

# Weight Watchers leader helps battle the bulge

With testing so many delicious dinners, it was inevitable that my waistline would begin to show the effects of my new career.

I think Marlene Bado's turkey tetrazzini, which will be next week's Winner Dinner, was what finally pushed me over the edge and practically out of my seams. Not that her dish was particularly fattening, but rather it was a problem of portion control, i.e., self-control. We all know that nothing tastes better than a reheated day-old casserole, especially when it is the perfect antidote for frazzled mid-afternoon nerves as well as for quieting a sizzling stomach.

As I swallowed the last bite, I made up my mind that something had to be done... soon! Within the week, another friend and I headed off to our first Weight Watchers meeting, bountiful for glory and a return to svelteness. There we met our leader, Mick Berg, who warmly welcomed us to the program.

After being weighed in and establishing our individual goal weights, we settled in for the hour-long discussion that left us feeling more determined than ever to lose the ring around the middle.

KNOWING THAT I'm not alone in my battle of the bulge, I suggested to Berg that she send in one of her family's favorite dinners. She willingly complied and provided a recipe for Oriental Pepper Chicken Stir Fry served with rice that is as delicious as it is delightful.

As well as working full time as a Weight Watchers leader, Berg is the busy mother of six children who range in age from 11-20. Having lost 65 pounds herself, she totally embodies the Weight Watchers program, as it is nutritionally balanced and it teaches eating-management tips that can be tailored to any life style.

Berg's enthusiasm and genuine caring for others is evident in the way in which she conducts her meetings. Through her own experience, she effectively reaches out to others and helps them learn how to become "fat-free fit." Her efforts have enhanced and enlightened many lives.

Having been with Weight Watchers since 1983, Berg has been director of the Inner Circle program since 1987. The program is designed for people who prefer a smaller group. Membership is limited to 12 people and is by reservation only. Inner Circle members more personal attention and support from the



family-tested winner dinner

**Betsy Brethen**



JERRY ZOLYNSKY/staff photographer

Micki Berg's Winner Dinner entree is an Oriental Pepper Chicken Stir Fry served over rice.

group and from the leader.

Readers, if any of you have local, tasty recipes, I heartily encourage you to send them. My waist-

line would appreciate it.

Submit your recipes to be considered for publication in this col-

Observer & Eccentric

## Winner Dinner

### Menu

**ORIENTAL PEPPER CHICKEN STIR FRY**  
**RICE**  
**FROZEN YOGURT WITH FRESH FRUIT**

### Recipes

#### ORIENTAL PEPPER CHICKEN STIR FRY

This quick and easy dish takes only 20 minutes to prepare from start to finish. It is served over rice, which should be cooked according to the directions on the box. It amply feeds 4 people but can be increased to feed 6, simply by adding more vegetables. As a variation, use turkey breast meat or scallops and other vegetables such as peas, broccoli and carrots.

- 1 1/2 pounds chicken breast, boned and skinned, cut into 1-inch pieces
- 1/2 cup green bell peppers, sliced thinly
- 1/2 cup red bell peppers, sliced thinly
- 1 cup celery, sliced diagonally
- 1 cup mushrooms, sliced
- 3 ounces water chestnuts, drained and sliced

Put 2 tablespoons sesame oil in a 12-inch skillet or sauce pan. Heat oil until hot and, add the chicken. Stir

for approximately 5-7 minutes and then add the following sauce.

- 1 cup bouillon broth, thickened with 1 tablespoon cornstarch (bouillon broth is made from 1 chicken bouillon cube and 1 cup water)
- 2 tablespoons reduced sodium soy sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger

Add this to the chicken and then add the vegetables until they are cooked al dente. Serve over rice. Use 2 cups uncooked rice which yields 4 cups cooked rice.

#### FROZEN YOGURT WITH FRESH FRUIT

Buy a pint of yogurt ice cream in the flavor of your choice. Scoop into individual dishes and garnish with fresh fruit, such as raspberries, strawberries or peach slices. A refreshing and low-cal condiment to a tasty dinner.

### Shopping List

- 1 1/2 pounds chicken breast
- 1 green bell pepper
- 1 red bell pepper
- celery
- mushrooms
- sliced water chestnuts (3 ounce can)
- sesame or olive oil
- chicken bouillon cubes
- reduced sodium soy sauce
- garlic powder
- ground ginger
- rice
- 1 pint yogurt ice cream
- your choice of fruit to be served with the yogurt

### Notes

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