# Weight Watchers breakfast dishes fit for royalty

Treat your mom royally on Mother's Day, surprise her with moe of these delicious breakfast treats from Weight Watchers Magazine "im2@3 Success Recipe Collection," copyright 1997.

TORTILLA EGG ROLL-UPS

Makes A copyrise.

- 1/2 green pepper, seeded

- 3 scallions, thinly sliced

- 1 plum tomato, diced

- 4 eggs 4 egg whites 1/2 teaspoon salt 1/2 teaspoon hot red pepper

Four 6-inch fat-free flour tor-

- 1/2 cup shredded reduced fat sharp cheddar cheese
- 1 tablespoon chopped

Spray a large nonstick skillet with nonstick cooking spray; heat. Sauté the bell pepper until tender-crisp, about 3 minutes. Add the scallions and tomato; sauté until softened, about 1 minute. Transfer

to a plate.

In a medium bowl, beat the eggs, egg whites, salt and pepper sauce with a fark. Spray the skilled with more nonstick cooking spray, add the egg mixture. Cook, stirring as needed, until the eggs are scrambled, but not dry. Remove from heat and stir in sautéed vegentables.

Heat the tortillas according to

package directions. Place the tor-tillas on a flat surface. Spean the eggs along the bottom edge of each; sprinkle with cheese and ilantro. Roll up tightly, then cut

in half.

Nutrition information per serving: 3 points; 201 Calories, 8g Total Fat, 7g Dietary Fiber.

This spicy concection perks up just about any food! Besides using it as the ubiquitous dip for crudités or tortilla chips, spoon it over a baked potato, top grilled chicken breasts with it or serve it as a zesty salad dressing.

HOT STUFF SALSA

Makes 4 servings

- Makes 4 servings 1 red bell pepper, seeded and coarsely chopped

(wear gloves to prevent initiation)
2 garlic cloves

- 8 plum tomatoes, diced 2 tablespoons chapped
- 2 tublespoons fresh lime or
- 1/2 teaspoon salt 1/4 teaspoon freshly ground

In a food processor, pulse the bell pepper, onion, jalapenos and garlic until fairly smooth. Transfer to a nonreactive serving bowl; stir in the tomatoes, cilantro, lime juice, salt and pepper. Befrigerate, covered until chilled, at least 1

hour. Nutrition information per serving: 0 Points: 67 Calories, 0g Fat, 4g Dietary Fiber

LEMON-BLUEBERRY SPICED

MUFFIN TOPS

- Makes 12 servings
  1/3 plus 1 tablespoon sugar
  1/4 teaspoon cinnamen
  1/4 teaspoon ground allspice
- 2 1/2 cups all purpose flour
- 1 teaspoon baking powder 1 teaspoon baking soda
- 1 cup low fat (1 percent) milk 2 egg whites
- 2 tablespoons butter, melted 2 teaspoons grated lemon
- 2 tablespoons fresh lemon
- 1 1/2 cups fresh or thawed frozen blueberries, thoroughly drained

Preheat the oven to 400°F. Spray two 6-cup mulfin-top pans with nonstick cooking spray. To

spice.

In a medium bowl, combine the flour, the remaining 1/3 cup of the sugar, the buking soda and saft. In a large bowl, with an electric mixer at medium speed, beat the milk, egg whites, butter, lemon zest and lemon juice. Add the dry ingredients and the blueberries to the milk mixture, stirring until just combined; do not overmix.

Spoon into the muffin cups: sprinkle with spice topping, Bake until a toothpick inserted in the center comes out clean, 18-20 min-utes. Cool in the pan on a ruck 5 minutes. Remove the muffins from the pan; serve warm or at room temperature. Nutrition information per

serving: 3 Points; 153 Calori 3g Total Fat, 1g Dietary Fiber.

## Surprise mom a bunch with brunch

See related Eating Better Sensibly column on Taske front.
Join Sharon Meyer and Beverly Price, registered dictitians, for
their "Natural Alternatives to
Standard Hormonal Replacement. Therapies" workshop, Lecture, cooking demonstration and
taste testing 7-8:30 pm. Tuezday, May 5 and May 19 at Living
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Call (248) \$39-9424 to register,
or find out about the "Vegetarian
Extravagana." 7-9 p.m.
Wednesday, May 10 at Orchard
Lake Middle School. The cost is
\$35.
Prepare these healthy tasty

recipes by Diane Baldwin for mom on Mother's Day.

APPLESAUCE/YOGURT DELIGHT

3 cups uncooked quick rolled

- 2 tablespoons brown suga 1/2 cups nuts, chapped or
- 1 teaspoon cinnamon

of the out mixture in each owl. Add of the but mixture in each own has the applesance on top and finish with another layer of out mixture. Also tastes great with vanilla or fruit flavored yogurt in place of

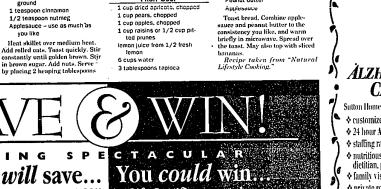
### FRUIT SOUP

Bring all ingredients to a boil sring all ingredients to a bail.
Simmer 45 min. to one hour. Add
tapioca and simmer until thick.
Recipes adapted from "Natural
Lifestyle Cooking."

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