

# Low fat condiments shave calories from summer salad

## LITE SUCCESSES



FLORINE MARK

As summer reaches its midpoint, nothing hits the spot like traditional summer picnic fare. But, if you want to avoid the fat and calories that come with many traditional summer salads, Weight Watchers can help.

By substituting low-fat and reduced-calorie condiments, you can shave fat and calories without giving up good taste.

One trick is to find a few fall-safe recipes that feature fresh ingredients and flavor enhancers like fresh herbs, savory relishes, celery or scallions.

Weight Watchers has three that fit the bill perfectly. Marinated Vegetable Salad is a satisfying blend of fresh veggies, beans and tasty marinade. Macaroni Salad is creamy and delicious, and you won't believe it's called "No-Guilt" Potato Salad!

Try them out on your family too — the great flavor will fool 'em!

### MARINATED VEGETABLE SALAD

- 1 cup broccoli florets, blanched
- 1 cup cauliflower florets, blanched
- 1 cup sliced celery
- 1 cup sliced carrots
- 1/2 cup chopped green bell pepper
- 1/2 cup thinly sliced red onion
- 4 ounces drained, cooked kidney beans

In large bowl, combine all ingredients, tossing well. Refrigerate at least 3 hours or overnight to develop flavors. Makes 8 servings.

Each serving (1/2 cup) provides: 4 Fat; 14 Vegetables; 1/4 Bread; 10 Optional Calories on the Weight Watchers Food Plan. Per serving: 65 calories; 4 g protein; 1 g fat; 14 carbohydrate, 40 mg calcium; 457 mg sodium; 0 mg cholesterol; 3 g dietary fiber.

### NO-GUILT POTATO SALAD

- 1 pound cooked unpeeled red potatoes, cubed
- 1/4 cup chopped celery
- 1/4 cup chopped scallions (green onions)
- 1/4 cup reduced-calorie ranch dressing (25 calories per tablespoon)
- 3 tablespoons chopped fresh dill
- Dash salt
- Dash white pepper

Using rubber scraper, in medium bowl, combine all ingredients, stirring to coat vegetables with dressing. Makes 4 servings.

Each serving provides: 4 Vegetables; 1 Bread; 25 Optional Calories on the Weight Watchers Food Plan. Per serving: 121 calories; 2 g protein;

0 g fat; 24 g carbohydrate; 18 mg calcium; 190 mg sodium; 0 mg cholesterol; 2 g dietary fiber.

### MACARONI SALAD

- 2 1/2 cups cooked penne or ziti
- 1/4 cup plain nonfat yogurt
- 1/4 cup chopped onion
- 1/4 cup chopped celery
- 1 hard-cooked egg, finely chopped
- 1 tablespoon prepared mustard
- 1 tablespoon sweet pickle relish
- Granulated sugar substitute equal to 2 teaspoons sugar
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon freshly ground black pepper
- Chopped fresh parsley for garnish (optional)

In large bowl, combine all ingredients until blended. Cover and refrigerate several hours or overnight. Garnish with parsley, if desired. Makes 4 servings.

Each serving (1 1/4 cup) provides: 4 Milk; 4 Protein; 4 Vegetables; 1 1/4 Bread; 5 Optional Calories on the Weight Watchers Food Plan. Per serving: 181 calories; 9 g protein; 2 g fat; 31 g carbohydrate; 107 mg calcium; 284 mg sodium; 54 mg cholesterol; 2 g dietary fiber

Recipes from "Weight Watchers Favorite Homestyle Recipes Cookbook," by Weight Watchers International, Inc.

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

# Use soap and water to lower food poisoning risks



LOIS THIELEKE

Every year between \$5 and \$17 billion are spent on medical costs and lost productivity as a result of food borne illnesses. Slaughter practices, limited inspections and food processing techniques can't be blamed for these high numbers. Blame some of this on us, the consumer.

One-third of food poisoning cases are caused by food prepared at home. We have the basic equipment in our kitchens to prevent most food borne illnesses; the stove, refrigerator and running water, but still forget the precautions.

Germs accumulate on your hands as you go from task to task. It is reported that most cases of

diarrhea and vomiting are caused by inadequate handwashing. By not washing your hands on a regular basis you can pass on a host of ailments to friends and family. These can range from the common cold to dysentery or hepatitis. The simplest way to avoid these infections is with a little soap and water. Just running water over your hands doesn't count as a washing.

Apply soap or detergent to your hands and rub vigorously for 10-20 seconds, then rinse. Germs tend to accumulate around cuticles, under fingernails and creases in your hands. It is critical to wash your hands before handling or eating food; after handling raw food, especially meat; after a visit to the bathroom; after blowing your nose or sneezing or coughing into your hand; after handling garbage; after playing with a pet; after changing a diaper or after

handling money. Make vigorous hand washing a habit to stay healthy.

Next step to food safety is to keep your refrigerator set below 40 degrees and the freezer at or below 0 degrees. Slip meat packages into another plastic bag or container prior to refrigeration. Juices from raw meat or poultry may leak from the original package and contaminate other foods or surfaces.

Ground meat tends to spoil faster than other cuts, so store ground beef, pork, lamb, turkey or poultry two days at the most. If you purchase jumbo-sized or family-sized packages of meat, make sure you follow the two day guideline from the refrigerator or freeze it or cook it all and then freeze it.

Store raw roasts and steaks in the refrigerator no longer than three to five days, raw chicken or

turkey no longer than one to two days and leftover meats no longer than three or four days.

Never thaw foods, especially meat, at room temperature. The outside surface thaws before the inside, leaving the outside vulnerable to bacterial contamination and growth. Cook food frozen or thaw in the refrigerator.

Marinate meats and poultry only in the refrigerator. Don't put cooked meat back into uncooked marinade or on a plate that previously held raw meat. If you do you're passing the bacteria back and forth. Don't trust your nose to pick up bacteria smell. Bacteria is odorless.

Never use utensils that have touched raw meat or poultry without a thorough washing. Everything that comes in contact with the raw meat should be washed immediately. Don't contaminate other foods or hands by re-using

towels or sponges that have been used to clean up drippings from raw meat.

Wash your cutting board with hot soapy water or put it in the dishwasher. Occasionally wash it with a mild bleach solution and rinse with clean water. Cross contamination from raw to a cooked product is a common mistake that can be avoided with some thought.

Some foods can be eaten raw but meat and poultry aren't on that list. Steak tartare may be considered a delight to your taste buds; however, it could be dangerous to your health. Most health authorities discourage any consumption of raw meat.

Cook hamburger meat thoroughly. Hamburger meat is riskier than steaks or other cuts because of its so much surface area. Cook until no pink shows in the center. Rare beef does carry some

bacterial risk so, you make the choice. Cook meat to an internal temperature of at least 160 degrees. Red meat when done is brown or grey inside and the juices in poultry run clear.

Cooking meat perfectly means careful timing and temperature. A very high heat will harden the protein and make meat tough and dry. When grilling or broiling, the timing is extremely important.

Recent deaths and serious illnesses from fast food hamburger really underscore the importance of food safety at home and away. Heat destroys most bacteria so use good judgement when cooking meats and keep your work space and hands clean.

Proper food handling will help eliminate food borne illnesses. Who needs a headache or stomach ache anyhow?

# Combining two fruits, chocolate results in triple-threat shortcake

AP — Inviting friends and family over for a back yard cookout. And for dessert — Triple Fruit Chocolate Shortcake, made with fresh peaches, strawberries and tart blueberries.

The fruit is piled between layers of chocolate shortcake. For a finishing touch, spoon on whipped topping and drizzle with a little chocolate sauce.

- 3/5 cup plus 3 tablespoons sugar
- 2 1/4 cups all-purpose biscuit baking mix
- 1/2 cup cocoa
- 3/4 cup milk
- 1/4 cup (1/2 stick) butter or margarine, melted
- 1/2 teaspoon vanilla extract
- 3 cups sliced strawberries
- 1 cup blueberries
- 1/2 cup peaches, chopped
- Frozen nonfat whipped topping

ing, thawed

One recipe Chocolate Sauce (recipe below), if desired

Heat oven to 400 degrees F. Grease a 15x- by 10-inch jellyroll pan.

In a large mixer bowl, stir together 3/4 cup of the sugar, the baking mix and the cocoa. Add milk, butter and vanilla; beat on low speed of an electric mixer until blended. Spread dough evenly into prepared pan;

dough will be stiff. Bake in a 400-degree F oven for 18 to 20 minutes or until wooden pick inserted in center comes out clean. Cool completely in pan on wire rack.

About 30 minutes before serving, combine strawberries, blueberries, peaches and remaining 3 tablespoons sugar. Cut cake into twenty-four 2 1/2-inch squares.

To serve, place one square on serving plate, top with about 1 tablespoon whipped topping. Spoon

about 1/4 cup fruit mixture over top. Repeat layering to form three layers, ending with fruit on top. Drizzle chocolate sauce over top, if desired. Makes 8 servings.

1 teaspoon vanilla extract

In a small saucepan, combine sugar, cocoa and cornstarch; stir in water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir 1 minute. Remove from heat. Add butter and vanilla, stirring until smooth. Refrigerate until cold. Makes about 1 cup sauce.

## TRIPLE FRUIT CHOCOLATE SHORTCAKE

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