

Summer can be a picnic with low-calorie food

Summertime and picnics go together like baseball and hot dogs. Now, thanks to Weight Watchers, summertime picnics and a weight-loss plan team up just as successfully — and with just as much fun!

"To be effective, a weight-loss effort has to be flexible enough to include seasonal activities and favorite foods," said Florine Mark, area director of Weight Watchers. "You shouldn't have to stand out from the others and not participate; you should be able to join in."

This picnic menu from Weight Watchers is a perfect example of how to stay on your weight-loss plan

this summer, without depriving yourself of the traditional foods and fun.

Pack your picnic basket full with a classic crispy "Fried" chicken and creamy Waldorf potato salad. For dessert try Tropical Oatmeal Cookies and fresh slices of watermelon. Bring your own low-calorie thirst-quencher — a cooling fruit juice spritzer made with seltzer and a splash of fruit juice, kept ice cold in a thermos. All recipes are from the new "Weight Watchers Healthy Life-Style Cookbook."

"FRIED" CHICKEN
Cornflake crumbs provide the



Lite success

Florine Mark

crispy coating for the chicken in this recipe. Prepare the crumbs by processing the cereal in a blender or food processor or save time and purchase the packaged crumbs.

1/2 cup plus 2 teaspoons lowfat buttermilk (1 percent milk fat)
1 pound 2 ounces chicken parts, skinned
1 1/2 ounces cornflake crumbs
2 teaspoons sesame seed
Preheat oven to 350 degrees Fahrenheit. Pour buttermilk into shallow bowl; add chicken and turn to coat.
On paper plate combine cornflake crumbs and sesame seed; dredge chicken in crumb-seed mixture. Arrange chicken on nonstick baking sheet and bake until chicken is browned and crispy, about 40 minutes.

Makes 2 servings
Each serving provides: 3 proteins; 1 bread; 40 optional calories.
Per serving: 280 calories; 28 g protein; 8 g fat; 21 g carbohydrate; 96 mg calcium; 365 mg sodium; 78 mg cholesterol; 0.2 g dietary fiber (this figure does not include sesame seed; nutrition analysis not available).
Approximate total time: 50 minutes (includes baking time; does not include marinating time).

WALDORF POTATO SALAD
1 small apple (about 1/4 pound), cored and cubed

1 tablespoon lemon juice
9 ounces pared cooked all-purpose potatoes, cubed
1/4 cup diced celery
2 tablespoons each diced onion and lowfat buttermilk (1 percent milk fat)
1 tablespoon each reduced-calorie mayonnaise and apple cider vinegar

1/4 teaspoon granulated sugar
1/4 teaspoon salt
dash white pepper
1/4 ounce shelled walnuts, lightly toasted and chopped

In medium mixing bowl combine apple and lemon juice; stir to coat. Add potatoes, celery, and onion and stir to combine; set aside.

In small mixing bowl combine remaining ingredients except walnuts, stirring until thoroughly combined. Pour over apple-potato mixture and stir to coat. Cover and refrigerate until flavors blend, at least 30 minutes.

To serve, sprinkle salad with walnuts.

Makes 2 servings
Each serving provides: 1 fat; 4 protein; 1/4 vegetable; 1/4 breads; 1/4 fruit; 12 optional calories.

Per serving: 200 calories; 4 g protein; 5 g fat; 38 g carbohydrate; 45 mg calcium; 232 mg sodium; 3 mg cholesterol; 4 g dietary fiber.
Approximate total time: 20 minutes (does not include chilling time).

TROPICAL OATMEAL COOKIES
6 ounces uncooked quick oats

1/2 cup all-purpose flour
1/2 cup plus 2 teaspoons dark raisins
1/2 cup granulated sugar
2 tablespoons shredded coconut
1 ounce chopped walnuts
1/2 teaspoon baking soda
1/2 cup plus 1 tablespoon plus 1 teaspoon reduced-calorie sweet margarine (tub), melted, cooled
1/4 cup thawed frozen egg substitute
1 teaspoon vanilla extract

Preheat oven to 375 degrees Fahrenheit. In large mixing bowl combine first 7 ingredients; set aside.

In small mixing bowl combine remaining ingredients; add to oat mixture and stir to combine.

Using half of dough, drop dough by tablespoons onto nonstick cookie sheet, forming 12 equal cookies and leaving a space of about 1 inch between each. Bake in middle of center oven rack until cookies are golden, 10 to 12 minutes. Transfer cookies to wire rack and let cool (cookies will harden as they cool).

Using a cooled cookie sheet, repeat procedure once again, making 12 more cookies.

Makes 12 servings; 2 cookies each.
Each serving provides: 1 fat; 4 protein; 1 bread; 1/4 fruit; 25 optional calories.

Per serving: 163 calories; 4 g protein; 6 g fat; 24 g carbohydrate; 15 mg calcium; 44 mg sodium; 0 mg cholesterol; 2 g dietary fiber.
Approximate total time: 20 minutes (includes baking time).

Dazzle guests with lamb

To keep that summer party exciting, you might want to try serving something a little different this year from the usual hamburger and chicken fare. One suggestion is grilled lamb — one of the "in" foods for 1991.

Leaner than ever before, this meat offers great taste and nutrition in a variety of recipes requiring only minutes of preparation.

Favored for the grill are some of the new, smaller lamb cuts now sold in your local supermarket. Very popular for the summer cookout are kebabs, which may be sold prepackaged or easily cut from a sirloin roast or leg.

Taken from the leanest part of the lamb, with only 176 calories per three-ounce serving, kebabs offer a lot of fun on a skewer accompanied by a medley of vegetables or fruits.

To cook your kebabs to perfection, stack briquets in a pyramid and preheat coals 20-40 minutes until bright red and covered with gray ash. After spreading briquets evenly apart, you can test for the proper moderate temperature when you comfortably can hold your palm approximately four inches above the coals for four seconds.

In the recipe, "Stars and Stripes Lamb Kebabs," lamb cubes are marinated in dry red wine or orange juice, broth, grape jelly, red wine vinegar, garlic, rosemary, marjoram, bag leaf, salt and ginger.

When you're ready to start the meal, skewer alternating pieces of lamb and onion, ending with a red pepper star. Once placed on the fire, the kebabs grill in 10-12 minutes. Serve with a Blueberry Rice Salad of fresh blueberries, cooked rice, sliced almonds and a sweet vinaigrette.

LAMB KEBABS
(4 servings)
1 1/2 pounds fresh American lamb sirloin roast, cut into 2 inch cubes
1 small onion, cut into 2 inch strips
1 red pepper, cut into 4 star shapes
1 recipe marinade

MARINADE
1/2 cup dry red wine or orange juice
1/4 cup broth
3 tablespoons grape jelly

3 tablespoons red wine vinegar
2 garlic cloves, minced
2 teaspoons dried rosemary leaves, crushed
2 teaspoons dried marjoram leaves, crushed
1 bay leaf
1 teaspoon seasoned salt
1 teaspoon finely-minced fresh ginger

In medium bowl, blend marinade ingredients. Add lamb cubes, cover, refrigerate and marinate 4-24 hours. Mix several times.

Remove meat from marinade and thread on skewers, alternating meat and onion, ending with red pepper star.

To broil: Place lamb kebabs on cold broiler pan. Broil lamb 4 inches from source of heat 5-6 minutes per side for medium rare.

To grill: Ignite coals in barbecue; allow to burn until bright red and covered with gray ash. Grill lamb kebabs 4 inches from coals 5-6 minutes per side for medium rare.

BLUEBERRY RICE SALAD
3 cups cooked rice
1 cup fresh blueberries
1/2 cup toasted sliced almonds
1/4 cup sweet vinaigrette

In medium bowl, combine rice, blueberries, almonds and vinaigrette. Toss and serve with kebabs.

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