

# Nutritionist helps grocery shoppers get smart

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the new products, but also issued a warning.

"Don't think that just because something like this is lower calorie, you can eat all you want," she said. "You still need to watch the portion size. Sometimes it's better to divide it into portions as soon as you buy it so you don't get carried away."

A FEW MEMBERS of the group were getting carried away, and had to be placed on a diet. "Pick a diet margarine," was Posner's advice. "Even if your weight is okay, you'll be getting half the fat."

For salad dressings, another potential source of fat and calories, Posner offered samples of several reduced-calorie dressings, including

a Richard Simmons line that you squirt on rather than pour. For restaurant meals, she recommended some reduced-calorie dressings that come in individual servings and can be brought along.

When the tour ended, all the women seemed to think that their morning had been well spent.

"I learn so much from her," said Linda Hernandez, a client of Posner's and the one who organized the tour for her friends. "There's so much information and so many misconceptions out there about different products. Gail cuts through it all and tells you what you need to know."

Although Posner offered many tips on how to eat more nutritiously, she does not recommend people try to change their eating habits over-

night. Instead she encourages people to make gradual changes they can stick with.

Posner has two tours coming up which cost \$15 and are open to anyone who is interested. Tours will take place at 9:30 a.m. and 7:30 p.m. Wednesday, March 14, and 7:30 p.m. Wednesday, March 21. For reservations, call 354-4450.

## CHICKEN PICCATA

1 1/4 pounds chicken or turkey breasts (boneless and skinless)  
2 tablespoons flour  
pepper to taste, or Mrs. Dash  
2 tablespoons low-calorie margarine  
1/2 cup chicken bouillon  
2 tablespoon lemon juice  
6 paper-thin lemon slices  
Pound chicken into thin cutlets be-

tween sheets of wax paper with a mallet. Mix together flour and pepper and dredge chicken lightly in seasoned flour, shaking off excess. Melt margarine in a skillet and saute chicken 2-3 minutes on each side, or until golden. Remove chicken and set aside. Add chicken bouillon and lemon juice to skillet, bring to a boil, and boil 1-2 minutes. Return chicken to skillet and place a lemon slice on each cutlet. Cover and simmer 5 minutes, or until chicken is tender.

Remove chicken with slotted spoon and place on a heated serving platter; reserve pan liquid. Surround chicken with cooked lemon slices. Cook liquid over medium-high heat until reduced to a thin syrupy glaze. Pour sauce over chicken. Makes 4 servings.

Each serving contains about: 222 calories, 8 gm fat, 33 gm protein, 402 mg sodium (use salt-free chicken stock to reduce sodium), 89 mg cholesterol and 4 gm carbohydrates.

## POTATO KEBABS

2 small potatoes — each cut into 8 wedges  
4 large mushrooms  
1/2 large tomato, cut into quarters  
1/2 green pepper, cut into quarters  
4 pieces onion  
paprika  
2 teaspoons soy sauce  
Molly McButter  
4 bamboo skewers

Place potato wedges in a saucepan with 1 inch cold water. Bring to a boil, add potato wedges, cover and cook 10 minutes. Place partially cooked potato wedges on bamboo skewer, alternating with mushroom, tomato, green pepper and onion pieces. Brush with soy sauce, sprinkle with paprika and Molly McButter. Spray cookie sheet with vegetable cooking spray. Place skewers on cookie sheet. Bake 20 minutes in 350-degree oven. Serves 2.

Each serving (2 skewers) contains about: 100 calories, 42 mg sodium, 4

gm protein, 0 mg cholesterol, 0 gm fat and 23 carbohydrates.

## SKINNY DIP

1/2 cups low-calorie mayonnaise  
1 1/2 cups low-fat (or non-fat) plain yogurt  
4 green onions, chopped  
1 (10-ounce) package frozen chopped spinach, thawed, drained and squeezed dry  
1 package Knorr's vegetable soup mix

Combine mayonnaise, yogurt and onions. Fold in spinach. Serve with cut raw vegetables. Makes 2 1/2 cups. Each 1 tablespoon serving contains about: 26 calories, 15 mg sodium, 3 gm fat and 3 mg cholesterol.

## RICE CAKES PLUS

Try popcorn cakes or corn cakes. Much better tasting than rice.

Try some new toppings: top with low-fat cottage cheese; sprinkle with cinnamon and sugar, and brull. Spread with unsweetened applesauce or apple butter, and top with a few apple slices.

Top with a little salsa. Top with Cheese Smart, a no-fat, no-cholesterol product.

# Chef Larry gives beef stew recipe

## MOMMA'S BEEF STEW WITH RED WINE

4-5 pounds top rump of beef  
4 tablespoons oil  
3 carrots, pared and cut into chunks  
2 medium onions, cut into chunks  
2 cloves garlic, smashed

2 cups dry red wine  
bouquet garni (peppercorns, bay leaf, thyme and parsley wrapped and tied in cheesecloth)  
1 pound salt pork

Have the beef rolled and tied by the butcher. Heat the oil and add the salt pork, beef roast, carrots, onions and garlic. Cook over low heat for 15 minutes, and when the fat begins to run from the salt pork and the onions begin to caramelize, pour in the red wine. Toss in the bouquet garni and cover with a tight-fitting lid. Place in a cold oven and turn the heat to 250 degrees. Allow to slow-roast for 8 hours.

## BAKED, CARAMELIZED BROWN ONIONS

6 medium onions, peeled  
3 tablespoons oil  
3 tablespoons butter  
2 tablespoons sugar  
salt and fresh ground pepper to taste

Peel onions, set aside. In the bottom of a heavy, cast-iron frypan, heat the oil and the butter over low heat. Add the whole onions. Sprinkle with sugar, salt and pepper and cook onions over medium-low heat until lightly browned and beginning to

caramelize. Cover and place cast-iron skillet in a cold oven. Set oven temperature to 350 degrees and bake onions, covered for 45 minutes, turning once to ensure caramelization on all parts of the onion.

## cooking calendar

### Chili cook-off

Chili cooks are being invited to register to participate in the 11th annual Great Chili Cook-Off sponsored by the National Kidney Foundation

of Michigan on Saturday and Sunday, May 5-6, at the Washtenaw Farm Council Grounds, just outside of Ann Arbor.

Registrations are being accepted through Thursday, March 15. To receive a registration form, call the National Kidney Foundation of Michigan toll-free at 800-482-1455.

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