

Weight Loss

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If you've tried to lose weight and can't get started, or you've lost weight only to regain it quickly, the answer to your problem can probably be found in your emotional life.

People who have been in unfulfilling or abusive relationships use food to provide comfort and protection. People who have difficulty asserting their needs tend to swallow food as quickly as they swallow their anger.

If you sincerely want to gain control of the problem, call and find out how to qualify for the program and insurance coverage.

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Garlic-inspired dishes sure to please

See related Garlic story on Taste front.

WALNUT AND GARLIC Linguine

4-5 cloves garlic, minced
1/4 cup chopped walnuts
1/4 cup chopped parsley
3 tablespoons olive oil
12 ounces linguine
1/2 teaspoon salt
1/4 cup grated Parmesan cheese
1/4 cup chopped fresh basil or 1 teaspoon dried

Heat olive oil and garlic and walnuts in large skillet over medium heat. Stir frequently until walnuts are lightly toasted, about 5 minutes. Remove from heat. Cook pasta; drain. Add hot pasta, parsley, salt, cheese and basil to walnut mixture; toss and serve immediately. Makes 4-6 servings.

Recipe from Diamond Walnut Growers, Inc.

breast halves, pounded to 1/4-inch thickness
Salt and freshly ground pepper to taste
3 tablespoons butter or margarine
8 garlic cloves, crushed through a press
1 tablespoon olive oil
1/4 pound mushrooms, sliced
1 can (14 ounces) artichoke hearts, drained and quartered
2 tablespoons dry Marsala
1 tablespoon lemon juice

Season chicken with salt and pepper. In large frying pan, melt butter over medium heat. Add half the garlic and cook 1 minute. Add chicken and cook until lightly browned, about 3 minutes a side. Remove to a warm serving platter. In the same frying pan, add olive oil and remaining garlic; cook 1 minute. Add mushrooms and cook until tender, about 3 minutes. Add artichokes and cook 1 minute, until heated through. Add Marsala and lemon juice. Bring to a boil. Stir continuously until mixture thickens, about 5 minutes. Pour over chicken. Serve with rice or pasta. Serves 6.

Recipe from: "365 Ways to Cook Chicken," (HarperCollins Publisher).

ROASTED GARLIC

1 head garlic
1 teaspoon olive oil

Either a whole head or individual cloves of garlic can be roasted. If you separate the cloves each one becomes a little caramelized.

Pecan pie, griddle cakes old-fashioned favorites

See Larry Jones' Taste Buds column on Taste front.

PANCAKE HOUSE GRIDDLE CAKES

1 1/2 cups cornmeal
1/4 cup all purpose flour
1 teaspoon baking soda
1 teaspoon sugar
1 teaspoon salt
2 cups sour milk
2 tablespoons cooking oil
1 slightly beaten egg yolk
1 egg white, stiffly beaten

Stir cornmeal, flour, baking soda, sugar and salt together in a bowl. Add sour milk, oil, and beaten egg yolk. Blend well. Gently fold in beaten egg white. Allow batter to stand for 10 minutes. Bake on a hot,

lightly greased griddle, turning once. Makes about 16 four-inch pancakes.

STUCKEY'S PECAN PIE

2 eggs, beaten
1 cup dark corn syrup
1/2 teaspoon salt
1 cup sugar
2 tablespoons melted butter or margarine
1 cup pecans
One unbaked 9-inch pie shell

Combine all ingredients except pie shell. Mix well. Pour into unbaked pie shell. Bake in a preheated 400 degree F. oven for 35-40 minutes or until a knife inserted in the center comes out clean. Serves 4-6.

Easy Italian dishes

Recipes from "Cucina Amore" by Nick Stellino (Doubleday, 1995, \$24.95)

POTATO AND ONION SOUP

2 pounds onions, finely diced
2 pound white potatoes, finely diced
5 cups chicken stock
1/2 cup dry Marsala wine
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons chopped fresh parsley
4 slices Italian bread, toasted and rubbed with garlic
2 tablespoons grated Romano cheese (optional)

Place the onions, potatoes, chicken stock, wine, salt, pepper, and parsley in a large stock pot, cover and bring to a boil. Reduce the heat to its lowest setting and simmer for 1 hour, stirring every 10 minutes. Place one bread slice in the bottom of each bowl, pour the soup on top and sprinkle with the Romano cheese, if you wish. Serves 4-6.

PASTA WITH PEAS, CREAM AND HAM

3 quarts water (salt optional)
1 1/2 cups heavy cream
1/4 teaspoon salt
3 tablespoons diced baked ham or prosciutto cotto
4 garlic cloves, sliced
3 tablespoons frozen peas
1 pound pasta — tagliatelle, ravioli or tortellini
2 tablespoons grated Parmigiano Reggiano cheese

Bring the water to a boil in a large pot with or without the optional salt. In a large saute pan set on medium heat, cook the cream, salt, ham and garlic until the cream comes to a boil, about 4 minutes. Blister over medium-low heat for 10 minutes until the sauce is thick enough to coat the back of a spoon. Add the peas and cook 2 minutes. Cook the pasta in the boiling water until just tender. Drain the pasta and return to the pot. Add the warm sauce and toss well over medium-low heat for about 3 minutes. Turn off the heat and top with the Parmigiano Reggiano cheese. Toss well and serve. Serves 4-6.

Cook's tip: If the sauce is cooked too long over high heat, it will separate. If this happens, don't despair. Add a couple of tablespoons of the hot pasta-cooking water. Mix well and viola — the sauce will come back together in front of your eyes.



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