

# Spring heralds Passover

At sundown on Thursday, April 8th, Jewish families the world over will gather at the Seder table to retell the Passover story. The sharing of time-honored Jewish delicacies is a beloved part of this cultural tradition. However, it need not result in overeating and holiday weight gain.

According to Dr. Reva Frankle, Director of Nutrition for Weight Watchers International, Inc., "By placing more emphasis on the traditions associated with the occasion, the holiday meal can be placed in a new perspective and perceived as part of the celebration, rather than the primary focus."

Jeannine B. Cowles, President of Weight Watchers of Oregon, Inc. agrees and observes, "The weight conscious needn't fear holiday eating situations. By utilizing effective eating management techniques in conjunction with portion control, it's possible to enjoy holiday food without weight gain."

Weight Watchers has developed several delicious Passover recipes which conform to the special dietary laws of the religious holiday, and maintain both traditions and weight control.

## STUFFED FILETS OF SOLE

### Stuffing:

- 1 teaspoon margarine
- 2 tablespoons diced onion
- 1/4 teaspoon minced fresh garlic
- 1/2 cup well-drained and chopped canned mushrooms
- 1/2 cup well-drained cooked chopped spinach
- 2 tablespoons matzo meal
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 egg whites (at room temperature)

### Fish:

- 4 fillets of lemon sole, 6 oz. each
- 4 tomato slices, each about 1/2 inch thick
- Salt and pepper
- 1 tablespoon margarine, melted, divided
- 2 teaspoons lemon juice

### Garnish:

- 2 teaspoons chopped fresh parsley (optional)
- Lemon wedges and parsley sprigs

**To prepare stuffing:** In small skillet heat margarine until bubbly; add onion and garlic and saute until onion is translucent. Add mushrooms and saute 5 minutes longer. Transfer mushroom mixture to a bowl; add spinach, matzo meal, salt and pepper and stir to combine. In small bowl beat egg whites until stiff peaks form; fold into spinach mixture.



The traditional yet slimming Weight Watchers Passover recipes include Passover Cheese Blintzes & Stuffed Filet of Sole, topped off with Lemon "Cream" Torte for dessert. In addition, this year Weight Watchers members can "legally" observe the sipping of wine, an important Passover tradition.

**To prepare stuffed fish:** Preheat oven to 375°F. Sprinkle each fillet and each tomato slice with dash each salt and pepper. Spoon 1/4 of stuffing onto each fillet and roll fish to enclose. Coat shallow 10x7-inch baking dish with 1 teaspoon melted margarine; arrange rolled fillets, seam-side down, in dish. Combine lemon juice with remaining margarine and brush each fillet with 1/4 of mixture. Cover dish with foil and bake 10 minutes. Remove foil and top each roll with a tomato slice; bake 10 minutes longer.

**To serve:** Transfer stuffed fillets to serving platter. Sprinkle with chopped parsley, if desired, and garnish with lemon wedges and parsley sprigs.

Makes 4 servings.

## PASSOVER CHEESE BLINTZES

### Crepes for blintzes:

- 1 large egg
- 1/2 cup water
- 1/4 cup less 1/4 teaspoon matzo cake meal
- Dash salt

### Filling:

- 1 cup cottage cheese
- 1 1/2 teaspoons granulated sugar

- 1/4 teaspoon grated orange peel
- 1/8 teaspoon ground cinnamon
- 3 tablespoons raisins, chopped
- 2 teaspoons margarine

**To prepare crepes for blintzes:** In blender container combine egg with water, matzo cake meal, and salt and process until smooth. Let batter stand 1 hour.

Heat a 7-inch non-stick omelet pan until a drop of water sizzles when it touches the pan. Pour 1/6 of batter (about 2 1/2 tablespoons) into pan and tip pan quickly to coat bottom. Cook until underside is slightly browned. Loosen crepe; turn and cook briefly on other side. Slide crepe onto clean dish towel or plate. Repeat 5 more times with remaining batter, making 6 crepes.

**To prepare filling:** In medium bowl combine cheese, sugar, orange peel, and cinnamon; add raisins and mix until thoroughly combined.

**To prepare blintzes:** Spoon 1/6 of filling (about 2 1/2 tablespoons) onto center of each crepe; fold long sides of each slightly toward the center, then fold crepe, from narrow ends, to enclose filling.

In 12-inch skillet, heat margarine until bubbly; add blintzes and cook, turning once, until browned on both sides. Remove to platter. Makes 2 servings.

## LEMON "CREAM" TORTE

### Sponge cake:

- 1/2 cup less 1 teaspoon matzo cake meal
- 1 teaspoon potato starch
- 4 large eggs, separated
- 1 tablespoon plus 1 teaspoon granulated sugar
- Artificial sweetener to equal 2 teaspoons sugar
- 1 tablespoon water
- 2 teaspoons lemon juice
- 1/2 teaspoon grated lemon peel
- Pinch salt

### Lemon frosting:

- 1 tablespoon lemon juice
- 2 teaspoons potato starch
- 1/2 cup water
- 1/2 cup margarine
- 1 tablespoon plus 1 teaspoon granulated sugar
- Artificial sweetener to equal 2 teaspoons sugar
- 1/4 teaspoon grated lemon peel

### Garnish:

- Thin lemon juice

**To prepare cake:** Preheat oven to 350°F. In small bowl combine matzo cake meal with potato starch and set aside.

In small bowl of electric mixer combine egg yolks, sugar, and sweetener; beat until thoroughly combined. Add water and lemon juice and continue beating until mixture is thick and lemon-colored, about 10 minutes. Stir in lemon peel.

In separate bowl, using clean beaters, beat egg whites with salt until stiff peaks form. Carefully fold 1/2 of cake meal mixture into yolk mixture, then fold in 1/2 of egg whites. Repeat 2 more times with remaining cake meal mixture and egg whites.

Line an 8-inch springform pan with parchment paper. Turn batter into prepared pan and bake about 25 minutes (a cake tester, inserted in center, should come out clean). Transfer pan to wire rack and let cool for 5 minutes; remove sides of pan and cool thoroughly. When cake is cool, remove parchment paper.

**To prepare frosting:** In small saucepan combine lemon juice and potato starch and stir until dissolved; gradually stir in water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Continue cooking and stirring until thick, about 2 minutes; remove from heat. Cool slightly, then cover and refrigerate until mixture is chilled.

In small bowl of electric mixer combine margarine, sugar, and sweetener and beat until creamy. Add chilled potato starch mixture, a spoonful at a time, beating well after each addition. Add lemon peel and beat until mixture is fluffy. Chill for a few minutes, just until spreading consistency.

**To prepare torte:** Spread frosting over top and sides of cake; using a fork, make zig zag design. Chill torte for at least 1 hour.

**To serve:** Using 2 spatulas, carefully transfer torte to cake plate; garnish with lemon slice. Makes 8 servings.

## Celebrate Easter with lamb

Easter traditionally celebrates the coming of Spring, a time of rebirth greeted with bright flowers, beribboned bonnets and gaily decorated Easter eggs. What better way to begin your own season of renewal than with a light, new approach to traditional Easter dinner?

### PARSLIED LEG OF LAMB

- 5-lb. leg of lamb, trimmed of excess fat
- 2 garlic cloves, cut into slivers
- 1/2 teaspoon rosemary leaves
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup Dijon-style mustard, divided
- 3 tablespoons chopped fresh parsley
- 1 tablespoon grated lemon peel
- Garnish: parsley sprigs, carrot curls, and 1 thin lemon slice

1. Preheat oven to 325°F. Using the point of a sharp knife, cut slits in lamb and insert garlic slivers.

2. Using a mortar and pestle, or between 2 sheets of wax paper, crush rosemary leaves.

3. In small bowl combine crushed rosemary, salt, and pepper. Sprinkle meat with herb mixture, then brush with 2 tablespoons mustard.

4. Set lamb on rack in roasting pan. If using meat thermometer, insert into thickest part of meat, being careful thermometer does not touch bone. Roast for 1 hour.

5. Brush lamb with remaining 2 tablespoons mustard and roast about 40 minutes longer or until thermometer registers 140°F. For rare; about 1 hour longer or until thermometer registers 160°F. For medium, or about 1 1/2 hours longer or until thermometer register 170°F. For well done.

6. Transfer lamb to serving platter. In small bowl combine chopped parsley and lemon peel; sprinkle

over lamb and, using the back of a spoon or a spatula, press mixture so that it adheres to meat. Garnish platter with parsley sprigs and carrot curls and top lamb with a twisted lemon slice. Let roast stand at room temperature for 15 minutes before carving.

Makes about 8 servings.

### STUFFED TOMATO CUPS

- 1/4 cup lemon juice
- 1 tablespoon chopped fresh basil or 1 teaspoon dried
- 1/2 teaspoon each minced fresh garlic, salt, and Dijon-style mustard
- Dash freshly ground pepper
- 1/2 cup cooked small cauliflower florets
- 1/2 cup cooked diced carrot
- 1/2 cup cooked frozen tiny peas
- 1/2 cup finely chopped scallions (green onions)
- 4 medium tomatoes
- 4 lettuce leaves
- 1 tablespoon chopped fresh parsley (optional)

1. In medium bowl combine lemon juice, basil, garlic, salt, mustard, and pepper. Add cauliflower, carrot, peas, and scallions; turn vegetables in marinade to coat thoroughly. Cover and chill for at least 3 hours, turning vegetables occasionally.

2. Cut thin slice off top of each tomato; scoop out pulp and discard or reserve for another use.

3. Invert tomato shells on paper towels and let drain for about 1 hour.

4. Fill each tomato shell with 1/4 of the marinated vegetable mixture. Serve on lettuce leaves and, if desired, sprinkle with parsley.

Makes 4 servings.



An Easter dinner featuring Parslied Leg of Lamb and Stuffed Tomato Cups combines tradition, nutrition and good flavor into a low-calorie meal.

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