

SUBURBAN LIFE

Monday, June 17, 1974

(L13A, F, W, G-9A, R-7A) (FPA)

Gourmet on a diet

By LORAIN McCLISH

A woman who was once known as "Fat Flo," discovered Weight Watchers and replaced a size 18 wardrobe with a size 10 in a matter of weeks, is still cooking gourmet dinners.

"I was born into a fat family," says Florine Mark who founded Weight Watchers in Michigan. "Food was plentiful and they set a good table. If any of us were ever unhappy they shoved something into our mouths."

Though she doesn't adhere to this kind of philosophy today with her own family, her love of food, — "I can still eat a half gallon of ice cream in one sitting" — and her weight-watching diet does not deter her from collecting recipes or concocting a few on her own.

She spent "months in the kitchen" for a diet soda company to come up with recipes using the one-calorie pop in meals for breakfast, lunch and dinner.

HER LATEST EFFORT is a collection of prize winning recipes that have come from all over the world that will be published into a cook book before the summer is out.

"Just because you are on a diet doesn't mean you have to stop cooking," she says. "I've got a great collection for as simple or as embellished as you want to go. They are for anyone who can follow a recipe."

There is something of the evangelist in her when she speaks of nutrition and the benefits of adhering to the Weight Watchers legal foods list, so it comes as no surprise that she wants to share her recipes or has converted her housekeeper to new eating habits.

"I almost drove the Raleigh House chefs crazy when we had 300 people there for a sit-down dinner at my son's bar mitzvah because I wouldn't have anything that wasn't legal," she said.

Another thing she's got on the horizon is a "Diet Bakery and Munching Company" she's opening in the Southfield Rd. - 12 Mile area. Basically a bakery, "it will be filled with everything from books to gourmet spices. Everything the dieter needs or needs to know," she said.

SHE IS ADAMANTLY anti-amphetamines for anyone who is trying to lose weight. "I know, I tried everything," she said, "starvation diets, low calorie diets, exercise diets, special food, appetite depressant pills, diet pills and hypnosis."

"Nothing is going to succeed as well as changing your eating habits."

Mrs. Mark said that winning the title of one of the ten top working women in Michigan was the biggest thrill of her life. Since founding the Michigan Weight Watchers, she has since opened chapters in Toledo, Windsor, and Mexico.

She is a regular figure on television, banging the drums for Weight Watchers in advertisements or as a guest speaker. She is a lecturer on a college circuit where her talk is entitled "You Can Do Anything You Want To Do If You Really Want To Do It." She has been the Mothers' March Chairman for the March of Dimes for the past three years, and plays an active role in the United Foundation, and Michigan Cancer Foundation fund drives.

This week she is preparing to receive 200 Weight Watchers directors and trainers who will be in Southfield's Sheraton Hotel for workshops and seminars.



FLORINE MARK

Florine's 6 course meal for the gourmand

HONOLULU TROPICANA

4 fluid ounces evaporated skimmed milk (well chilled)
1/4 medium pineapple
1/4 teaspoon coconut extract
12-14 ice cubes
Artificial sweetener to taste
Pour milk into blender; add fruit and extract. Blend at low speed, slowly adding ice cubes and sweetener. Pour into a tall glass.
Makes 1 serving

GAZPACHO

2 medium cucumbers, chopped fine
1 quart (32 fluid ounces) tomato juice
1/2 medium green pepper, chopped fine

4 ounces fresh onions, chopped fine
2 garlic cloves minced
2 tablespoons wine vinegar
2 teaspoons salt
1 teaspoon cumin
1 teaspoon paprika
2 envelopes beef flavored broth mix or 2 beef bouillon cubes
1/2 teaspoon black pepper
Combine all ingredients in large bowl. Chill in refrigerator. Divide evenly.
Makes 4 servings.

GREEN BEAN PARMESAN SALAD

4 cups fresh green beans
4 ounces fresh onion, minced
2 tablespoons garlic flavored wine vinegar

1/2 teaspoon salt
Dash pepper
2 ounces grated parmesan cheese
2 tablespoons vegetable oil
4 ounces cooked turkey, sliced
Wash beans, cut off ends and halve lengthwise. Cook, covered in 1" boiling salted water until tender. Drain and cool. Toss with remaining ingredients except oil and turkey. Chill well. Divide evenly into 2 lettuce cups and top each with 1 tablespoon vegetable oil, then 2 ounces sliced turkey.
Makes 2 servings.

STUFFED ZUCCHINI

2 zucchini squash
1 1/3 cups cottage cheese
Dash pepper
1/8 teaspoon paprika

2 slices enriched white bread, made into crumbs
Wash zucchini and slice in half lengthwise. Scoop out center, discard seeds. In mixing bowl, combine cottage cheese, pepper, salt, and paprika. Mix well. Stuff zucchini with 1/4 of the mixture. Top each with 1/4 of the bread crumbs. Bake at 350 degrees F for 1 hour.
Makes 2 servings.

SWEET & SOUR MEAT BALLS SAUCE

Artificial Sweetener equal
2 tablespoons suppr.
1/4 cup wine vinegar
2 cups pineapple chunks (packed in its own juice) with juice

1 medium green pepper, sliced
Mix all ingredients together in pan and set aside.

MEAT:

1 1/2 lb. ground beef or veal
2 teaspoons Italian seasoning (basil, oregano, thyme)
2 teaspoons dehydrated onion flakes
Salt and pepper to taste
Combine meat and seasonings thoroughly, form into small 1" meat balls. Brown all sides under broiler on a rack. Discard drippings. Place meat balls in chafing dish. Pour sauce mixture over meat balls; heat gently. Divide evenly.
Makes 4 servings.

PINEAPPLE DELIGHT

12 small slices pineapple packed in its own juice with 12 tablespoons juice
2 tablespoons plus 3/4 teaspoon unflavored gelatin
6 fluid ounces boiling water
3 cups evaporated skimmed milk
Artificial sweetener to equal 4 teaspoons sugar
3/4 teaspoon vanilla
1/2 teaspoon pineapple extract
Chop pineapple. Place in bowl, set aside. In another bowl, sprinkle gelatin over pineapple juice to soften. Add boiling water, stir until dissolved. Set aside. With electric beaters, whip evaporated milk until stiff peaks form. Fold into gelatin mixture. Add remaining ingredients. Divide evenly into 6 serving dishes. Chill.
Makes 6 servings.



PINEAPPLE DELIGHT



MAKE IT PRETTY



SWEET AND SOUR MEAT BALLS



HONOLULU TROPICANA