

# A year's worth of diet recipes

If you try one new recipe from this book each day, by the end of 365 days, you will have achieved a new food repertoire, new eating pleasure and a new eating style, say Sylvia Schur and Vivian Schulte, Ph.D., authors of "365 Easy Low-Calorie Recipes" (Harper & Row, June 6, 1990, \$15.95).

In "365 Easy Low-Calorie Recipes," newest addition to the "365 Way" series, the dishes have individual calorie counts listed so it is easy to keep track of daily consumption. All the main dishes have under 300 calories, desserts under 175 calories. Recipes include a wide range of reduced-calorie versions of old favorites, such as Eggs Benedict Arnold

and Chocolate Souffle.

According to the authors, the recipes provide stimulating variety in contemporary dishes, with great potential for attractive plate arrangements. There are some fool-the-eye dishes, flavors in broad variety and a range of textures designed to maximize the pleasure — and impact — of smaller portions. Schur and Schulte have developed the recipes with reduced fat, sugar and sodium contents.

The 10 chapters cover every mealtime. "Soups and Sandwiches" includes Hearty Fish Chowder, and Tomato and Mozzarella Sandwiches with Basil and Balsamic Vinegar. Carried Chicken Paillards, Shrimp

Vegetable Teriyaki, Honey Mustard Lamb Chops with Rosemary, and Chili Beef Salad are a few of the dinner-time choices. You can start the day with Fruit Filled Cloud Pancakes or cap it off with Coffee Charlotte or Strawberry Banana Whip.

Many of the recipes in "365 Easy Low-Calorie Recipes" are for one serving, convenient if dining alone, but easy to increase if you're feeding more.

**SHRIMP-VEGETABLE TERIYAKI**  
Preparation: 10 minutes, Marinate: 15 minutes, Cook: 8-10 minutes, Serves: 4, Calories per serving: 130

Whether you call these teriyaki or kabobs, shrimp and vegetables with teriyaki seasoning make a colorful, quick and tasty broiled dish.

1/4 cup teriyaki sauce  
1 garlic clove, minced  
1/4 teaspoon dry mustard  
2 tablespoons dry sherry  
2 tablespoons unsweetened pineapple juice  
16 large shrimp, shelled and deveined  
8 cherry tomatoes  
Twelve 1/2-inch thick slices small onion  
Twelve 1-inch squares green bell pepper

Combine teriyaki sauce, garlic, mustard, sherry and pineapple juice in a bowl large enough to hold shrimp. Place shrimp in marinade and turn to coat well. Let stand, tossing several times, 15-20 minutes at room temperature, or 2 hours refrigerated.

Preheat broiler. On each of 4 skewers, place a tomato, then a

shrimp, a slice of onion skewered crosswise, a square of green pepper. Repeat shrimp, onion, and pepper 2 times, then end with a shrimp and a tomato.

Broil about 4 inches from heat, turning and basting frequently with marinade, until shrimp are pink and vegetables slightly tender and charred, 8-10 minutes.

**FRUIT-FILLED CLOUD PANCAKES**  
Prep: 5 minutes, Cook: 10 minutes, Serves: 6, Calories per serving: 128

These reduced-calorie griddlecakes are smooth, light and fluffy and have no cholesterol, no egg or butter.

1 cup all-purpose flour  
1 tablespoon baking powder  
1/4 cup salt  
1 1/4 cups skim milk  
1 tablespoon vegetable oil  
1 medium egg white  
3/4 cup blueberries or sliced strawberries  
2 tablespoons blueberry or strawberry fruit spread

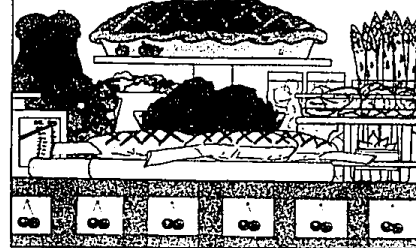
Heat a nonstick griddle or skillet. In a small bowl, combine flour, baking powder and salt. Add milk and oil to flour mixture and beat just to combine. Beat egg white until stiff but not dry. Fold in egg white.

Four about 2 1/4 tablespoons batter for each pancake onto hot skillet and bake until underside is brown. Turn and brown top side. Slide out and keep warm.

Combine berries and preserves. Place a spoonful of berries with preserves on one side of each pancake and roll up. Allow 2 pancakes per serving.

## 365 EASY LOW-CALORIE RECIPES

SYLVIA SCHUR AND VIVIAN SCHULTE, R.D., Ph.D.



All dishes have individual calorie counts listed in "365 Easy Low-Calorie Recipes" cookbook.

## Olive, corn oils are both good

AP — Fine-tuning a low-fat diet need not involve agonizing over olive oil vs. corn oil, say researchers who found that neither offered an advantage in maintaining levels of good cholesterol in the blood.

"When someone is eating a reduced fat diet that's low in saturated fats, it doesn't matter what kind of unsaturated fat they choose," said Darlene M. Dreon, a research scientist at Lawrence Berkeley Laboratory in Berkeley, Calif.

Previous research has indicated that monounsaturated fats, found in olive oil and peanut oil, beneficially lower LDL cholesterol, so-called "bad" cholesterol, without lowering HDL, so-called "good" cholesterol.

Polysaturateds, such as in corn oil and safflower oil, also lower "bad" cholesterol, but they tend to lower "good" cholesterol as an unwanted additional effect, previous research has indicated.

"The studies have shown that monounsaturated and polysaturateds are equal in lowering LDL (bad) cholesterol," said Dr. Abhimanyu Garg of the University of Texas Southwestern Medical Center at Dallas.

Excess total cholesterol in the blood is one of the three main modifiable traits that scientists have linked to an increased risk of developing heart disease. The other two are high blood pressure and smoking.

HDL cholesterol is called good cholesterol because it is believed to protect against heart disease. LDL cholesterol is called bad cholesterol because it is believed to contribute to fatty deposits in the arteries that promote heart disease. Both are components of total cholesterol.

RESEARCHERS in the new study analyzed data on 20 women and 19 men who were all put on a standard diet for two weeks, then divided into groups for 12-week diets alternately rich in monounsaturateds and in polysaturateds.

The standard diet was one recommended by the American Heart Association, which calls for 30 percent of total calories from fats, in contrast to the 40 percent of calories from fat that the average American eats.

The test diets provided the same proportion of calories from fats overall, but restricted saturated fats — the kind found in meat and dairy products — to 10 percent. The other 20 percent were polysaturateds or monounsaturateds, depending on which test diet was being used.

Blood levels of LDL cholesterol and HDL cholesterol did not change significantly with changing fat types, the researchers reported in the Journal of the American Medical Association.

"We find no advantage with respect to plasma HDL concentrations in using predominantly monounsaturated rather than polysaturated fats in subjects who consumed reduced-fat solid-food diets," the researchers wrote.

Different methods might explain the findings' seeming conflict with a 1985 study that indicated polysaturateds lowered levels of "good" cholesterol in the blood, said the researchers.

THE FORMULA DIETS in the earlier study were cholesterol free and contained amounts of monounsaturated fats and polysaturateds that were "markedly higher than those achievable through solid-food diets," said the researchers.

"I don't think you can call it conflicting data," agreed Garg, an assistant professor of internal medicine and clinical nutrition who is associated with the researcher group in the 1985 study.

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