

Toss up Start the day with salad

Watching your weight and looking for a new warm weather breakfast or brunch idea? Try a breakfast salad.

The breakfast salad got its start in California where an abundance of fresh produce is readily available year 'round. Colorful mixtures of fruits and vegetables drizzled or tossed with a sweet or savory yogurt-based "dressing" make a cool and low-calorie way to start the day.

Instead of croissants, breakfast salads call for a ready-to-eat cereal either sprinkled on top or used as a base for the fruits or vegetables. Puffed wheat and rice cereals are smart choices because they're low in calories — just 50 calories in a generous one cup serving.

Save time by slicing, dicing, shredding or cubing the fruits and vegetables the night before; store tightly covered in the refrigerator. The dressing can be made ahead, too. In the morning, pour the cereal into a wide shallow bowl, arrange the fruit or vegetables on the cereal, and top with the dressing. Add juice and coffee, and you're ready to go.

To help get you started, the Quaker Kitchens have created two breakfast salads using Quaker puffed wheat or puffed rice cereal. In addition to being low in calories, the cereals are fat-free, sugar-free, sodi-

um-free and contain no preservatives.

If the savory flavors in huevos rancheros or a vegetable-filled omelet are to your liking, try Garden Patch Salad. Ited bell pepper, green onions and shredded carrot complement the wholesome puffed wheat or rice cereal. The savory Peppercorn Dressing is plain low-fat yogurt flavored with garlic salt, onion powder and freshly ground black pepper.

Traditionalists or those who prefer something a little sweet in the morning will love the Orange-Banana-Rama Salad. The colors are as bright as sunshine, and the flavors will leave you feeling refreshed. Creamy spoonfuls of nonfat vanilla yogurt blended with frozen orange juice concentrate top the sliced fruits and cereal.

For additional low-fat, low-calorie recipes and dining tips, write for your free copy of *Diet Smart*, a new brochure from The Quaker Oats Company. Send your name and complete address to: Diet Smart, 1147 W. Jackson Blvd., Chicago, Ill. 60607. Offer good while supplies last.

GARDEN PATCH SALAD

1 cup puffed wheat or puffed rice cereal
2 tablespoons chopped red bell pepper
2 tablespoons sliced green onions

2 tablespoons shredded carrots
1/2 tablespoons Peppercorn Salad Dressing

Pour cereal into medium bowl; arrange vegetables on top of cereal. Top with Peppercorn Salad Dressing. Serve immediately. 1 serving.

Nutrition Information: Per serving. Calories 85, Protein 4g, Carbohydrate 15g, Total Fat 1g, Cholesterol 2mg, Dietary Fiber 2g, Sodium 140mg. Percent of calories from fat: 8.

PEPPERCORN SALAD DRESSING

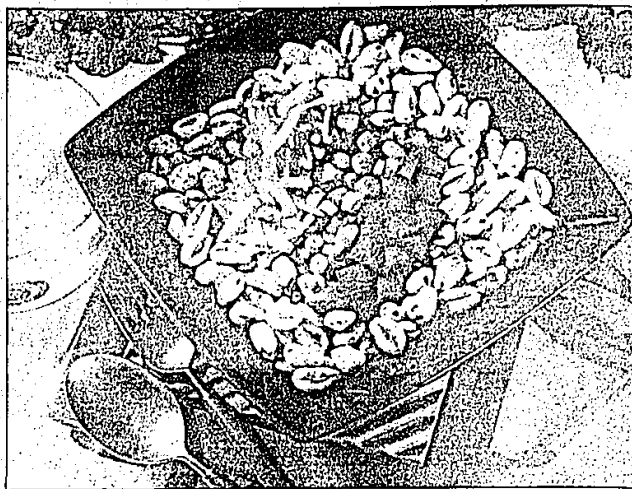
One 8-ounce carton plain low-fat yogurt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon freshly ground black pepper

Combine all ingredients; mix well. Refrigerate until ready to serve. 1 Cup.

Nutrition Information: 2 tablespoons — Calories 20, Protein 1g, Carbohydrate 2g, Total Fat 0g, Cholesterol 2mg, Dietary Fiber 0mg, Sodium 130mg. Percent of calories from fat: 21.

ORANGE BANANA-RAMA SALAD

One 8-ounce carton nonfat vanilla yogurt



A breakfast or brunch salad can be a fun and refreshing start to the day. Colorful Garden Patch Salad pairs puffed wheat cereal with

sliced red bell pepper, shredded carrot, thinly sliced green onions and a creamy peppercorn dressing made with low-fat yogurt.

4 teaspoons orange juice concentrate
2 cups puffed wheat or puffed rice cereal

2 medium bananas, sliced
1 medium orange, peeled and separated into sections

Combine yogurt and orange juice concentrate in small bowl; set aside. Pour cereal into medium bowl; top with fruit. Spoon yogurt mixture over fruit. Serve immediately. 2 Servings.

Nutrition Information: Per Serving. Calories 310, Protein 10g, Carbohydrate 69g, Total Fat 1g, Cholesterol 5mg, Dietary Fiber 2g, Sodium 80mg. Percent of calories from fat: 3.

Brighten up with the fresh tang of sunny lemons

As the grays of winter melt into the blossoming colors of spring, we often find ourselves in the midst of April showers! But you can create a little early sunshine of your own using sunny yellow lemons.

Lemons are wonderful on salads, but if you prefer a dressing with more substance, try Lemon Salad Dressing. Just a splash of lemon makes this creamy dressing a tangy topping for a green salad or crisp cucumber slices.

Men with Lemon-Dill Sauce is ideal for a special spring dinner. Prepared in 15 minutes, it's a simple romantic entree that won't keep you in the kitchen for hours.

LEMON SALAD DRESSING

(yields about 1/2 cup)
1/2 cup plain low-fat yogurt
1 1/2 teaspoons freshly squeezed lemon juice

1/2 teaspoon granulated sugar
1/2 teaspoon salt
dash pepper

In small bowl combine all ingredients; cover with plastic wrap and refrigerate until chilled.

Each 2-tablespoon serving provides 25 optional calories.

Source: Weight Watchers Quick and Easy Menu Cookbook, 1987.

MEN WITH LEMON-DILL

(makes 2 servings)

1 cornish hen (1 1/2 pounds), cut in half

1 cup canned ready-to-serve chicken broth

1 tablespoon each all-purpose flour, freshly squeezed lemon juice, and sour cream

1 teaspoon chopped fresh dill or 1/2 teaspoon dill weed

1/2 teaspoon each salt and white pepper



Lite success

Florine Mark

On microwavable baking sheet arrange hen halves skin-side up; cover with vented plastic wrap and microwave on High (100 percent) for 10 minutes, until cooked through, rotating baking sheet 1/2 turn halfway through cooking. Set aside and keep warm.

In small microwavable mixing bowl combine broth and flour and stir to dissolve flour; microwave on High for 2 minutes, stirring halfway through cooking. Stir in remaining ingredients.

To serve, remove and discard skin from hen. Arrange hen halves on serving platter and top with sauce. Each serving provides 4 protein, 40 optional calories.

Source: Weight Watchers Meals in Minutes Cookbook, 1989.

LEMON PIE

(makes 8 servings)
1/2 cup plus 1 tablespoon all-purpose flour, divided

1/2 teaspoon salt
1/2 cup margarine, divided
1/2 cup plain low-fat yogurt
4 eggs, separated
1/2 cup granulated sugar
3 tablespoons lemon juice
1 cup evaporated skimmed milk
1 teaspoon grated lemon peel

In mixing bowl combine 1/2 cup flour and the salt; with pastry blender, or 2 knives used scissor-fashion, cut in 3 tablespoons margarine until mixture resembles coarse meal. Add yogurt and mix thoroughly, form dough into a ball, wrap in plastic wrap, and refrigerate for at least 1 hour.

Preheat oven to 400 F. Between 2 sheets of wax paper roll dough, forming a 10-inch circle about 1/4 inch thick. Fit dough into 9-inch pie

plate; fold under any dough that extends and flute edges. Using a fork, prick bottom and sides of pie shell, bake until lightly browned, 10 to 12 minutes. Remove to wire rack; let cool.

Using electric mixer, in large mixing bowl beat egg yolks with sugar until thick and lemon colored. Beat in lemon juice and remaining flour and margarine, gradually beat in milk and lemon peel.

In separate bowl beat whites until stiff, gently fold into yolk mixture. Pour filling into crust and bake at 350 F for 30 minutes (until a cake tester, inserted in center, comes out clean). Let cool on wire rack.

Each serving provides: 1/2 protein, 1/2 bread, 1 1/2 fat, 1/2 milk, 10 optional calories.

FOOD LOVER'S DIET

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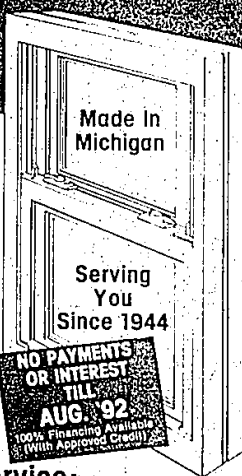
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