## Summer can be a picnic with low-calorie food

Summertime and picutes go together like baschall and hot dogs. Now, thanks to Weight Watchers, summertime picutes 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 clude seasonal activities and lavor-

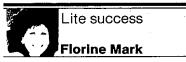
clude seasonal activities and lavor-tie foods, 'said Florine Mark, area director of Weight Watchers. "You shouldn't have to stand out from the others and not participate; you should be able to join in!" This picule menu from Weight Watchers is a perfect example of how to stuy on your weight-loss plan

with lamb

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

Pack your picnic basket full with

Pack your pionic basket full with a classic crisp. "Fried" chicken and creamy Waldorf potato salad. For dessert try Tropical Oatmeal Cookles and fresh silces of watermelon. Bring your own low-caloric thirst-quencher—a cooling fruit juice spitzer made with seltzer and splash of fruit juice, kept lee cold in a thermos. All recipes are from the new "Weight Watchers Heathy Life-Style Cookbook."
"FRIED" CHICKEN
Cornflake crumbs provide the



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.
% cup plus 2 teaspoons lowfat but-

termilk (i percent milk fast)
1 pound 2 ounces chicken parts,
skinned
1½ ounces cornflake crumbs
2 teaspoons sesame seed
Preheat oven to 350 degrees
fahrenheit. Poor buttermilk into
shallow bowl; add chicken and turn
to coast.

shallow bow; auc committee 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 min-

Makes 2 servings

Makes 2 servings

Each serving provides: 3 proteins;
1 bread; 40 optional calories;
Per serving: 280 calories; 28 g protein; 8 g fait; 21 g carbohydrate; 96

mg calcium; 385 mg sodium; 78 mg
cholesterol; 0.2 g dietary fiber (this
figure does not include seame seed;
nutrition analysis not available).
Approximate total time: 50 minutes (includes baking time; does not
include marinating time).

WALDORF POTATO SALAD

3 mml lapple (about ¼ pound), cored

i small apple (about ¼ pound), cored and cubed

lowfat buttermilk (1 percent milk fat) tablespoon each reduced-calorie mayonnalse and apple cider vine-gar

mayonasise and apple cider vine-gar

'4 teaspoon salt
dash white pepper
'4 onnce shelled walnuts, lightly
toasted and chopped
In medium mixing bowl combine
apple and lemon julice; stir to coat,
Add potatoes, celery, and onion and
stir to combine; set aside.
In small mixing bowl combine remaining lagredients 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.

utes. To serve, sprinkle salad with wal-

nuts. Makes 2 servings

Makes 2 servings
Each servings provides: 1 fat, 44
protein; 44 vegetable; 146 breads; 46
fruit; 10 optional calories, 4 g protein; 5 g fat; 38 g carbohydrate; 45
mg calclum; 222 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 miles care

% cup all-purpose flour
% cup plus 2 teaspoons dark raisins
% cup praudated sugar
2 tablespoons shredded ecconut
1 oance chopped walnut
% teaspoon baking sods
ye cup plus 1 tablespoon plus 1 teaspoon reduced-tablet seveet margarine; (use flower eye substitute
the flower eye babilitate

14 cup thawed frozen egg substitute 1 teaspoon vanilla extract

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

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 tablespoorfuls onto nonstick cookies and leaving a space of about 1 inch between each. Bake in middle of center, oven rack until cookies are golden, old to 12 minutes. Transfer cookies to wire rack and let cool (cookies will harden as they cool).

Using a cooled cookies will harden as they cool).

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

Makes 12 ervings, 2 cookies each.

12 more cookies.
Makes 12 servings, 2 cookies each.
Each serving provides: 1 fat; ¼
protein; 1 bread; ¼ fruit; 25 optional
calories.

calories.

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



Lamb Kebabs accompanied by a medicy of vegetables offers great taste and nutrition.

3 tablespoons red wine vinegar 3 garile cloves, minced 2 teaspoons dried rosemary leaves, crushed

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

Mix several times.

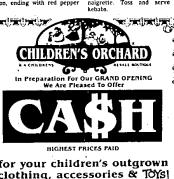
Remove meat from marinade and thread on skewers, alternating meat and onion, ending with red pepper

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

To grill: Ignite coals in barbecue; ailow to burn until bright red and covered with gray ash. Grill lamb kebabs 4 inches from coals 5-6 min-2 teaspoons ories vocacrushed
2 teaspoons dried marjoram leaves,
crushed
1 bay leaf
1 teaspoon stasoned salt
1 teaspoon finely-minced
2 teaspoon finely-minced
3 teaspoon finely-minced
4 teaspoon finely-minced
5 teaspoon finely-minced
6 teaspoon finely-minced
7 teaspoon finely-minced
8 teaspoons finely

BLUEBERRY TRUE PROPERTY 3 cups cooked rice 1 cup fresh blueberries 1/2 cup toasted sliced almonds 1/2 cup sweet vinaigrette In medium bowl, combine rice, blueberries, almonds and viin medium bowl, combine rice, blueberries, almonds and vi-naigrette. Toss and serve with kebabs.





Transpoors grape jelly

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1 recipe marinade
MARINADE
55 cup dry red wine or orange juice
54 cup broth
3 tablespoons grape jelly

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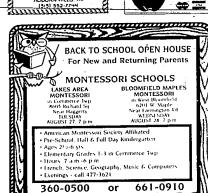
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