

FOR THE LADIES...

LOW-CALORIE COOKING

Complex Carbs to Start the Day

I learned the hard way about the value of breakfast. In the past, breakfast was just a threat to my willpower. If I avoided it, I could stave off eating until later in the day and save a lot of calories. My breakfast consisted solely of a pot of espresso: a powerful and calorie-less blast of caffeine. Since I arrived at my first real meal later in the day starved, and feeling virtuous by my abstinence, I usually ended up eating to excess.

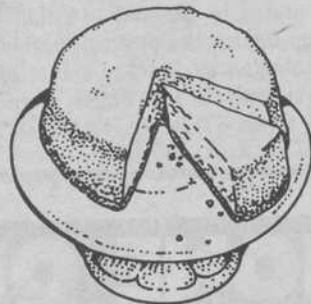
NELLY'S BREAKFAST APPLE CAKE

This breakfast cake hails from my mother's repertoire. Serve it as is or with one tablespoon of Yogurt Cheese (recipe follows) or part-skim ricotta cheese (19 and 21 calories respectively).

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8 Servings
209 Calories per Serving

1-3/4 cups cups oat bran
3/4 cup unbleached flour
1-1/4 teaspoons cinnamon
1 teaspoon baking powder
3/4 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon nutmeg
1/4 cup dried currants
1/2 cup fresh orange juice
1/2 cup buttermilk
3 tablespoons molasses
3 egg whites
2 tablespoons hazelnut or vegetable oil
1 teaspoon vanilla extract
1 large Golden Delicious apple - peeled, cored and cut into 4-inch dice



Dishin It Out *By Nona*



Nona Carroll

209-Calorie Nelly's Breakfast Apple Cake
135-Calorie Buckwheat-Beer Griddle Cakes
19-Calorie Yogurt Cheese
198-Calorie Wild Rice Porridge

1. Preheat the oven to 375°. Lightly grease an 8-inch square baking pan and set aside. In a medium bowl, combine the oat bran, flour, cinnamon, baking powder, baking soda, salt and nutmeg. Stir with a wooden spoon to combine. Add the currants and toss well to coat.

2. In a small bowl, whisk together the orange juice, buttermilk, molasses, egg whites, oil and vanilla. Add the diced apple. Stir into the dry ingredients until just combined.

3. Pour the batter into the prepared pan and bake for 35 minutes, checking halfway through and covering the cake with foil if it's browning too quickly. The cake is done when a cake tester inserted in the center comes out dry. Let the cake cool in the pan for 25 minutes. Run a knife around the edges of the pan and invert the cake onto a cooling rack. *Wrapped well, the cake can be refrigerated for up to 1 week or frozen for up to 2 months.* Serve at room temperature.

BUCKWHEAT—BEER GRIDDLE CAKES

These pancakes go well with sweet or savory accompaniments such as 2 tablespoons Yogurt Cheese (recipe follows) or part-skim ricotta cheese with 1/4 cup of fresh strawberries (49 and 53 calories, respectively), 2 teaspoons maple syrup (33 calories), 1 ounce thinly sliced grilled country ham (64 calories) or 1 tablespoon sour cream (31 calories) and 3/4 ounce of smoked salmon (25 calories).

6 Servings
135 Calories per Serving

1/2 cup buckwheat flour
1/2 cup unbleached or all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup plus 2 tablespoons buttermilk
1/3 cup amber beer
1 egg, beaten
1 tablespoon molasses
1 tablespoon plus 2 teaspoons melted unsalted butter

1. In a medium bowl, combine the buckwheat and unbleached flours, baking powder, baking soda and salt. In a small bowl, beat together the buttermilk, beer, egg, molasses and 2 teaspoons of the melted butter. Pour into the dry ingredients and whisk together until just combined.

2. Preheat a griddle or large non-stick skillet over moderate heat until a drop of water skitters on the surface. Brush lightly with some of the remaining melted butter. Drop the batter by heaping tablespoons onto the hot griddle, allowing them room to spread. Reduce the heat to moderately low. Cook until bubbles appear on the surface of the cakes, the batter looks dry and the undersides are golden, 2 to 3 minutes. Flip the griddle cakes and cook until the undersides are browned, about 1 minute longer.

3. Continue with the remaining batter, brushing the griddle with more of the melted butter as necessary. Serve at once or, if desired, transfer each batch to a baking sheet lined with a kitchen towel and keep warm in a 200° oven while you cook the remaining cakes. Serve 6 griddle cakes per person.

YOGURT CHEESE

This is an easy-to-make low-calorie cheese. Because nonfat yogurt is very acid, I use whole-milk yogurt—at only one more calorie a tablespoon - for a mildly sweet spread. It is delicious with fresh fruit and a sprinkling of brown sugar on top.

3/4 Cups
19 Calories per Tablespoon

1 quart whole-milk plain yogurt

Line a large colander or conical strainer with 3 layers of cheesecloth and place over a bowl. Spoon the yogurt into the cheesecloth and lightly cover the bowl with plastic wrap. Refrigerate for at least 6 hours or overnight. The liquid will drain from the yogurt, causing it to thicken like cream cheese. Discard the liquid. Transfer the cheese to a clean jar or bowl, cover and refrigerate for up to 3 weeks.

WILD RICE PORRIDGE

Other grains may be used in place of the wild rice, including brown, basmati and pecan rice or whole wheat and rye berries (adjust the cooking time accordingly). A pinch of sweet spice like cinnamon, allspice or nutmeg can be added if desired. You can get a head start on this recipe by cooking the wild rice up to three days before you make the porridge.

4 Servings
198 Calories per Serving

1/2 cup wild rice
1/4 teaspoon salt
2 cups low-fat milk
1/2 cup golden raisins
2 teaspoons maple syrup
1 teaspoon vanilla extract

1. In a small saucepan, combine the wild rice, salt and 1-1/2 cups of water and bring to a boil over high heat. Reduce the heat to moderate, cover and simmer until the water has evaporated and the rice is tender, about 1/2 hour. Let cool.

2. In a medium saucepan, combine the cooked wild rice, milk, raisins, maple syrup and vanilla. Bring to a boil over high heat, reduce the heat to moderate and simmer until the raisins are plumped and the mixture has thickened slightly, about 4 minutes. Serve at once.

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Dr. Angela Jorge, Associate Professor of Spanish Language, Hispanic Literature and Culture at the State University of New York/College at Old Westbury, will deliver the keynote address on Friday, March 2, 1990 at the 7th Annual Multicultural Conference sponsored by the Las Vegas Alliance of Black School Educators, Inc. Dr. Jorge's presentation is titled "The Jewish, Arabic, West African and Amerindian Influences in Hispanic Culture."