



Fresh Fruit Shortcake is covered with Apricot-Orange sauce.

Shortcake made with corn syrup

Reducing fat in your diet no longer means "bye-bye" to those home-baked goodies we all love so much — cakes, cookies and muffins. Believe it or not, in your cupboard is a familiar, convenient, user-friendly ingredient that holds the key to successful fat-free baking at home: corn syrup.

No butter, shortening or oil needed. The secret is in the way corn syrup interacts with flour, sugar, egg whites and other traditional baking ingredients to produce tender, flavorful products.

Fresh Fruit Shortcake is a snap to prepare. It's an elegant version of a fat-free white cake, cut in rounds with biscuit or cookie cutter, split and served with strawberries and fresh orange sections. Confectioners' sugar and a tart Apricot-Orange Sauce complement each serving. For an everyday treat, this simply delicious cake can be sprinkled with confectioners' sugar and cut into snack-size pieces. Either way, it's fat-free.

FAT-FREE FRESH FRUIT "SHORTCAKE"

1/2 cup flour
1/2 cup sugar
1/2 cup cornstarch
2 teaspoons baking powder
1/2 teaspoon salt
2 egg whites
1/2 cup skim milk
1/2 cup light corn syrup

1 teaspoon vanilla
1 pint strawberries, hulled and sliced
3 medium oranges, peeled and sectioned
Confectioners' sugar
Apricot-Orange Sauce (recipe follows)

Spray 9-inch-square baking pan with cooking spray. In large bowl combine flour, sugar, cornstarch, baking powder and salt. In medium bowl mix egg whites, milk, corn syrup and vanilla. Add to flour mixture; stir until toothpick inserted in center comes out clean. Cool in pan on wire rack. Using a 2 1/2-inch biscuit cutter, cut cooled cake into 9 rounds. Slice each in half horizontally. Place bottom halves on dessert plates; top with strawberries, oranges and remaining cake halves. Sprinkle with confectioners' sugar. Spoon about 3 tablespoons Apricot-Orange Sauce around cake. Makes 9 servings.

Apricot-Orange Sauce

In blender or food processor blend 1 can (15 ounces) drained apricot halves, 1/2 cup light corn syrup and 1/2 cup orange juice until smooth. Makes 1 1/2 cups.

Each serving provides: 0 g fat, 0 mg cholesterol, 200 Calories, 13 g protein, 48 g carbohydrate, 170 mg sodium.

It's an elegant version of a fat-free white cake, cut in rounds with biscuit or cookie cutter, split and served with strawberries and fresh orange sections.

Breakfast starts you off right

What's the first thing on your mind when you wake up in the morning? If it's preparing a healthy breakfast, you're off to a great start.

After a good night's sleep you need to "break the fast" and recharge your body with nourishing food. Nutritionists agree that eating breakfast is necessary for well-being. Yet the breakfast debate continues.

Many use the excuse that there just isn't enough time in the morning to fix breakfast or that they're trying to cut calories and will just skip the morning meal. But skipping breakfast often leads to tripping up throughout the day.

Bypassing breakfast may actually be one of the worst moves to make when you're trying to lose a few pounds. Most people don't even make it to lunch time if they miss breakfast. They simply give in to hunger and grab a mid-morning snack. The problem is, the snacks chosen are often higher in fat and calories than a home-prepared breakfast.

IF YOU DO make it to the lunch hour on an empty stomach, you may tend to overeat because by then you are famished. Give your body the fuel it needs first thing in the morning and you will be less likely to crave something before lunch or later in the day.

Now that we've determined the importance of eating breakfast, the next step is making sure you eat the right breakfast. A breakfast that includes low-fat versions of dairy products, breads, muffins and whole grain cereals, as well as fresh fruits, is healthiest for you. High-fiber foods are ideal. They give you a feeling of fullness, making you less tempted to overeat.

Live up your morning with a Strawberry Omelet. Enjoy your orange juice in a wine glass, garnished with sprigs of fresh mint, along with Cream Cheese-Apple Toast for

a new twist. If time is of the essence, try a blender breakfast such as creamy Mango Breakfast Shake or grab a Maple Fruit Bar (easy to prepare ahead of time) on your way out the door.

Don't be surprised if becoming a regular breakfast-eater adds energy and vitality to your morning routine.

STRAWBERRY OMELET

Makes 4 Servings

1 cup part-skim ricotta cheese
1 tablespoon sour cream
2 teaspoons confectioners' sugar
1 cup egg substitute
2 large eggs
1 tablespoon plus 1 teaspoon reduced-calorie tub margarine
1 1/4 cups sliced strawberries

In medium bowl, combine ricotta, sour cream and sugar until blended; set aside. In medium bowl, whisk egg substitute and eggs until combined. In medium nonstick skillet, melt margarine. Pour in egg mixture, swirling to cover bottom of pan. Cook until eggs begin to set, about 2 minutes, gently lifting edges away from the side of the pan, letting uncooked portion flow underneath.

When omelet is almost set, remove pan from heat. Spoon ricotta mixture over one half; layer 1/4 cup strawberries on top ricotta mixture. With spatula, carefully lift unfolded side of omelet and fold over filling; slide onto heated platter. Garnish with remaining strawberries.

Each serving provides: 1/2 Fat, 2 1/2 Protein, 1/2 Fruit, 20 Optional Calories.

SOURCE: Weight Watchers Good'n Quick Menu Collection, 1991.

CREAM CHEESE-APPLE TOAST

Makes 4 Servings

1/4 cup part-skim ricotta cheese
1 ounce cheddar cheese

MARINATED POT ROAST

WITH VEGETABLES

One 2 1/2-to-3-pound boneless beef chuck pot roast

1 cup dry red wine
1 teaspoon finely shredded orange peel
1/2 cup orange juice
2 tablespoons olive oil or cooking oil
1 teaspoon dried basil, crushed
1/4 teaspoon instant beef bouillon granules
1 pound whole tiny new potatoes, quartered
One 10-ounce package frozen tiny whole carrots
One 9-ounce package frozen Italian-style green beans
1 cup fresh (peeled) or frozen pearl onions
2 tablespoons cornstarch
2 tablespoons cold water

Trim fat from meat. Place meat in a plastic bag set in a bowl. Combine wine, orange peel, orange juice,



Lite success

Florine Mark

1 tablespoon apple butter
1/4 teaspoon cinnamon
1 1/4 tablespoons whipped cream
cheese
4 slices reduced-calorie whole-wheat bread

In small bowl, combine ricotta, walnuts, apple butter and cinnamon; set aside. Spread cream cheese evenly over the bread; top each with 1/4 of the ricotta mixture. Place in toaster oven and toast until heated through.

Each serving provides: 1/2 Fat, 4 Protein, 1/2 Bread, 20 Optional Calories.

SOURCE: Weight Watchers Good'n Quick Menu Collection, 1991.

MANGO BREAKFAST SHAKE

Makes 2 Servings

1/4 small mango, pared and pitted
1/4 cup plain nonfat yogurt
2 teaspoons fresh lime juice
1/4 teaspoon vanilla extract
2 1/2 tablespoons nondairy whipped topping
1 teaspoon unsweetened wheat germ

In blender, combine mango, yogurt, lime juice and vanilla; blend until smooth. Add whipped topping; blend just until combined. Divide shake evenly between 2 chilled glasses; sprinkle each with 1/4 teaspoon wheat germ.

Each serving provides: 1/2 Milk, 1/2 Fruit, 20 Optional Calories.

SOURCE: Weight Watchers Good'n Quick Menu Collection, 1991.

MAPLE FRUIT BARS

Makes 12 Servings

12 dried apricot halves
6 pitted dates
6 pitted medium prunes
1 cup minus 1 tablespoon whole-wheat flour
1/4 cup dark raisins
1/4 ounce pecans, chopped
1 1/4 ounces wheat germ
1 1/4 ounces quick oats
1/4 cup unsweetened applesauce
1/4 cup reduced-calorie pancake syrup
1/4 cup reduced-calorie tub margarine melted
1/4 teaspoon almond extract
2 teaspoons shredded coconut

Preheat oven to 350 degrees. Spray an 11-by-7-inch baking pan with nonstick cooking spray; set aside. In food processor, coarsely chop apricots, dates, prunes. Transfer to large bowl. Add flour, raisins, pecans, wheat germ, and oats; blend well. In food processor, combine applesauce, syrup, margarine, and almond extract; process until smooth. With rubber spatula, fold applesauce mixture into fruit mixture until blended. Spread batter evenly in prepared pan; sprinkle with coconut. Bake 25-30 minutes, until coconut is golden and toothpick inserted in center comes out clean. Cool and cut into 12 bars; store in airtight container.

Each serving provides: 1/2 Fat, 1/2 Bread, 1 Fruit, 30 Optional Calories.

SOURCE: Weight Watchers Good'n Quick Menu Collection, 1991.

You can cook pot roast on low power

AP - What a shame that cooking meat in the microwave oven has gotten such a bum rap. You can bake tender and juicy meats, like this pot roast, if you select a roast with a uniform shape and thickness, and use your microwave oven on a low power level.

Flat roasts, such as a beef chuck pot roast, are the ideal shape for microwave cooking. Also look for a roast with good marbling (even amounts of fat spread throughout the meat). If one area has heavier marbling, it will cook faster than the rest. In general, boneless roasts cook more evenly than roasts with a bone, because large bones shield the meat from the microwave.

By using a lower power setting, the meat cooks more slowly, letting heat penetrate to the center without overcooking the outside. Even with a lower power level, you can still cut an hour or more off the time it takes to cook a pot roast in a conventional oven.

MARINATED POT ROAST

WITH VEGETABLES

One 2 1/2-to-3-pound boneless beef chuck pot roast
1 cup dry red wine
1 teaspoon finely shredded orange peel
1/2 cup orange juice
2 tablespoons olive oil or cooking oil
1 teaspoon dried basil, crushed
1/4 teaspoon instant beef bouillon granules
1 pound whole tiny new potatoes, quartered
One 10-ounce package frozen tiny whole carrots
One 9-ounce package frozen Italian-style green beans
1 cup fresh (peeled) or frozen pearl onions
2 tablespoons cornstarch
2 tablespoons cold water

Trim fat from meat. Place meat in a plastic bag set in a bowl. Combine wine, orange peel, orange juice,

oil, basil and pepper; pour over meat and close the bag. Chill for several hours or overnight, turning the bag occasionally to distribute the marinade.

In a 3-quart, microwave-safe casserole combine meat, marinade and bouillon granules. Turn meat to coat all sides.

Cook meat, covered, on 100 percent power (high) for 5 minutes or until liquid is boiling. Cook, covered, on 50 percent power (medium) for 40 minutes. Turn meat over. Add potatoes. Cook, covered, on medium for 15 minutes more. Turn meat over. Add carrots, green beans and onions; spoon juices over. Cook, covered, on medium for 25 to 30 minutes more or until meat and vegetables are tender.

Transfer to a warm platter, reserving juices. Cover meat and vegetables with foil to keep warm.

For gravy, strain the pan juices through a sieve into a 4-cup glass measure; use a large spoon to skim off the fat that rises to the surface. Measure 2 cups of the juices; discard the remaining juices.

In a small bowl stir together cornstarch and water; stir into the reserved juices. Cook, uncovered, on 100 percent power (high) for 2 1/2 to 3 minutes or until thickened and bubbly, stirring after every minute until slightly thickened, then after every 30 seconds. Cook, uncovered, on 50 percent power (medium) for 30 seconds more. Serve with meat and vegetables. Makes 8 servings.

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