Don't let holidays weigh you down

Tis the season for having family gatherings, hanging decorations, lighting candles, giving gifts and, of course, eating. It's estimated that many of us will gain five to seven extra pounds during the holiday season. You can enjoy the holiday spirit without getting the dietary fat that can add extra pounds and that can also contribute to obesity and other chronic health problems.

A healthy holiday goal is to eat healthy foods the majority of the

ONIGHT'S CREED &
PRELUDE

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BANOR

time, and not necessarily to avoid every special dish that may, be high in fat or calories. Balance out a few traditional high-fat food favorites with some new lighter holiday ideas, such as fresh cranberry apritzer instead of eggnog.

Avoid eating marathons so common at this time of the year by making activity and not food the focal point of your holiday events. Play games, go on singalongs, or take a hike in the woods to burn extra calories and

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tive Band
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NEW YEAR'S EVE CELEBRATION at

Time Warner adds

new programming

get away from the dining table.

If you think holiday baked goodies have to be high in fat and calories, try anise honey bites, strawberry rice pudding, Mandarin kabobs or poáched apples with cranberry-cinnamon sauce.

ANISE HONEY BITES ANISE HONEY BITES
1/2 cup sugar
1/2 cup honey

1 egg

1-egg
1-1/2 teaspoon anise seed
1-teaspoon baking soda
1/8 teaspoon sait

About 2 cups flour (enough to

About 2 cups flour (enough to form a soft dough)
Mix ingredients. With floured hands, shape dough into 1-indeballs and place them 2 inches apart on cookie sheets sprayed with monstick cooking spray. Bake at 350 degrees F. for 4 to 8 minutes or until the cookie bottoms are golden brown. Remove the balls from cookie sheets, cool completely and sprinkle with powdered sugar.

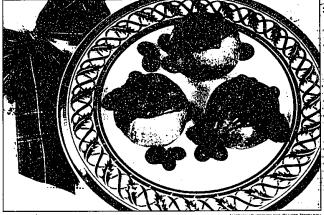
STRAWBERRY RICE PUDDING
2 cups water

2 cups water 1 cup brown rice

2 eggs 2 tablespoors honey

STRUMENT OF STRUME

1-1/2 cups skim milk



Hollday delight: Cranberry-cinnamon sauce adds beautiful color with a spicy sweet flavor to these poached apples.

1 cup fresh, quartered (or thawed) strawberries Bring water and rice to a boil in large saucepan. Reduce heat, cover and simmer until rice is soft fabout 40 minutes.) Meanwhile, in a medium-sized bowl, beat eggs, honey and skim milk. Mix the liq-uid into the rice and continue cooking, stirring constantly, until the mixture thickens, about 15 minutes. Remove rice from the heat and stir in vanilla extract and streagherits.

MANDARIN KABOBS

Mandarin oranges

1/4 cup sesame seeds Mint leaves

Mint leaves
Mix honey and water. Cont 24
mandarin orange sections with the
sects. Put 6 orange sections on
each of 4 skewers, alternating
each one with a mint leaf. Chill
the kabobs several hours before
serving.

POACHED APPLES WITH

CRANBERRY-CINNAMON SAUCE

1/2 cup plus 1/3 cup sugar 1 cup fresh cranberries (about 4 ounces) 1/4 teaspoon cinnamon

2-1/2 plus 2/3 cups water

2.1/2 plus 2/3 cups water
Wash and core the apples. Place
them in a large saucepan with 1/2
cup sugar and 2.1/2 cups of water
Bring to boil, reduce heat to low,
cover and simmer 10 minutes, or
until apples are just tender.
Baste them with the syrup in
the pan occasionally. Meanwhiler
in a medium-sized saucepan, heatthe cranberries, cinnamon, 2/3 cup
water, and 1/3 cup of sugar over
medium heat. Simmer gently for10 minutes. Cool the mixture
slightly and puree in a blender octfood processor until smooth. To
serve, pour sauce on apples and serve, pour sauce on apples and into cored centers.

Information and recipes from the American Institute for Cancelt Research. For a free brochert with recipes to celebrate good health, send a self-addressed, stamped envelop (55 cents postage) to AICR, Dept. GH. Washington, D.C. 20089.

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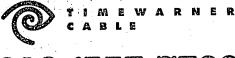
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See what's cooking in Christmas gifts

Still having trouble completing that gift list? Here are more great gift ideas from the Ameri-can Institute for Cancer Research that can help your loved ones cat for better health is the progress.

Research that can help your loved ones cent for better health in the new year:

Microwave oven — If you really want to splurge, a microwave oven can be a godsend to the person who is too busy to spend a lot of time in the kitchen. Microwaves are perfect for steaming healthul foods like fish and vegetables deliciously without fat.

Non-stick pans — A great way to cut fat in cooking, and they will last a long time if cared, for properly by using coll ywooden or plastic utensils and nonabrasive cleaning materials. Other good fat-free cookware is made of anodized aluminum, or has a ceramic or enamel finish.

Olive oils = Dezens of specialty brands are now available in different grades of "purity" and can be purchased already flavored with herbs, in attractive bottles.
Olive oil contains mostly

Olive oil contains mostly

Olive oil contains mostly mono-unaturated fatty acids and, while still recommended by health experts to be used in moderation like all fatts, has been found to lower harmful blood cholesterol.

Pasta machine - For rolling and cutting home-made pasta. The ideal gift for anyone who loves to cook Italian style.

Quinon - Quinon is just one feweral exotic grains that can liven up one's everyday diet and supply whole-grain fiber. Gourmet and health food stores carry quinon; a home-made gift pack might also include packaged barley, bulgur wheat and couscous.

Brasting rock - For placing

aged barley, bulger wheat and accesses.

Broasting rack - For placing in roasting pans to let the fat drip away from meats and poultry. (To defat those drippings for mon-fat gravy, use a defatting gravy maker.).

B'alad spinner - Avoid soggy salads with a reasonably priced salad spinner that spins and dries lettuce, spinner hand other leafy greens quickly.

Rines greens in the salad spinner's inside bowl which doubles as a colander. Then place the

smaller bowl into the larger bowl and snap on the top. Crank the handle, spinning for a minute and remove the top. The moist, but dripless greens are ready to

and remove the top. The moist, but dripless greens are ready to serve.

Spices — A collection of new and different spices and herbs can udd new flavors and variety to anyone's kitchen, all without adding fat. Some exotic mixtures to give include: Chinese five-spice powder (ground cinnamon, cloves, anise, fennel and black pepper); Tex-Mex Chili Powder (paprika, cumin, organo, garlic powder and a bit of cayenne pepper); and Indian curry (coriander, cumin, turmeric, fenugreek, dry mustard, black pepper, 3—1ic powder, and cayenne pepper).

By Terra-cotta casseroles — Bake marvelous, low-fat stews of vegetables, poultry, fish or lean ment using a terra-cotta stew pot that cooks foods gently and lets flavors intermingle, Available in most department stores.

Unsalted snacks — Get your friends and family to enjoy food with less salt, such as unsalted pretzels, low-fat gourmet crackers flavored with pepper and a variety of herbs, and unsalted, baked tortilla chips available at health food stores.

Vegetable stemmers — For the best-tasting, best looking and most nourishing veggies cooked without fat, there are many varieties of stemmers, ranging from authentic Chinese cooked without fat, there are many varieties of stemmers, ranging from authentic Chinese bamboo stemmers to the new electric types available in most department stores.

■ Wok - Chinese woks are specifically designed not to burn food at' high temperatures, because the heat is evenly distributed to cook a perfect stir-figuring just minutes, using minimal

oil.

B Yogurt makers - Non-fat yogurt is one of the best ways to add calcium to your diet.

With a yogurt maker, you can always have some on hand, made with your own original flavors (such as candied ginger or cincumm).

cinnamon.)

Zester — A special orange and lemon grater will add a little, extra zest to feative food and drinks.