

Emphasize family traditions at Thanksgiving dinner



LITE
SUCCESS
FLORINE
MARK

Want to stay in control of your eating this Thanksgiving? Expand your focus to include all the rituals that make up the holiday for your family.

That good advice comes from Florine Mark, president and CEO of the WW Group, Inc. the largest franchise of Weight Watchers International.

"The Thanksgiving meal is the centerpiece of the holiday, but you can help put it into perspective by emphasizing other tradi-

tions, as well," said Mark. Here are some examples to try: Decorate your home with appropriate harvest symbols. Make an event of watching the annual parade or football game on TV. Make exercise a tradition by taking a walk each year, either before the meal, to work up an appetite, or after the meal to work it off!

Have family and friends help in meal preparation so the kitchen becomes a social center for the festivities. Encourage dinner guests to tell stories from their childhood Thanksgivings.

To help you even more, Weight Watchers has developed these recipes for a traditional Thanksgiving that are a pleasure to prepare and eat. Happy Thanksgiving!

CREAM OF CARROT SOUP

4 cups cooked sliced carrots
1 cup evaporated skimmed milk
¼ cup chopped fresh Italian (flat-leaf) parsley
½ teaspoon curry powder
Dash each salt and pepper
2 cups mixed vegetable juice
½ cup freshly squeezed lemon juice

In food processor, combine carrots, milk, parsley, curry powder and pepper and process (using on-off motion) until pureed. Transfer mixture into large saucepan.

Add mixed vegetable juice, 1 cup water, and the lemon juice. Cook over medium heat, stirring frequently, until soup is thoroughly

heated, about 10 minutes. Makes 4 servings.
Each serving provides: ½ milk; 2½ vegetables.

SQUASH PUREE

4 cups cubed, pared butternut squash
¼ cup reduced-calorie pancake syrup, (60 calories per fluid ounce)
2 teaspoons reduced-calorie margarine (tub)
½ teaspoon ground cinnamon
½ teaspoon salt

In 4-quart saucepan combine squash with enough water to cover and bring to a boil. Reduce heat to low and simmer until squash is tender, 8 to 10 minutes. Drain squash, discarding liquid,

and place in food processor. Add syrup, margarine, cinnamon, and salt; process (using on-off motion) until smooth. Makes 4 servings. Each serving provides: ¼ fat; 1 bread; 30 optional calories.

Microwave Directions: In 4-quart microwavable casserole combine squash with 2 cups water, cover and microwave on High (100 percent) until squash is tender about 6 minutes. Drain squash, discarding liquid, and place in food processor. Add syrup, margarine, cinnamon and salt; process (using on-off motion) until smooth.

LEMON CHEESECAKE TARTS

1 cup plain low-fat yogurt
3 tablespoons light cream cheese

1 envelope (four ¼-cup servings) reduced-calorie instant vanilla pudding mix (25 calories per serving as packaged)
1 teaspoon grated lemon peel
4 graham cracker tart shells (¼ ounce each)

In blender combine yogurt and cream cheese and process until smooth, about 30 seconds, scraping down sides of container as necessary. Add pudding mix and lemon peel and process until smooth, about 2 minutes. Scrape down sides of container and stir mixture to combine.

Into each tart shell spoon ¼ of the pudding mixture. Cover and refrigerate until set, about 1 hour. Each serving provides: ¼ milk, ¼ bread; 110 optional calories.

Veggie lasagna tasty, nutritious

Canned foods are a healthy solution for busy lifestyles.

"You get the best possible products in cans because, typically, processing plants are located near growing fields," said Norm Correia, president of S&W Fine Foods and chairman of the Canned Food Marketing Program. "This enables most fruits and vegetables to be canned within hours of harvest—at the peak of freshness."

So to make your favorite meal even more tasty and nutritious, be sure to pick up your favorite canned foods and add them to any dish.

VEGGIE LASAGNE

1 package (15 ounces) no fat or reduced fat ricotta cheese
2 cups shredded part-skim mozzarella cheese
2 tablespoons grated Parmesan cheese
2 teaspoons dried basil leaves
½ teaspoon black pepper
1 can (15 ounces) spinach, drained
1 can (8 ounces) no salt added sliced carrots, drained
1 can (7 ounces) 50 percent less salt whole kernel corn, drained



Veggie lasagna: Save time, use refrigerated lasagna noodles to make this hearty vegetable dish.

1 can (4 ounces) sliced mushrooms, drained
Herbed Tomato Sauce (recipe follows)
2 packages (9 ounces each) refrigerated lasagna noodles

Mix cheeses, basil and pepper; combine vegetables. Spread 1 cup Herbed Tomato Sauce in bottom of

13 by 9 by 2-inch baking pan; top with ¼ of the uncooked noodles. Spoon ½ of the cheese mixture over noodles and spread lightly with spatula; spoon ½ of the vegetable mixture over cheese. Repeat layers 2 times, ending with noodles and 1 cup sauce on top. Bake, covered, in preheated 350 degree oven 1 hour. Cut into squares. Makes 12 servings.

HERBED TOMATO SAUCE

1 cup chopped onions
2 large cloves garlic, minced
1 tablespoon olive oil or vegetable oil
1½ teaspoons Italian herb seasoning
2 cans (16 ounces) no salt added whole tomatoes, undrained, coarsely chopped
1 can (8 ounces) no salt added tomato sauce
1 to 2 teaspoons red wine vinegar
1 to 2 teaspoons lemon juice
½ teaspoon salt
½ teaspoon black pepper

Saute onions and garlic in oil in large saucepan until tender; stir in herb seasoning and cook 1 minute. Add tomatoes and tomato sauce; heat to boiling. Reduce heat and simmer, uncovered, until sauce is reduced to 4 cups, about 15 minutes. Stir in vinegar and lemon juice to taste; stir in salt and pepper.

Nutrition information per serving: 264.8 Calories; Protein, 17 grams; fat, 6.9 grams; Carbohydrates, 35.6 grams; Sodium, 324.3 grams; Cholesterol, 42.7 milligrams. Recipe from The Canned Food Information Council.

COOKING CALENDAR

Send items for publication in Cooking Calendar to Keely Wygonik, Taste editor, The Observer & Eccentric, 36251 Schoolcraft Road, Livonia, MI 48160.

Mouthwatering aroma of freshly baked cookies is part of the enduring magic of the season. Nancy Bayer, caterer from Plymouth's Cozy Cafe/Gourmet Connection will help you create holiday traditions for cookies. 1 and 7 p.m. Tuesday, Nov. 17 at the Novi store, Wednesday Nov. 18 at Redford store, Thursday, Nov. 19 at West Bloomfield store and Friday, Nov. 20 at Rochester store. Call 537-1300 for class information.

WASSAIL FEAST

The Hospitality Management Students of Oakland Community College in Farmington Hills are presenting a traditional Wassail Feast 6:30 p.m. Thursday, Dec. 3. Tickets are \$30 per person and should be purchased in advance. For information, call 471-7786.

MADRIGAL DINNER

Enjoy a traditional old England yuletide feast at the 18th annual Madrigal Dinner at Schoolcraft College in Livonia. Tickets are \$30 per person. For information, call 462-4417. Dates are — 7:30 p.m. Thursday, Dec. 10, Friday, Dec. 11 and Saturday, Dec. 11.

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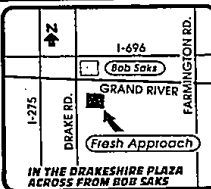
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Therefore, the Fresh Approach WILL NOT be open Thanksgiving day.

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