

In two-quart, microwave-safe bowl, mash berries; stir in lemon juice and cinnamon. Microwave, uncovered, on high 8-10 minutes, stirring twice. Stir in sugar. Microwave, uncovered, on high 3-5 minutes until

mixture comes to a full rolling boil, stirring once. Remove and skim off foam. Pour into hot, clean containers; cover, cool and refrigerate.

Each serving provides: 25 calories optional exchange.
Per serving: 25 cal, 0 g pro., 0 g fat, 5 g car, 1 mg sod, 0 mg chol.
Source: Weight Watchers Magazine, January 1988.

CHOCOLATE-DIPPED STRAWBERRIES
Makes four servings, two strawberries each
2 ounces semi-sweet chocolate chips
5 ounces strawberries, approximately eight berries (with hulls attached)

Place chocolate in one-cup heat-resistant glass liquid measure and microwave on high (100 percent power) until chocolate begins to melt, for 30 seconds. (Cooking time may be different in your microwave oven. To ensure good results, be sure to check for doneness while cooking.)

Stir to combine. Microwave on high (100 percent) until chocolate is completely melted and smooth, 30 seconds longer (cooking time may vary). Stir to combine.

Line a plate with a sheet of wax paper and set aside. Holding 1 berry by the hull, dip berry about halfway into the melted chocolate; set on wax paper-lined plate. Repeat procedure with remaining berries and chocolate.

Place plate of berries in refrigerator and chill until chocolate hardens, approximately 20 minutes. Transfer berries to serving platter and serve immediately or cover loosely with plastic wrap and keep in refrigerator until ready to serve.

Each serving provides: 90 calories Optional Exchange.
Per serving: 82 cal, 1 g car, 9 mg

sod, 0 mg chol, 1 g dietary fiber.

*Chocolate can be melted in the top half of a double boiler. In double boiler-cook chocolate over hot (not boiling) water, stirring frequently, until chocolate is melted and smooth, 2-3 minutes. When melting chocolate, it should not come in contact with water or steam; moisture will cause it to harden.

Source: Weight Watchers Quick Success Program Cookbook.

FROZEN-YOGURT POPS
Makes eight servings
1 tablespoon unflavored gelatin
2 cups raspberries, blueberries or papaya chunks
1 cup plain yogurt
3 tablespoons honey

1/2 cup blackberries or raspberries, or 1/4 medium banana, sliced, or 1/4 medium kiwi fruit, pared and sliced

In small saucepan, sprinkle gelatin over three tablespoons cold water and let stand 5 minutes to soften. Stir over medium heat until gelatin is dissolved and liquid is clear.

In food processor or blender, puree the 2 cups fruit with the yogurt and honey. Add gelatin mixture and puree until smooth.

Position 8 plastic pop molds* upright in base stand and divide yogurt mixture evenly among them. Place an equal amount of the remaining 1/2 cup fruit in each mold. Place sticks and covers into molds and seal; place in freezer. Freeze 6 hours or overnight. To unmold, run each mold briefly under warm water and slide pop out.

Each serving provides: 1/4 Fruit Exchange, 1/4 Milk Exchange, 30 calories Optional Exchange.
Per serving: 67 cal, 3 g pro, 1 g fat, 14 car, 21 mg sod.

*Or, prepare pops in small, unwaxed paper cups; use clean wooden sticks for handles.

Source: Weight Watchers Low Calorie Sweet Treats Magazine, 1987.

CHERRY COBBLER

Makes 4 servings

40 large sweet cherries (approximately 2 1/2 cups), halved and pitted
1/2 cup all-purpose flour
1 tablespoon plus 1 1/2 teaspoons granulated sugar
1/4 teaspoon grated lemon rind
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1 tablespoon plus 1 teaspoon margarine
1/4 cup skim milk

Preheat oven to 400 degrees. In medium bowl, toss cherries with one tablespoon plus 1 1/2 teaspoons of the flour, the sugar and lemon rind. Spoon evenly into four 4-ounce ramekins or custard cups.

In large bowl, stir the remaining flour with the baking powder and salt. With pastry blender or your fingers, cut in margarine until mixture forms coarse crumbs. Add milk; stir quickly with fork to form a soft dough. (Do not overmix.)

Spoon 1/4 of the dough (approximately 1 heaping tablespoon) onto cherry mixture in each ramekin. Place ramekins on baking sheet; bake 15-20 minutes or until bubbly and crust is golden. Let cool slightly before serving.

Each serving provides: 1 Bread Exchange, 1 Fruit Exchange, 30 calories Optional Exchange.

Per serving: 216 cal, 4 g pro, 5 g fat, 40 g car, 282 mg sod.
Source: Weight Watchers Low Calorie Sweet Treats, 1987.

How to choose a cooking oil

AP — "No cholesterol," the label proclaims, or "100 percent pure." Shopping for a cooking oil can be confusing. In our pursuit of a lower-fat diet, we wonder which is better. Here's some information to help you decide.

TYPES OF OILS

• Oils are a mixture of three types of fatty acids: saturated, monounsaturated and polyunsaturated. The fatty acids may influence blood cholesterol.

• Saturated fats raise blood cholesterol. Saturated fats are high in palm oil, coconut oil, shortening, lard and butter.

• Polyunsaturated fats appear to lower blood cholesterol.

• Monounsaturated fats also appear to lower blood cholesterol, especially LDL, the so-called "bad cholesterol," without lowering HDL, "good cholesterol."

WHAT TO LOOK FOR

• The most important health consideration when choosing a cooking oil is not whether it contains cholesterol, but rather the amount of saturated fat in the oil. Oils low in saturated fat are more healthful.

• Saturated fat levels vary from oil to oil; coconut and palm oil are most saturated. Other vegetable oils contain saturated fats in much lower levels. You can use any of these in moderation.

CHOLESTEROL CLAIMS

• ALL vegetable oils are cholesterol-free. Only animal fats contain cholesterol.

MORE HEALTH CONSIDERATIONS

• If an oil is low in saturated fat, it's not crucial whether most of the remaining fat is monounsaturated or polyunsaturated. Both corn (mostly polyunsaturated) and olive oil (mostly monounsaturated) can have a healthful place in your kitchen. As a matter of fact, most health professionals encourage a mix.

• Let flavor, cost and cooking performance influence buying decisions. Use olive oil, for instance, for

Tuna steak is so good on the grill

AP — Because they have firm flesh, tuna steaks are perfect for grilling. If you can't find tuna, substitute swordfish or halibut steaks.

GRILLED TUNA STEAKS

4 tuna, swordfish, or halibut steaks, cut 1/2-inch thick (1 pound)
2 teaspoons olive oil
2 teaspoons margarine or butter, melted
2 teaspoons soy sauce
lemon or lime wedges (optional)

Place fish steaks in a well-greased, wire grill basket. Combine oil, margarine and soy sauce; brush some of mixture over fish. Grill fish steaks over medium-hot coals 4 minutes. Turn grill basket; baste fish again with remaining soy mixture. Grill 3-5 minutes more or until fish just flakes with a fork. Serve with lemon or lime wedges, if desired. Makes 4 servings.

BROILING INSTRUCTIONS:
Preheat broiler. Place steaks on greased, unheated rack of broiler pan. Combine oil, margarine and soy sauce; brush some of mixture over fish. Broil 4 inches from heat for 4-6 minutes (no need to turn) until fish just flakes with a fork, brushing occasionally with remaining mixture.

Nutrition information per serving: 190 cal., 28 g pro., 0 g car., 8 g fat, 64 mg chol., 235 mg sodium. U.S. RDA: 76 percent mcln.

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