

The Sandy Post

Home & Garden

Recipes for holiday dieters

Nothing detracts from the holiday spirit more than having to abstain from the best of the season's holiday treats.

No one is more aware of this than Weight Watchers International, which has developed a variety of Hanukkah recipes that will allow you to feast and rejoice this season, while sticking to your weight reduction plan.

"When used as part of our nutritionally balanced food plan, these special holiday treats can help the dieters avoid putting on excess weight without sacrificing the pleasures of the table so closely tied to Hanukkah's festivities," said Jeannine Cowles, president for Weight Watchers of Oregon, Inc.

Hot mulled wine, warm and inviting made from rich red wine, real brown sugar, and garnished with cinnamon sticks is a perfect offering for loved ones dropping in, and old-fashioned oatmeal and raisin cookies are a treat to serve, as well.

Though none of these treats are meals complete in themselves, they're just what it takes to add the holiday spirit for those who want to continue to control their weight throughout the holiday week.

"Used in conjunction with a program like ours," says Ms. Cowles, "the holiday table doesn't have to be a dieter's groaning board. The Weight Watchers food plan offers both simplicity and variety to create treats like these, and the classes offer the techniques and the positive group support to get over the psychological hurdles of the holidays."

"Even the voluntary exercise plan can be worked into the demands of the season," Cowles commented.

For new Extra Holiday Treat recipes from Weight Watchers, write to: Weight Watchers of Oregon, Inc., 9200 SW Barnes Road, Portland 97225.

Cornish hens with stuffing and peach sauce
2 Cornish hens, about 1 3/4 pounds each, split into halves.
1 Tablespoon lemon juice.
Dash each salt, pepper, and thyme leaves.

To prepare the cornish hens, preheat oven to 375 degrees F. Rub hen halves with lemon juice; sprinkle with salt, pepper and thyme leaves and place on rack in roasting pan. Roast until tender, about 40 to 45 minutes. Heat the mushroom-rice stuffing beside the hens during the last 15 minutes.

Prepare the mushroom-rice stuffing as follows:

2 teaspoons reduced-calorie margarine.

1/4 cup diced onion.

1/4 cup diced celery.

1/4 teaspoon minced fresh garlic.

3 cups thinly sliced mushrooms.

1/2 teaspoon salt.

Dash each pepper, tarragon leaves, and thyme leaves.

2 cups cooked enriched rice.

1 Tablespoon diced pimiento.

2 teaspoons chopped fresh parsley.

Melt margarine in a 9-inch nonstick skillet; add onion, celery and garlic and saute until vegetables

are softened. Add mushrooms, salt, pepper, tarragon, and thyme. Cover and cook, stirring occasionally, until mushrooms are tender.

Transfer mushroom mixture to a 1-quart pan that has been sprayed with nonstick cooking spray. Add rice, pimiento, and parsley and toos to combine; cover and bake at 375 degrees F. about 15 minutes. Fluff rice mixture with fork and serve under the cooked Cornish hens.

Prepare the peach sauce by boiling 1/2 cup orange juice in small saucepan until reduced by half. Puree 1 cup sliced canned peaches in blender. Add peach puree and 1 teaspoon freshly grated orange rind to orange juice and simmer 5 minutes. Stir in dash of brandy extract and transfer to serving bowl.

To serve spoon stuffing onto serving platter, top with hen halves and garnish with parsley sprigs and cherry tomatoes. Serve with peach sauce. Makes four servings.

Hot mulled wine

2 lemon slices, each 1/2 inch-thick.

3 whole cloves.

16 fluid ounces red wine.

1 small orange, cut into 8 equal wedges.

1 Tablespoon plus 1 teaspoon firmly-packed light brown sugar.

2-inch piece cinnamon stick.

Artificial sweetener to taste (optional).

Stud lemon slices with cloves. In saucepan combine wine, lemon slices, 4 orange wedges, brown sugar, and cinnamon stick. Reserve remaining orange wedges for garnish. Bring mixture almost to a boil, reduce heat, and simmer for 15 minutes. Add sweetener if desired.

Remove orange wedges and lemon slices; discard lemon. Ladle wine into 4 mugs; place 1 orange wedge into each mug and garnish rim of each with 1 reserved wedge.

Oatmeal-raisin cookies

1/2 cup less 1 1/2 teaspoons enriched all-purpose flour.

Artificial sweetener to equal 2 teaspoons sugar.

1/2 teaspoon double-acting baking powder.

1/4 teaspoon baking soda.

1/4 teaspoon ground cinnamon.

2 medium eggs.

2 teaspoons granulated sugar.

1 Tablespoon plus 1 teaspoon vegetable oil.

3/4 ounce uncooked quick oats.

1/4 cup raisins, coarsely chopped.

Sift flour, sweetener, baking powder, baking soda and cinnamon into bowl or onto sheet of wax paper.

In another bowl beat eggs with sugar until very foamy. Beat in oil, gradually stir in sifted dry ingredients and oats. Fold in raisins.

Preheat oven to 375 degrees F. Spray a baking sheet with nonstick cooking spray. Form 16 cookies by dropping batter onto baking sheet by heaping teaspoonsful, leaving about 1 1/2 inches between each.

Bake until cookies are browned, about 8 to 10 minutes.

Check foliage before buying poinsettia

The bright red petal-like leaves of the poinsettia have made this colorful plant symbolic of the Christmas holiday in the United States since the early 19th century.

"Poinsettias are now available at garden stores around Oregon in a large variety of sizes, shapes and colors," said Ray McNeilan, Oregon State University extension home gardening agent.

"Almost any size of poinsettia is available, from tall ones that must be set in large tubs, to small ones that can serve as table centerpieces," McNeilan adds.

Before buying a poinsettia, check its foliage over carefully. A disease-free plant with active roots will have green foliage all the way down to the soil line.

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