

# Satisfy snack cravings with healthy choices



FLORINE MARK

**LITE SUCCESS**

One of the biggest misconceptions about midnight snacking, or snacking in the evening, is that what you eat automatically turns into a w a t e r d pounds. That's not true — unless, of course, you raid the refrigerator and eat everything in sight. A sensible, nutritious snack will leave you feeling satisfied and good about yourself.

Make your "midnight snack" part of your daily food plan. That way, you have something to look forward to.

A great way to satisfy cravings in the fall is to drink something warm and delicious like Brazilian Cocoa.

Personally, I love anything with cinnamon. Warm cinnamon toast really hits the spot. I also like to try different recipes. Now I'm hooked on Cinnamon Crisp Tortillas. They're so simple to make and they just melt in your mouth. Served with fruit slices, it's a satisfying snack. Even alone, fresh fruit is filling and refreshing.

If you like to nibble, try munching on some popcorn — minus the butter! It's sure to fill you up. Or, when I crave something sweeter, I help myself to a slice of Lightened Applesauce Loaf.

The most important thing to know is that it's okay to eat at night — just don't go overboard. Snacks should be eaten in measured amounts, not by the bag or bowl. By leaving room in your daily meal plan for a nutritious midnight snack, you'll be able to add a perfect ending to a healthier day.

## BRAZILIAN COCOA

¼ cup granulated sugar (or equivalent sugar substitute)  
¼ cup unsweetened cocoa  
1½ teaspoons ground cinnamon, divided  
¼ teaspoon ground nutmeg  
2 cups skim milk  
1 cup strong decaffeinated coffee

In a 1½-quart saucepan combine sugar, cocoa, 1 teaspoon cinnamon, and the nutmeg; add milk and coffee and cook over medium heat, stirring frequently, until cocoa and sugar are dissolved and mixture is heated through, 4 to 5 minutes (do not boil). Divide into 4 mugs.

Sprinkle each serving with ¼ of the remaining cinnamon and serve immediately. Makes 4 Servings.

Each serving provides: ¼ Milk, 75 optional calories on Weight Watchers Food Plan. Per serving: 108 calories, 1 g fat. Recipe from "Weight Watchers Quick and Easy Menu Cookbook, 1987"

## CINNAMON CRISP TORTILLAS

2 flour tortillas (8-inch diameter each)  
2 teaspoons reduced-calorie margarine (tub), melted, divided  
¼ teaspoon ground cinnamon, divided  
¼ teaspoon granulated sugar

Preheat broiler. Arrange tortillas on nonstick baking sheet and brush each tortilla with ¼ of the margarine and sprinkle with ¼ of the cinnamon. Broil 8 inches from heat source until margarine is bubbly, 1 to 2 minutes.

Combine remaining cinnamon with the sugar. Turn tortillas over; brush each with half of the remaining margarine and then sprinkle each with half of the cinnamon-sugar mixture. Broil until cinnamon-sugar mixture caramelizes, about 1 minute. Makes 2 Servings. 1 Tortilla Each

Each serving provides: ¼ Fat, 1 Bread, 5 Optional Calories on Weight Watchers Food Plan. Per Serving: 92 calories, 4 g fat. Recipe from "Weight Watchers Healthy Life-Style Cookbook, 1990"

## LIGHTENED APPLESAUCE LOAF

1½ cups all-purpose flour  
1½ teaspoons baking soda  
1 teaspoon cinnamon  
¼ teaspoon nutmeg  
¼ teaspoon salt  
½ teaspoon ground cloves  
½ cup reduced-calorie tub margarine  
¼ cup granulated sugar  
¼ cup egg substitute  
1½ cups unsweetened applesauce  
¼ cup plus 2 tablespoons raisins

Preheat oven to 350 degrees. Spray a 9 by 5-inch loaf pan with

nonstick cooking spray.

In medium bowl, combine flour, baking soda, cinnamon, nutmeg, salt and cloves.

In large bowl, with mixer on high speed, beat margarine and sugar until light and fluffy; beat in egg substitute until blended. Gradually add flour mixture; beat until combined. Add applesauce; beat until just blended. Stir in raisins.

Four batter into prepared pan. Bake 45-55 minutes, until toothpick inserted in center comes out clean. Cool in pan on rack 10 minutes. Remove from pan; let cool completely. Makes 12 Servings

Each serving provides: 1 Fat, ¼ Bread, ¼ Fruit, 50 Optional Calories on Weight Watchers Food Plan. Per serving: 152 calories, 4 g fat. Recipe from "Weight Watchers Magazine, September 1992"

Florine Mark is president and CEO of the WW Group, Inc., the largest franchise of Weight Watchers International.

## COOKING CALENDAR

To get your classes or events listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, The Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150. Or fax to 591-7279.

**■ CHEF LARRY JAMES**  
Will be teaching healthy cooking classes for Livonia Public Schools Adult Education. For

class times and registration information, call 523-9277. He will also be conducting Eastern Market tours for Kitchen Glamor. For registration information, call 537-1300.

**■ SOUTHFIELD PUBLIC SCHOOLS**  
Southfield Public Schools is offering a variety of cooking classes. Chef Milos Chelka of the

Golden Mushroom restaurant in Southfield is also teaching a series of classes. For registration information, call 746-8700, weekdays.

**■ KITCHEN GLAMOR**  
"China Express" author Nina Simmonds will visit West Bloomfield Kitchen Glamor, Orchard Mall, Maple and Orchard Lake Road, 1 p.m. Sunday, Sept. 26.

She will conduct a cooking class 6:30 p.m. Monday, Sept. 27 and Tuesday, Sept. 28. Call 537-1300 for information.

**■ SCHOOLCRAFT COLLEGE**  
Schoolcraft College in Livonia is accepting registrations for culinary arts classes that begin in September. Call 462-4448 for information. Offerings include: European bread making, understanding French wines, pasta

cooking, and wild game preparation.

**■ LES SAISONS**  
Les Saisons, 304 West Fourth St., Royal Oak will be offering cooking classes this fall. Jeff Gabriel of Schoolcraft College explains basics in stock, stews and sauce 6-8 p.m. Thursday, Sept. 23. Classes are \$25 each or \$65 for three classes. Call 545-3400, 10 a.m. to 6 p.m. Monday

through Saturday, for information.

**■ LENORE'S NATURAL CUISINE**  
Guilt-free desserts, beginning cooking, and quick meals are some of the classes being offered this fall at Lenore's Natural Cuisine, 22699 Inkster Road, Farmington Hills. Call 476-4455, 10 a.m. to 5 p.m. weekdays for information.

# Lower the fat without sacrificing flavor in pasta sauce

AP — It's simple: By using low-fat dairy products, such as skim milk and low-fat cheese, you can lower the fat in this favorite pasta sauce without sacrificing the flavor.

One slick trick is using sharp cheddar, instead of mild, to boost the cheesiness. With the stronger flavor, you wind up using less cheese.

P.S. In case you hadn't noticed, we also added a few good-for-you

vegetables to make the sauce even more nutritious.

## BEER-CHEESE SAUCE

2 medium carrots, bias sliced (1 cup)  
1 small zucchini, chopped (1 cup)  
1 cup fresh mushrooms, quartered  
1 cup skim milk  
3 tablespoons all-purpose flour

¼ cup light beer or chicken broth  
¼ cup reduced-fat sharp cheddar cheese, shredded (3 ounces)  
8 ounces pasta (such as tri-color or rotini or twisted spaghetti), cooked and drained

In a medium saucepan, cook carrots, covered, in a small amount of boiling water for six minutes. Add zucchini and mushrooms. Cook,

covered, for two to three minutes more or just until crisp-tender. Drain vegetables; set aside.

In a screw-top jar, combine milk and flour; shake well to mix. Add the flour mixture to the saucepan.

Cook and stir over medium heat until thickened and bubbly. Add beer or chicken broth to saucepan; heat through. Remove from heat.

Add cheese; stir just until melted.

Add the cooked vegetables to cheese sauce. Season to taste with salt and pepper, if desired. Serve over hot cooked pasta. Makes four main-dish servings.

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