

## Doctors find cure for cookie cravings

When he discovered he had high cholesterol, Dr. Marvin Wayne began searching for the perfect cookie — one low in cholesterol and high in fiber, and of course, it had to taste great. Years of experimentation yielded extraordinary ways to make sinfully rich but devilishly good-for-you cookies.

Teaming with cardiologist Dr. Steven Yarnall, Dr. Wayne founded the Dr. Cookie Company. Thirty million cookies later, the two physicians are finding new ways to help dessert lovers satisfy a sweet tooth.

Serving up guilt-free brownies, biscotti, and blueberry cake, they offer "The New Dr. Cookie Cookbook: Dessert Your Way to Health with More than 150 Delicious Cookies, Cakes and Treats (Quill Paperback; Jan. 20, 1994; \$14).

For many people, the phrase "cookies with milk" is as comforting as a hug from Mom. But with today's emphasis on healthier eating, growing numbers are afraid to indulge in

high-calorie, high-fat treats. Dr. Wayne and Dr. Yarnall believe many people have developed an unhealthy fear of eating.

Moreover, stress and pent-up anger contribute as much to ill health as cream and eggs. "Enjoying life," they write, "is as important for good health as eating right." With "The New Dr. Cookie Cookbook" you can do both.

With an Introduction that gives tips on reducing cholesterol, improving cardiovascular health and losing weight, this cookbook is a dessert-lover's dream come true. Accompanied by a 16-page color section, the no-risk recipes offer great tasting, healthy desserts that are low in fat and calories and high on nutrition.

Here's a cookie recipe from the book.

### PEANUT BUTTER BANANA COOKIES

1 large egg  
½ cup natural crunchy-style peanut butter



Cookie doctors: Stephen Yarnall (left) and Marvin Wayne are authors of "The New Dr. Cookie Cookbook."

½ cup mashed ripe banana (about 1 banana)  
½ cup packed brown sugar  
½ cup granulated sugar  
¼ cups unleached all-purpose flour

¼ teaspoon baking soda  
½ teaspoon baking powder

Preheat the oven to 350 degrees and coat 2 baking sheets with nonstick cooking spray.

Beat the egg, peanut butter, and sugars with an electric mixer until smooth. Add the flour, baking soda, and baking powder and beat until well mixed.

Drop the batter by rounded teaspoons about 2 inches apart onto the baking sheets and bake for 10 to 12 minutes or until the cookies are lightly browned. (For a classic peanut butter cookie appearance, flatten each cookie with the tines of a fork just before baking.) Cool on the cookie sheet for 2 minutes and then cool completely on a wire rack. Repeat until all the cookies are baked.

Yield 40 cookies. Calories per cookie: 57. Fat per cookie: 1.8 grams. Percent of calories from fat: 28.

## 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.

### LES SAISONS

Specialties of Mon Jin Lau, 6-8 p.m. Tuesday, Jan. 11; Peasant Style Stews & Soups 6-8 p.m. Thursday, Jan. 18, featuring techniques in braising and stocks with Master Chef Jeff Gabriel, director of Schoolcraft College's Culinary Arts Program. Les Saisons is at 304 West Fourth, Royal Oak. Call 545-3400 to register.

### LENDRE'S NATURAL CUISINE

Healthful Cooking Classes — Desserts 6-9 p.m. Monday, Jan. 17; beginning cooking series of

three classes 6-9 p.m. beginning Wed., Jan. 19; 7:30-9 p.m. Thursday, Jan. 20, introduction to Macrobiotic principals, lecture. Classes at 22899 Inkster, Farmington Hills. Call 478-4455 to register.

### WEIGHT WATCHERS

Free cooking demonstration featuring pasta, 11:30 a.m. to 1 p.m. Friday, Jan. 14, Hudson's at Summit Place Mall, 315 N. Telegraph, Waterford.

### MELORA LOWRY SCHOOL OF COOKING

Introduction to Basic Cooking Techniques, 6-9:45 p.m. Wednesday, Jan. 19, Let's Spice Up Your Life! — international marinades and spice combinations, 6-9:30 p.m. Wednesday, Jan. 26, Classes in Ann Arbor, call (313) 741-8098.

## Roasted chicken, potatoes perfect weeknight dinner

AP — Potatoes and chicken are the main ingredients for a quick weeknight dinner. The recipe is from the National Potato Board, which is sponsoring a Real Mom of the 1990s Club. The club offers a free newsletter with lots of quick and easy recipes (for information: Real Mom of the '90s Club, 65 Union St., San Francisco, Calif. 94111-1217).

### 30-MINUTE ROASTED CHICKEN & POTATOES

Vegetable cooking spray  
1 and ½ pounds potatoes, cut into ½-inch chunks  
4 cloves garlic, minced  
1 tablespoon dried rosemary, crumbled  
Four 6-ounce boneless chicken breast halves with skin  
½ teaspoon salt  
½ teaspoon pepper

Preheat oven to 475 degrees F. Spray a 10½-by-15-inch jellyroll

pan with vegetable cooking spray. Place potatoes in a single layer in the pan; spray potatoes with vegetable cooking spray. Roast potatoes in a 475-degree F oven for 15 minutes. Meanwhile, in a small bowl, mix garlic and rosemary. Pull skins slightly away from chicken pieces; stuff ½ teaspoon garlic-rosemary mixture under skin of each piece of chicken. Toss remaining garlic-rosemary mixture with potatoes.

Place chicken in pan with potatoes. Spray chicken and potatoes with cooking spray. Season with salt and pepper. Roast in a 475-degree F oven about 15 minutes until chicken juices run clear and potatoes are tender. Makes 4 servings. Nutrition information per serving: 417 cal. (21.8 percent calories from fat), 41 g pro., 10 g fat, 40 g carbs, 3 g fiber, 104 mg chol., 334 mg sodium.

Recipe from: National Potato Board.

## Snack smart to diet successfully

Unrealistic expectations can spell doom for a New Year's resolution, especially when it comes to dieting. The key to success is resolving to make small changes in your eating habits — such as snacking smarter.

Here are some snacking strategies to get you started. Count snacks as part of your eating plan, not as "extras." Recognize the difference between snacks and treats.

Keep portions small. Buy snack foods in single portions or serve snacks on a plate so you can see how much you're eating.

Be prepared. You never know when the next urge to snack will strike — watching a movie on TV or awaiting a late afternoon meeting. Have a variety of good-for-you snacks on hand.

Don't skip breakfast. Breakfast skippers tend to snack more and overeat later in the day. No time? Not hungry? Tuck a morning snack — try a bagel and fruit — in your briefcase.

Zesty cheese crunch offers a lot of crunch and just the right amount of mouth-tingling heat all for just 80 calories per cup. This snack mix starts with puffed

wheat or puffed rice cereal — a smart choice for calorie counters — and it can be made in minutes in the microwave oven.

### ZESTY CHEESE CRUNCH

2 tablespoons diot margarine  
2 tablespoons Parmesan cheese  
1 teaspoon garlic powder  
½ teaspoon garlic salt  
1 teaspoon hot pepper sauce  
1 teaspoon lemon juice  
6 cups puffed wheat or rice cereal

Add margarine to large microwave-safe bowl. Microwave on

high 20 to 30 seconds or until melted. Stir in next 5 ingredients, mix well. Add cereal, stirring until evenly coated. Microwave on high 1 minute 30 seconds or until cereal no longer appears wet. If desired, sprinkle with additional cheese while warm. Serve warm or let cool. Store tightly covered. Makes 6 servings.

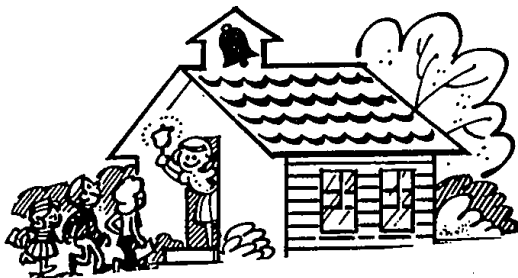
In a conventional oven, melt margarine in a 13-by-9-inch pan in a preheated 350-degree oven. Stir in next five ingredients, mix well. Stir in cereal. Bake 20 minutes, stirring once after 10 minutes.

One cup serving is 80 calories.

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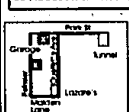
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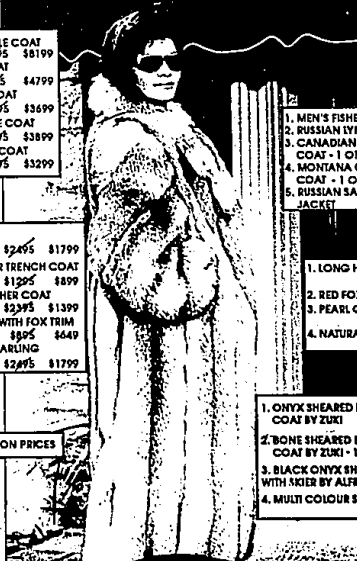
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