

Putting on pounds not part of this tradition

This Thanksgiving, families all over the country will give thanks for the blessings of the past year — and then sit down to a traditional holiday feast. But, if you think putting on pounds is another holiday tradition, you're in for a surprise.

This year, you can enjoy the good taste of holiday favorites and avoid holiday weight gain with a little help from Weight Watchers.

Start with this advice from Dr. Richard B. Stuart, psychological director for Weight Watchers International:

"Holiday eating can be kept in perspective if the day holds other activities. For example, start a family tradition of a brisk walk before mealtime, perhaps to gather nine coins for the fire or a centerpiece for the table. This exercise has the added benefit of helping to control appetite."

Florine Mark, president of Weight Watchers in our area, recommends, "Give thanks for good health and start an ongoing tradition of healthful eating. By making intelligent food choices and serving moderate portions you can enjoy holiday food while controlling your weight."

Weight Watchers has developed a traditional Thanksgiving menu that shows how delicious healthful eating can be.

Start with a smooth and spicy cream of pumpkin soup, follow with roast turkey, accompanied by stuffed squash and an elegant escarole-fennel salad with basil dressing. Sip a glass of white wine with your meal and top it all off with another American tradition — apple tart, of course!

To obtain Weight Watchers Thanksgiving day recipes, send a stamped self-addressed envelope to Weight Watchers, P.O. Box 125LV, Lathrup Village, Mich. 48076.

CREAM OF PUMPKIN SOUP

Makes 4 servings

1 tsp. plus 1 tsp. reduced-calorie margarine
¼ cup diced onion
1 tsp. plus 1 tsp. enriched all-purpose flour
1½ cups canned pumpkin
2 packets instant chicken broth and seasoning mix, dissolved in 2 cups hot water

¼ tsp. each salt, ground nutmeg, and ground ginger
¼ tsp. pepper
1 cup skim milk
2 tsp. chopped fresh parsley (optional)

1. In 3-quart saucepan heat margarine until bubbly and hot; add onion and sauté until softened. Add flour and cook, stirring constantly, for 3 minutes.

2. Remove pan from heat and stir in pumpkin; add dissolved broth mix and seasonings and stir to combine.

3. Return pan to heat and bring mixture to a boil. Reduce heat, partially cover, and let simmer for 15 minutes; stir in milk.

4. Pour 2 cups soup into blender container and process until smooth. Transfer pureed mixture to a bowl and repeat procedure with remaining soup.

5. Pour soup back into saucepan and heat. Serve sprinkled with parsley if desired.

Each serving is equivalent to: 4 serving Fats, ¼ cup plus 3 tsp. limited vegetables, 1½ servings extras, ¼ serving milk.

STUFFED SQUASH

Squash can be prepared and stuffed in advance, then baked in the oven with the turkey.

Makes 4 servings

2 yellow straightneck squash (about 10 oz. each)
2 tsp. reduced-calorie margarine
¼ cup diced celery
¼ cup diced onion
4 oz. uncooked regular long-grain enriched rice
1½ cups water
1 packet instant chicken broth and seasoning mix
¼ tsp. each salt and pepper

Dash ground nutmeg
2 tsp. golden raisins
Garnish: parsley sprigs

1. Cut off and discard end of each squash. Place squash in steamer insert and set insert into saucepan that contains boiling water (water should come just to, but not touch, bottom of insert). Cover pan and steam until squash are tender-crisp, about 8 minutes; let cool until easy to handle.

2. Cut each squash in half lengthwise; remove and discard seeds. Scoop out pulp, leaving about a ¼-inch-thick shell; reserve shells. Chop pulp and set aside.

3. In 2-quart saucepan heat margarine until bubbly and hot; add celery and onion and sauté until softened, about 5 minutes. Stir in rice, then chopped pulp, water, broth mix, salt, pepper, and nutmeg; bring mixture to a boil. Reduce heat, cover, and cook until all water is absorbed, about 18 minutes. Add raisins and, using a fork, mix lightly.

4. Preheat oven to 320°. Spray a baking dish that is just large enough to hold squash shells in 1 layer with non-stick cooking spray. Fill each reserved shell with ¼ of the rice mixture; arrange stuffed shells in baking dish. Cover dish with foil and bake until shells are tender and rice mixture is heated through, 20 to 25 minutes. Serve garnished with parsley sprigs.

Each serving is equivalent to: 2½ servings Vegetables, ¼ serving Fats, 1 tbsp. Limited Vegetables, 1 serving Bread Substitutes, ¼ serving Extras, ¼ serving Fruits.

ESCAROLE-FENNEL SALAD WITH BASIL DRESSING

Makes 4 servings

Dressing:
1½ tsp. cornstarch
¼ cup water
¼ cup basil leaves
2 tsp. lemon juice
1 tsp. chopped fresh parsley
1 tsp. wine vinegar
2 tsp. chili sauce
¼ tsp. salt
¼ tsp. pepper

Dash each artificial sweetener and garlic powder

Salad:
3 cups torn chilled escarole leaves
2 cups sliced chilled fennel or celery (¾-inch-thick slices)
2 chilled medium tomatoes, cut into thin wedges

To Prepare Dressing: In small saucepan add cornstarch to water and stir to dissolve; add basil and, stirring constantly, bring mixture to a boil. Continue boiling and stirring for 2 minutes. Pour mixture into a heatproof bowl and add remaining ingredients; stir well. Cover and refrigerate until chilled.

To Prepare Salad: In salad bowl combine escarole, fennel (or celery), and tomatoes. Stir chilled dressing and pour over salad; toss to combine and serve immediately.

Each serving is equivalent to: ¼ serving Extras, 3¼ servings Vegetables.

APPLE TART

Pastry shell may be prepared in advance and frozen until ready to use; if frozen, do now thaw before baking. Makes 4 servings. Pastry Shell: ¼ cup plus 2 tsp. enriched all-purpose flour
¼ tsp. salt

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