

# Weight Watchers breakfast dishes fit for royalty

See related story on Taste front.

Treat your mom royally on Mother's Day, surprise her with one of these delicious breakfast treats from Weight Watchers Magazine "1 1/2 Success Recipe Collection," copyright 1997.

**TORTILLA EGG ROLL-UPS**  
Makes 4 servings  
1/2 green pepper, seeded and diced  
3 scallions, thinly sliced  
1 plum tomato, diced  
4 eggs  
4 egg whites  
1/2 teaspoon salt  
1/2 teaspoon hot red pepper sauce  
Four 6-inch fat-free flour tort.

Preheat the oven to 400°F. Spoon two 6-cup muffin-top pans with nonstick cooking spray. To

Prepare the spice topping, in a small bowl, combine 1 tablespoon of the sugar, the cinnamon and all-spice.  
In a medium bowl, combine the flour, the remaining 1/3 cup of the sugar, the baking soda and salt. In a large bowl, with an electric mixer at medium speed, beat the milk, egg whites, butter, lemon zest and lemon juice. Add the dry ingredients and the blueberries to the milk mixture, stirring until just combined; do not overmix.  
Spoon into the muffin cups; sprinkle with spice topping. Bake until a toothpick inserted in the center comes out clean, 18-20 minutes. Remove the muffins from the pan; serve warm or at room temperature.  
**Nutrition information per serving:** 3 Points; 153 Calories; 3g Total Fat, 1g Dietary Fiber.

package directions. Place the tortillas on a flat surface. Spoon the eggs along the bottom edge of each; sprinkle with cheese and cilantro. Roll up tightly, then cut in half.  
**Nutrition information per serving:** 3 points; 201 Calories, 8g Total Fat, 7g Dietary Fiber.

This spicy concoction perks up just about any food! Besides using it as the ubiquitous dip for crudités or tortilla chips, spoon it over a baked potato, top grilled chicken breasts with it or serve it as a zesty salad dressing.  
**HOT STUFF SALSA**  
Makes 4 servings  
1 red bell pepper, seeded and coarsely chopped  
1 onion, coarsely chopped  
1-2 jalapeno peppers, seeded, deveined and minced

(wear gloves to prevent irritation)  
2 garlic cloves  
8 plum tomatoes, diced  
2 tablespoons chopped cilantro  
2 tablespoons fresh lime or lemon juice  
1/2 teaspoon salt  
1/4 teaspoon freshly ground pepper  
In a food processor, pulse the bell pepper, onion, jalapenos and garlic until fairly smooth. Transfer to a nonreactive serving bowl; stir in the tomatoes, cilantro, lime juice, salt and pepper. Refrigerate, covered until chilled, at least 1 hour.  
**Nutrition information per serving:** 0 Points; 67 Calories, 0g Fat, 4g Dietary Fiber

## LEMON-BLUEBERRY SPICED MUFFIN TOPS

Makes 12 servings  
1/3 plus 1 tablespoon sugar  
1/4 teaspoon cinnamon  
1/4 teaspoon ground allspice  
2 1/2 cups all purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 cup low-fat (1 percent) milk  
2 egg whites  
2 tablespoons butter, melted  
2 teaspoons grated lemon zest  
2 tablespoons fresh lemon juice  
1 1/2 cups fresh or thawed frozen blueberries, thoroughly drained  
Preheat the oven to 400°F. Spoon two 6-cup muffin-top pans with nonstick cooking spray. To

prepare the spice topping, in a small bowl, combine 1 tablespoon of the sugar, the cinnamon and all-spice.

In a medium bowl, combine the flour, the remaining 1/3 cup of the sugar, the baking soda and salt. In a large bowl, with an electric mixer at medium speed, beat the milk, egg whites, butter, lemon zest and lemon juice. Add the dry ingredients and the blueberries to the milk mixture, stirring until just combined; do not overmix.

Spoon into the muffin cups; sprinkle with spice topping. Bake until a toothpick inserted in the center comes out clean, 18-20 minutes. Remove the muffins from the pan; serve warm or at room temperature.

**Nutrition information per serving:** 3 Points; 153 Calories; 3g Total Fat, 1g Dietary Fiber.

# Surprise mom a bunch with brunch

See related Eating Better Sensibly column on Taste front.  
Join Sharon Meyer and Beverly Price, registered dietitians, for their "Natural Alternatives to Standard Hormonal Replacement Therapies" workshop. Lecture, cooking demonstration and taste testing 7-8:30 p.m. Tuesday, May 5 and May 19 at Living Better Sensibly in Farmington Hills. Cost \$50, space limited. Call (248) 539-9424 to register or find out about the "Vegetarian Extravaganza," 7-9 p.m. Wednesday, May 10 at Orchard Lake Middle School. The cost is \$35.  
Prepare these healthy tasty

recipes by Diane Baldwin for mom on Mother's Day.  
**APPLESAUCE/YOGURT DELIGHT**  
3 cups uncooked quick rolled oats  
2 tablespoons brown sugar  
1/2 cups nuts, chopped or ground  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
Applesauce - use as much as you like

Heat skillet over medium heat. Add rolled oats. Toast quickly. Stir constantly until golden brown. Stir in brown sugar. Add nuts. Serve by placing 2 heaping tablespoons


of the oat mixture in each bowl. Add the applesauce on top and finish with another layer of oat mixture. Also tastes great with vanilla or fruit flavored yogurt in place of applesauce.

## FRUIT SOUP

1 cup dried apricots, chopped  
1 cup pears, chopped  
1 cup apples, chopped  
1 cup raisins or 1/2 cup pit-less prunes  
lemon juice from 1/2 fresh lemon  
6 cups water  
3 tablespoons tapioca

Bring all ingredients to a boil. Simmer 45 min. to one hour. Add tapioca and simmer until thick.

Recipes adapted from "Natural Lifestyle Cooking."  
**APPLESAUCE TOAST**  
Whole wheat bread  
Peanut butter  
Applesauce  
Toast bread. Combine applesauce and peanut butter to the consistency you like, and warm briefly in microwave. Spread over the toast. May also top with sliced bananas.  
Recipe taken from "Natural Lifestyle Cooking."



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