

# Dazzle mom on her day with special brunch



**FLORINE MARK**

**LITE SUCCESS**  
If breakfast for mom is a Mother's Day tradition at your house, dazzle her this year. Weight Watchers has a menu for a Mother's Day brunch that's super-special, a beautiful scrumptious and lots of fun to make. Best of all, mom can enjoy it and still stick with her weight loss program. A great gift you can give a mother is your loving support of her weight loss effort. Praise, positive attention and appreciation are vital ingredients for success. So get out your aprons and mix-

ing bowls, and get dad to help. Mix and bake a Cheese Blintz that mom will love. Serve it to her on the best dishes, along with tangy Island Fruit Salad and Iced Spice Coffee. Tell her that the recipes are from Weight Watchers new "Favorite Homestyle Cookbook."

**CHEESE BLINTZ**  
¼ cup plus 3 tablespoons oil-purpose flour  
Granulated sugar substitute to equal ¼ cup sugar  
2½ teaspoons double-acting baking powder  
¼ teaspoon salt  
3 large eggs  
1½ cup reduced-calorie tub margarine  
¼ cup skim milk  
2½ cups part-skim ricotta cheese

8 ounces reduced-calorie cream cheese, softened  
2 large eggs  
¼ cup granulated sugar  
3 tablespoons fresh lemon juice  
1 teaspoon grated lemon peel  
1 teaspoon grated orange peel  
Dash salt  
Preheat oven to 300 degrees F. Spray 13 by 9-inch baking pan with nonstick cooking spray; set aside.

To prepare batter, in large bowl, with electric mixer on medium speed, mix flour, sugar substitute, baking powder, salt, eggs, margarine and milk until just blended. (Do not overmix).

To prepare filling, in separate large bowl, with electric mixer on low speed, mix remaining ingredients until blended.

Pour half the batter into prepared pan. Gently pour filling on top, being careful not to mix layers; pour remaining batter over cheese mixture. Bake until golden brown and set, 1¼ hours. Let stand 10 minutes before cutting, or cover and refrigerate until ready to serve. (Can be served chilled or at room temperature). Makes 10 servings.  
Each serving provides: 1 Fat, 1¼ Protein, ¼ Bread, 90 Optional Calories on Weight Watchers Food Plan. Per Serving: 280 calories; 14 g fat; 21 g carbohydrate; 276 mg calcium; 493 mg sodium; 137 mg cholesterol, 0 g dietary fiber.

**ISLAND FRUIT SALAD**  
1 medium grapefruit, peeled and sectioned  
¼ medium pineapple, cut into chunks (reserve juice)

½ medium banana, diced  
¾ cup fresh or frozen blueberries  
2 tablespoons chopped fresh mint leaves  
2 tablespoons toasted shredded coconut

In large bowl, combine all ingredients; toss to mix well. Cover and refrigerate until well chilled. Makes 4 servings.

Each serving (about 1 cup) provides: 1½ Fruits; 15 Optional Calories on the Weight Watchers Food Plan. Per Serving: 81 calories; 1 g protein; 1 g fat; 18 g carbohydrate; 3 mg sodium; 0 mg cholesterol; 1 g dietary fiber.

**ICED SPICE COFFEE**  
3 cups cold brewed coffee

¼ cup skim milk  
1 tablespoon grated lemon peel  
6 whole cloves  
6 whole allspice berries  
2 cinnamon sticks  
Granulated sugar substitute to equal 2 tablespoons sugar

In 4-quart measure, combine all ingredients. Let stand 1 hour to develop flavors. Strain into 2 ice-filled 10-ounce glasses. Makes 2 servings.  
Each serving provides ¼ Milk on the Weight Watchers Food Plan. Per serving: 39 calories; 2 g protein; 0 g fat; 7 g carbohydrate; 85 mg calcium; 8 mg sodium; 1 mg cholesterol; 0 g dietary fiber.

Florine Mark is president and CEO of the WW Group, Inc., the largest franchise of Weight Watchers International.

# Win the battle against creepy kitchen pests



**LOIS THIELEKE**

Just how do those little pests get into kitchen cabinets? There are many types of insects that can attack foods. Some of these pests are Sawtoothed Merchant Grain Beetles, Flour Beetles, Drugstore and Cigarette Beetles, Granary Weevils, Rice Weevils, Larder Beetles, Indianmeal Moth. These pests can be in the larvae or adult stage and have bored their way into tightly sealed packages. Food products left undisturbed on shelves for five to eight weeks are particularly susceptible to these pantry pests. Foods need to be rotated frequently to help prevent these creepy little critters!  
**Check source**  
When food is infested, look for the source. Check seldom used

packages of cereal, flour, raisins and spices. Also check dry dog food, cat food, or bird seed, outdoor storage is recommended for these products. If you find any infested food, wrap in heavy plastic and dispose of it immediately. Keep it away from all other foods. It is recommended that after you have had food packages or boxes for 60 days to give them a cold treatment, by putting cake mixes, spices, flour and other grains in the freezer to stop any kind of pest growth.  
Store insect free foods in tightly closed glass, metal or heavy plastic containers on the cupboard shelves. A vacuum cleaner helps "suck up" any infestation, but get rid of the vacuum bag as they can live in there. Then clean with a strong soap solution.  
When you purchase any food products, examine the boxes or packages to make sure they are insect-free. Infestation can happen at the plant, during shipping, while it's being stored or while

you are storing it at home. Infested foods can infect other food on the shelf.  
There are three common beetles that can infest stored grains, flour, cake mixes and other flour products. These are the Sawtoothed, Grain Beetle, and Red Flour Beetle and the Confused Flour Beetle. If these beetles are found, you will need to discard everything, clean the cupboards thoroughly and use an insecticide to control them. Purchase an insecticide labeled for indoor use and, follow the directions carefully.  
After spraying, keep all foods in containers of glass, tin or rubber sealed containers. Boxes, plastic bags, or paper bags can not be sealed tightly enough to exclude these pests.  
Granary, bean and rice weevils look similar and infest whole grain rice, corn, wheat and beans. The bean weevil feeds on dried beans, leaving perfectly round holes in the beans. The larvae can continue to develop while being stored with the adults emerging later. If any of these are found in the kitchen, disposal of infested grains and a thorough cleanup of the area should eliminate them.  
The Larder Beetle can infest stored products that contain a little animal protein. They are most commonly found infesting bulk-

stored dry pet food. Always keep pet food stored away from "people" food to eliminate these pests. The Cigarette and Drug Store Beetle are small brownish, red beetles that chiefly infest dried plant materials. They can also be found in red peppers and other spices, tobacco, wreaths, and other dried foods.  
**Controlling pests**  
Control of these is fairly easy, once the source is found, simply dispose of the infested food and do a thorough clean-up. Many beetles may require additional measures such as an insecticide.  
Indianmeal Moths are the most common of the moths that infest stored grains and other food stuffs in the kitchen. The larvae are cream-colored caterpillars, and are usually found within a webbing over the surface of the food they are infesting. It is a spider-like silk webbing and a sure indication that the food is infested. The larvae infest stored grains such as cornmeal, flour, cereal, dried pasta, crackers, bird seed, dried fruit, dog food and many other high protein food sources.  
Vacuum cupboards, wash with soap and water before using a chemical to get rid of these. Make sure you have cleaned any cracks or crevices where they might be hiding. The adults of these moths

will fly to the light fixtures or toward the ceilings of the cupboards so you'll be able to see them.  
These kitchen pests could come from a variety of sources, make sure they aren't getting into already stored foods. Their entrance holes into packages are very small and hard to see, so most of the time you don't know until the packages are opened and you actually see the bugs. Avoid long

storage periods of dry foods especially grains stored on cupboard shelves. Keep them in the refrigerator freezer.  
Always keep pet foods and bird seeds stored away from other foods. Practice good preventative maintenance so there are no little creepy kitchen pests.  
Lois M. Thieleke is an Extension Home Economist for the Cooperative Extension Service, Oakland County office.

**CLARIFICATION**  
Plymouth Landing Restaurant, 340 North Main, Plymouth, 456-3700 will celebrate Cinco de Mayo, the Mexican national holiday, on Wednesday, May 5, with an all-day Mexican fiesta. Authentic Mexican music 7-10 p.m. Hours 11 a.m. to 2 a.m. Food service until 11 p.m.

**COOKING CALENDAR**  
To get your classes or events listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, the Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150.  
■ **SOUTHFIELD ADULT EDUCATION**  
A series of four Italian Regional Cooking classes will be offered 6:30-9:30 p.m. Thursdays, beginning May 6. The cost is \$29 per class or \$108 per person for the series. For registration information, call 746-8700.  
■ **KITCHEN GLAMOR**  
Cool summer ice cream desserts. Elaine Cauffield teaches you how to make summer desserts step-

by-step, 7 p.m. Tuesday, May 3, Novi store, 1 p.m. Wednesday, May 5, Redford store, 7 p.m. Thursday, May 6, West Bloomfield store, and 7 p.m. Friday, May 7, Rochester store. There is a \$3 fee for this class. Call 537-1300 to register, or for more information.  
■ **THE LARK**  
Cooking and dining at the Lark with Chef Marcus Haight 11 a.m. Saturday, May 16 and Sunday, May 16. Join Chef Marcus in preparing a military feast, then adjourn to the Lark's dining room for a private luncheon. The cost is \$50 per person. Classes limited to 12 people. For reservations, call 661-4466.



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