

New Year's Resolutions

SOUTHAMPTON (Bucks Co.)
— With the onset of a new year come the traditional resolutions many of us make. For some, these promises often involve weight loss, according to Althea Zanecosky, a registered dietitian at Dairy Council, Inc., a "gradual" shift in weight reduction is more likely to last than a sudden dramatic loss in weight.

"If weight loss is your goal, do it slowly and easily" advises Zanecosky.

Zanecosky recommends the following tips for healthy weight loss: eat foods high in fiber like fruits and vegetables, which are rich in nutrients and low in fat; try low fat toppings for vegetables like lemon juice, freshly ground pepper or herbs, and nonfat yogurt sauces.

"Eating high fiber foods is a good way to feel satisfied without eating a lot of calories," said Zanecosky.

For those whose aim is to lower

fat, Zanecosky suggests: buying low fat or skim milk; substituting ground turkey for all or part of the beef in a recipe; having air-popped popcorn or pretzels for snacks.

If healthier restaurant eating is your goal, Zanecosky recommends: selecting foods that are "cooked to order;" ordering sauces and dressing served on the side and used sparingly; diluting

alcoholic drinks with club soda, seltzer, or water.

And if minimizing major health risks such as cancer and heart disease is at the top of your list, Zanecosky says you should eat a cabbage family vegetable, like broccoli, cauliflower, kale, or Brussel sprouts, at least once a week; replace salami, bologna, and other fatty luncheon meats with leaner sliced turkey or roast beef; eat cereals made with whole grain bran or oats and top with fruit and skim milk.

Cook's Question

(Continued from Page B8)

ANSWER — Cindy Dohoda, Schellsburg, wanted a recipe for strawberry mousse. Thanks to Mrs. Christ King, Kinzers, for sending a recipe.

Strawberry Mousse

- 1 quart strawberries
- 1 cup sugar
- 2 envelopes unflavored gelatin
- 2 cups heavy cream

Crush berries with sugar. Let stand one hour. Rub berries through a sieve. Mix gelatin with 1/2 cup cold water, heat until gelatin is dissolved. Add to strawberries and chill until syrupy. Whip cream into strawberry mixture. Pour into freezing trays and freeze until set.

ANSWER — Thanks to a reader for sending a baked squash recipe for Dorothy Miller of Bruceton Mills, W.Va.

Baked Stuffed Zucchini

- 2 large zucchini
- 2 large onions, chopped
- 3 tablespoons butter
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon nutmeg
- 1/2 cup bread crumbs
- 2 eggs
- 1/2 cup grated cheese

Bring a large kettle of water to a boil. Add zucchini and boil about 8 to 10 minutes. Plunge into cold water. Allow to cool. Meanwhile, saute onions in 5 tablespoons butter. Cook until onions are soft and transparent. Do not allow the onions to color. Set aside. Make the sauce.

White Sauce:

- 4 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

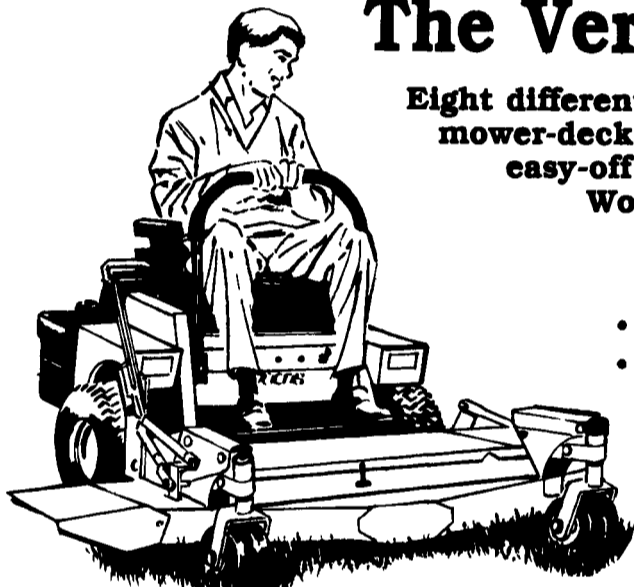
Melt butter in a saucepan, add flour, salt and pepper. Cook gently 3 to 4 minutes. Do not allow flour to burn, stir constantly. Change to a whisk. Add milk, cook and whisk until thick. Sauce will be boiling gently. Set aside.

Split zucchini lengthwise, gently scoop out the centers, leaving a 1/2 -inch shell. Chop centers if necessary, add to sauteed onions, reheat and cook gently two or three minutes. Add salt, pepper, and nutmeg.

Add the white sauce and bread crumbs. Mix. Beat eggs with a fork and stir into the mixture — stir thoroughly to prevent eggs from scrambling.

Place zucchini shells on a baking sheet. Fill with the white sauce mixture. Sprinkle with the grated cheese. Bake 15 minutes at 350 degrees. Serves 6 to 8 people.

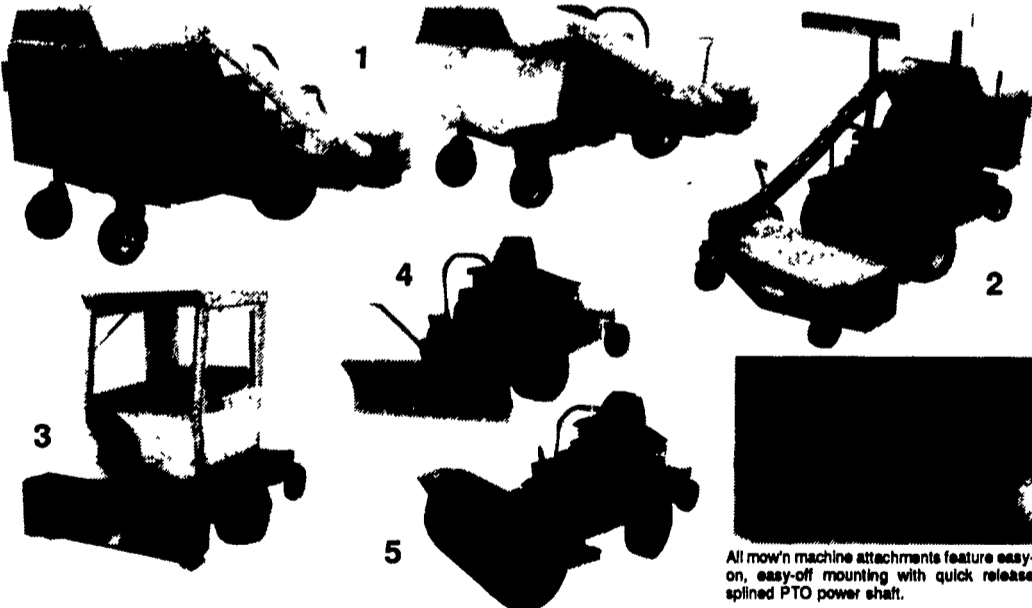
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