# Arthritis Today Joseph J. Weiss, M.O. Rheumald 18429 Farmington Road Lheiga, Michigan, 18152 PREPARING YOUR ARTHRITIS FOR SURGERY

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### Prolific zucchini is easy to cook with

We're told you can never get too much of a good thing. However, if your vegetable garden is currently overflowing with succhini— and you've given away all that neigh-bors, relatives and friends will take— you'll welcome some new ideas for using this prolifle pro-duce.

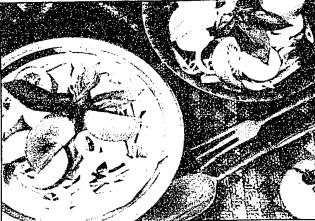
take — you'll welcome some new ideas for using this prollife produce.

While not as vitamin-packed as their winter counterparts, summer squash like succhini contain healthy amounts of vitamin C and A as well as other vitamins and minerals. They are very low in calories and sodium. That (coupled with almost excessive availability) is why you'll want to include lots of succhini in your menu planning.

Serve it simply steamed or broiled with a bit of butter, celery salt and grated Parmesan cheese. Try the classic French ratatouille to use succhini with egiplant, to mators, green peppers and onions, seasoned with garlic, thyme and basil. Slice young succhini with cucumbers and romaine lettuce in a salad with a light viniagrette dreasing. Or make a gulash of succhini, onion, mushrooms, lean ground beef, mineed green pepper and peeled, min to tomators, seasoned with paprika, basil and paraley.

Grated succhini makes them moist, delicious, and more nutritious, and few will ever guess the secret ingredient.

Bon't overlook succhin as an



Harvest dish: Zucchini and Tomatoes is a flavorful way to cook some of the zucchini

harvested from your garden.

Grated nucchini is an excellent add on to baked goods such suffins, breads, cakes or cookies. The succhini makes them minitious, and few will ever guess the secret.

Don't overlook succhin as add on to your favorite ethnic dishes. Use it as a pizza topping, in a stir-fry recipe, or as filling for enchiladas or crepes. Include schedled ruschini in a first state or in pancakes — purce it and use in

ZUCCHINI AND TOMATOES I small rucchini, sliced Winch

1 small onion, sliced into be-

inch wedges
Vegetable oil spray
1 tablespoon water
2 small tomatoes (or 1 large tomato), cut into small

4 oz incoked pasta (optional)

4 0.. cooked pasts (optonal) Using a 9-inch skillet sprayed with vegetable oil, cook the zucchin and onion over medium heat. Add water as the zucchin and onion start to stick to the jun. Add the remaining ingredients and cook on low heat for 3 minutes or until the zucchini has reached a desired tenderness. Stir constantly to prevent sticking Serve over cooked pasts. Serves 1, each serving contains 50 calories and 1 gram of fat.

## Low-fat dressing flatters a good salad



Low calories summer fresh crip green and bright vegetables need a dresing to flatter them and you Preserve the lean look with a fresh light salad dresaring. Two tablespons of a regular dressing can add 100 to 200 calories with 12 to 20 grams of fat. Two tablespons of a regular bieu cheese dresing has about 16 grams of fat, while the "lite" version has 7 grams of dat. However, 7 grams of fat in the fat. However, 7 grams of fat in the

light bleu cheese has the same amount as regular Italian dress and solium, you'll want to look for mean less fat than the original sersion, but not lighter on the so-dium. Light of one variety can have the same amount of fat as some other regular dressing. The same amount of fat as some other regular dressing. The new food labels make it easier to find dressings that are lower in fat, calories and sodium Addressing that has little or no fat is labeled fat free or low fat.

A standard serving size is two tablespoons for saled dressings. If the label says fat free, the dressing contains less than one-hall gram of fat per serving. Fat-free has nothing to do with sodium.

Buying bottled dressings with less fat sometimes means giving contains less than one-hall gram of fat per serving. Fat-free has nothing to do with sodium.

spoon dried herbs. Flavorful dressing can be made using dired or fresh herbs such as, dill, terragon, rosemary, oregano and basil. Use the herbs and fresh ground pepper instead of salt.

Vinsignettes are very popular for dressing a salad. Instead of the usual three parts oil to one vinegar, revise it to one part oil and three parts vinegar. Flavored vinegars such as balsamic, rasphery or tarragon make great dressings. To rid the dressing of fet, don't use uil, just use the flavored sinegar. Bice wine sinegar is a mild flavor that will enhance a salad.

Non-fat luttermilk can be substituted for yogurt in homemadedressings. It is thicker and tanger and makes a moist, creamy dressing for any kind of salad. Fat-free mayonnaise can be blended with a touch of olive oil and a splash of lemon juice which improves both the taste and the texture of the dressing. A dressing from vinegar, lemon juice and a little ground pepper or mustand will add lots of flavor. Line juice, say sauce, honey and garlic make a sweet sour flavor il dressing.

Always order dressing on the side in a restaurant, then you control the amount. At home, just about a tablespoon of dressing in a large bowl, add your salad and tose lightly to cover the greene you'll be amazed how little it takes.

High fat "add-ons" to flavorful fresh can make a harder a harder.

toss lightly to cover the greenyou'll be amezed how little it
takes.

High fat "add-ona" to flavorful
greens can make the calorice abyrucket. Crumbled bacon, cheese,
avocado, olives, marinated vegetashes and butter-fried crouten are
just a few. Start building yousaled and take a look at all the
ingredienta that add calorice,
making it a high-caloric food.

Colesiaw can also tecome a"dieter's nightmars." Go easy on the
reay on neise-based dressains.
Make a mock Thousand Island
dreasing by using plain yogurt, a
little ketchup and chopped dilpickles. Mock Green Goddess cm
be made with yogurt, garile, lots
of chopped chives and paraley,
lemon julce and mincod anchovies. Tomato julce or chopped or
pured tomatoes make an excilent base for a flavorful, lighter
dressing.

Choose a saled dressing that

lent hase for a Haverius, appearance dressing.
Choose a salad dressing that flatters your salad and won't hurt your waistline. Don't make a low-calorie dish into a high-calorie one by adding unneeded fat to a salad dressing.

Lois Thieleke of Birmingham is an extension home economist for the Cooperative Extension Service, Oakland County affice.

### Providence Women's and Children's Center adds pediatric services.



We are pleased to announce the addition of Michelle D. Coilins, MD, a pediatric specialist, to our medical staff to provide the special care your child needs.

Dr. Collins graduated from Wayne State University School of Medicine in 1986 and completed her internship and residency at Children's Hospital, She is board-certified with subspecialty training in pediatric infectious diseases.

Dr. Collins is a member of several medical societies including the American Medical Association and the American Academy of Pediatrics. She is an assistant professor of pediatrics at Wayne State University.

Through a collaborative effort with the finmunite for lifelith Liver Program and as a service to the community, we're having an immunitation day on August 21 from 1-4 pm. Free immunizations offered

Your child will be immunized for free and you'll have a chance to view our facility and meet our staff. Only immunizations will be offered during that time and we sak that you aimply being your child's immunization record with you.



if this isn't a convenient time, we invite you to schedule an appointment for your child's well-baby exam or pre-school physical.

Obstetrics and Gynecology services After your child is back to school why not take time for yourself and visit one of our four specialists in obstetrics and gynecology:

Catherine Chartier, MD Jody Jones, MD
 James Kommesser, MD
 Richard Wilson, MD

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