

FOOD & NUTRITION

Special Recipes From Keebler And Heath For Valentine's Day

Valentine's Day means sweethearts, flowers and delicious desserts. The questions is, "Can sweethearts and sweet treats be combined when 'I'm on a diet' is almost as frequently uttered as 'I Love You'?"

Keebler Company recently introduced a line of low-fat cookies which combine lowered fat with good taste. We've taken that one step further with some simple desserts using the cookies. Give 'em a try and you'll be pleas-

antly surprised while easing your conscience.

CREAM'N COOKIES

• 1 quart vanilla low-fat frozen yogurt or low-fat ice cream

• 1 cup coarsely crushed Elfin Delights Chocolate Sandwich cookies with Vanilla Creme or Fudge Creme filling

Slightly soften the ice cream or yogurt. Mix in crushed cookies and refreeze for 2 hours. Serve.

Snack Stir-ins And Toppers

Fiber is an important part of a healthful diet. A good way to include fiber in the diet is eating a bowl of whole-grain or high-fiber cereal.

Another way is in snacks. Snacks are as varied as your imagination. Keep track of foods you're likely to snack on, then switch to more healthy choices, such as cereal based snacks. You can give added flavor and crunch to any snack by using high-fiber cereal as an added ingredient or topping.

• Stir 1 to 2 tablespoons high-fiber into each serving of scrambled eggs just before serv-

ing.

• Sprinkle cereal on a serving of creamed cottage cheese.

• In place of croutons, toss high-fiber cereal into salad greens or on top of hot or cold soups.

• Dust fruit-flavored yogurt or ice cream with crushed cereal.

• Top fresh, canned or frozen fruit with cereal.

• Fill half of a small cantaloupe or honeydew melon with high-fiber cereal and milk.

• Add crunch to mashed or baked potatoes or other cooked vegetables by sprinkling on cereal just before serving.

Barley Mushroom Soup

BARLEY MUSHROOM SOUP

- 2 Tbsp. margarine
- 1 medium onion, finely chopped
- 1 lb. fresh mushrooms, chopped
- 1 tsp. leaf thyme, crumbled
- 2 Tbsp. minced fresh parsley
- 2 Tbsp. + 2 tsp. L.B. Jamison Beef Soup Base
- 6 cups water
- 1/2 cup whole hulled barley or pearl barley
- Salt and pepper, to taste
- Minced parsley and lemon wedges, for garnish

DIRECTIONS:

Melt margarine in heavy-bottom soup pot, and saute' onions in it for 3-4 minutes. Stir in mushrooms, thyme and parsley. Cook over low heat for 10-12 minutes, stirring frequently. Add beef base and water. Bring to boil and add barley. Reduce heat, cover and simmer for 30 to 40 minutes, or until barley is tender. (Cooking time depends upon type of barley used.) Add salt and pepper to taste. Serve garnished with parsley and lemon wedges. Makes approximately 4 servings. Recipe courtesy Holsum Foods.

Healthy Heart Week At Lloyd Athletic Club

Lloyd Athletic Club will focus on the healthy heart during the week of February 14 - February 18. More specifically, lifestyle choices that are good for your heart. Free guest day kicks off the week on Valentine's Day, Monday, February 14th, allowing the use of Lloyd Athletic Club at no charge. To further encourage fitness and exercise as a heart smart choice, Lloyd Athletic Club has arranged for a wide variety of lunch hour and evening demonstrations and activities. Scheduled activities include cholesterol screening, body compositions, free healthy food choice samples, blood pressure checks, couples foot massage clinic, and a book display courtesy of Barnes & Noble Bookstore. February has long been "American Heart Month" in the eyes of the American Heart Association and in keeping with their theme, AHA will be on hand at Lloyd Athletic Club to discuss such topics as food label reading fat content, and heart disease. Call Lloyd Athletic Club at 287-4594 for complete details.



OPEN DAILY AT 6:00 AM
CATERING FOR ALL OCCASIONS!
S.W. 14TH AND YAMHILL
PORTLAND, OREGON
(503) 241-5466

10% STUDENT AND SENIOR CITIZEN DISCOUNT
MISS BLACK OREGON USA PAGEANT SPONSOR



DAY 1. KATHLEEN SULLIVAN JOINS WEIGHT WATCHERS

DAY 14. KATHLEEN SULLIVAN HAS LOST MORE THAN 8 LBS

\$14

That's all it takes to get a Superstart™.

It's wonderful news for people in a hurry to start losing weight. It's the remarkable new Superstart program and you'll find it only at Weight Watchers.

Former network anchor Kathleen Sullivan had this to say after just one week on Superstart.

"For me getting started has always been the hardest part of losing weight. But with Superstart, Weight Watchers has created an incredibly simple and easy to follow weight loss program that lets you see dramatic results quickly."

"After just a week I've lost more than five pounds. But what's really remarkable is that I did it eating terrific food, and plenty of it."

"And I'm not alone. People who follow the program have lost an average of more than 5 lbs. in just two weeks."

"I can't wait to see how much I've lost in my second week. And there's no question for me that I'll stick with Weight Watchers after I've completed Superstart. I intend to reach my goal."

The two-week Superstart program works. If you want to see results quickly, then you'll love Superstart.

As Kathleen says, "What are you waiting for? Come and do Superstart with me. And if you join now you pay only \$14 for your first week. That's what I call a Superstart."

Weight Watchers
Superstart!

297-1021

Call Weekdays 8:30am to 5pm

NORTHEAST PORTLAND

Maranatha Church
4222 N.E. 12th
(Enter on Skidmore)
Sat. 9:30am

Temple Baptist Church

1319 N.E. 7th
Fireside Room
Tuesday 12:00pm

NORTH PORTLAND

Northminster Presbyterian
2823 N. Portland Blvd.
Fellowship Hall
Tues. 7:00pm

University of Portland
5000 N. Willamette Blvd.
Columbia Hall, (Enter From Portsmouth); Wed. 5:00pm

This is Kathleen Sullivan's experience. As people vary, so does individual weight loss, maintenance and results. Fee for subsequent weeks \$10.00. Offer good from 2-7-94 - 2-19-94. See receptionist for details. Offer available in participating areas only. Cannot be combined with any other offer. ©1993 Weight Watchers International, Inc. owner of the Weight Watchers trademark

Happy Valentines Day
From The Portland Observer

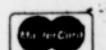
Dad's Oil Service

heating oils

Best Cash Prices

104 NE Russell
Portland, OR 97212
282-5111

Speedy
Service
Friendly
Call for Quotel



Enjoy Safeway Low Prices!

SAFeway



Prices effective February 9 through February 15, 1994 at Safeway.

Fresh Oregon
Cut-Up Fryers

• Thrifty Pack

• SAVE UP TO
31¢ per lb

57¢
lb

Large Ripe
Tomatoes

59¢
lb

Look In The This Week
Magazine for your Safeway
Shopping Guide for a complete
list of specials on sale this
week at Safeway!

This Week
MAGAZINE

Enjoy Extra Savings With The
New 'In-Store'
Safeway Shopping Guide
Available at your Safeway store.