

FITNESS

FEEL GREAT!

**EAT LIGHT—
43 LOW-CAL
RECIPES**

**SPLASH!
BEST WATER
SHAPE-UPS**

**15-30-60
MINUTE
WORKOUTS**

**HOT NEW
LOOKS FOR
GOOD
SPORTS**

**AT LAST
FITNESS
PLANS
YOU'LL
STICK
WITH**



A DO-IT-YOURSELF EATING PLAN YOU CAN LIVE WITH

Small changes in eating can yield big dividends. Here, some sound suggestions and tasty recipes to sample.

By Marilyn Myers

Sometimes it feels like you need an advanced degree in nutrition and a subscription to the *New England Journal of Medicine* to know what foods you should eat for a healthy diet.

But by keeping two words in mind, moderation and substitution,

Marilyn Myers writes for the Arkansas Gazette. Her second cookbook, Picnics, is being published by Running Press.

you can go a long way toward improving your eating habits. We should all eat a little less fat, sugar, salt and protein, and a little more vegetables, fruit and fiber.

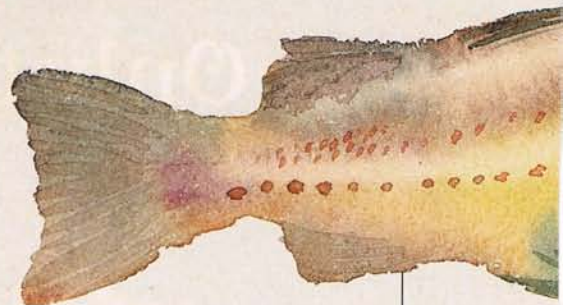
To get a handle on just what it is you eat and what changes you need to make for sounder eating habits, make a list of the foods in your pantry and refrigerator and note how you use them. What you buy can be a depressingly accurate indication of what will end up going into your mouth.

Now, which of those items should have less importance in your life? Can you substitute a healthier food for your current favorite? Can you eliminate it from your life entirely?

Unfortunately, some of us don't have that strength of culinary character. I shore up my resolve by refusing to bring junk food into the house, operating on the principle that out of sight is out of mind.

This approach doesn't work on all foods, however. Take chocolate, an ingredient I keep in the house to use in recipes or as an occasional treat. If you need a forbidden something to soothe your jangled nerves, can you incorporate it into your routine without ruining everything?

Chocolate, my downfall, is especially bad because of the saturated fats in cocoa butter. So, when I'm desperate, instead of making a batch of brownies, I use chocolate



as a garnish on top of something far healthier, such as fruit.

You may care less about chocolate, but occasionally feel you have to indulge in ice cream, potato chips or the convenience of prepared foods. The trick is figuring out which of those less-than-perfect foods you cannot live without, and then working them into an otherwise healthy diet.

Try to choose foods that are low in salt and fat, and high in carbohydrates and fiber. Switching from salted potato chips to carrots would be the optimum. But if that



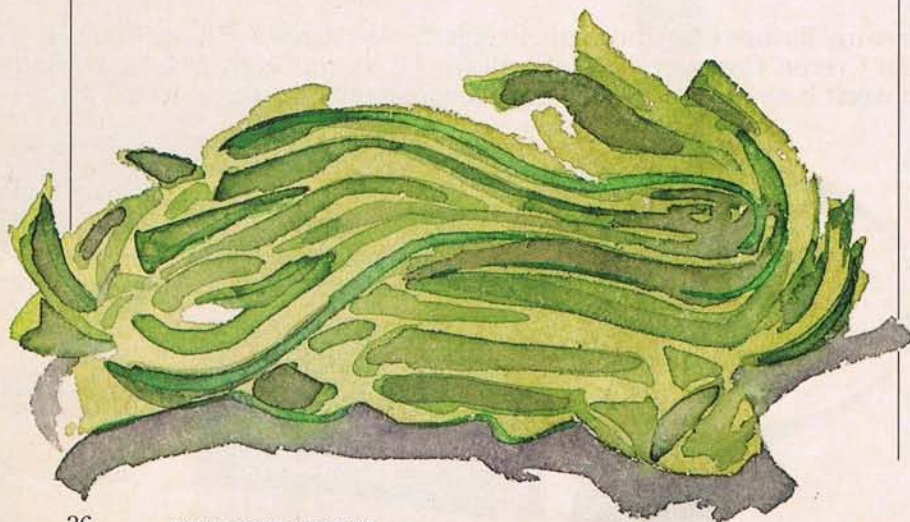
Inventory foods at home to get a handle on what you eat.

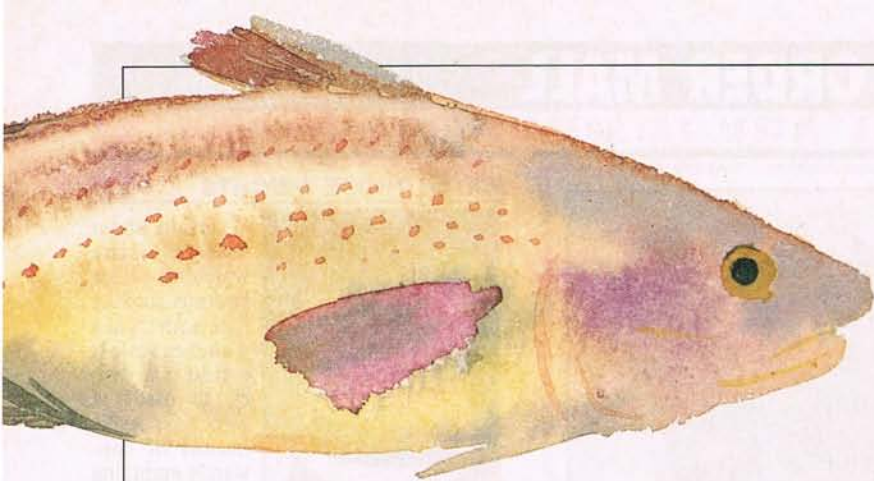
sounds too extreme, try unsalted, whole wheat pretzels or unbuttered, unsalted popcorn.

If you absolutely must have a forbidden nibble every now and then, buy the smallest size snack and only one at a time.

Possibly your downfall isn't what you eat, but what you drink. Soda and alcohol (except when it's been used in cooking) are costly in calories and negligible in nutrition.

Substitutions may alleviate the problem, replacing light beer for regular beer and fruit juice for soda. I do not recommend, however, substituting fructose and





sugar-sweetened drinks with diet versions. These artificial concoctions perpetuate the need for sweets, and that's what you want to begin to avoid. At least with 100 percent fruit juices, the sugar is at a natural level and you get a boost of vitamins and minerals.

You can also begin to cut back in general. If you like wine, plan on having one glass to sip while making dinner or to drink at the table. If one glass isn't enough, be sure to get to the bottom of the glass before adding more wine. Or add ice and club soda to the glass for a spritzer. That way you can accurately tell just how much you are really drinking. And then you can begin lengthening the time between refills.

To combine substituting with cutting back, change from alcoholic drinks, juices and sodas to low-salt, natural or flavored waters and salt-free seltzer. You may also find it perfectly refreshing to have a glass of iced tap water with a slice of lemon floating on top.

Getting the Essentials

Now, let's look at what you should have in your larder, such as fiber, fruit and vegetables. Fortunately, these additions are fairly easy to make.

When it comes to fiber, get rid of the white bread and bring in whole grains such as wheat, rye and oats. If you eat breakfast cereal, be sure yours has plenty of roughage and try to avoid the ones that come loaded with sugars and salt. A good choice is Shredded Wheat, which uses the whole grain and adds no sugar or salt. Another favorite is plain old oatmeal, preferably with low-fat milk. It, too, is a jewel in the fiber category.

Pasta is also good, especially if it's the whole wheat or vegetable kind. Combined with crisp vegetables or low-fat cheeses, pasta dishes of one form or another will fill you up.

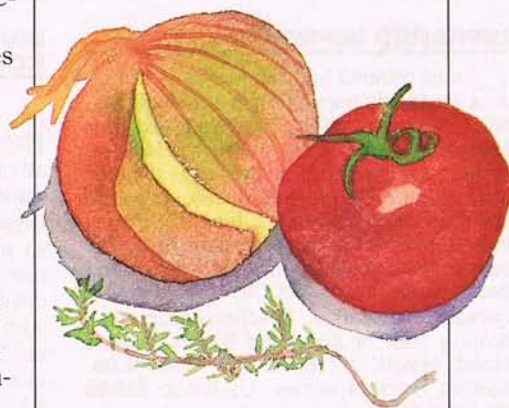
In the fruit and vegetable category, almost anything you add to your regimen (with the exception of avocados, which are high in fat) will be a bonus. Start by always having on hand a supply of lettuce, carrots, celery, onions and potatoes. These vegetables are surprisingly sturdy and keep for days at a time. Just be sure that the lettuce, carrots and celery are stored in loosely closed plastic bags. Onions and potatoes should be in a dark, dry, unrefrigerated spot.

To this store add a healthy amount of special vegetables, such as shiitake and baby mushrooms or fiddlehead ferns, scallopini squash or yellow bell peppers. Also plan for seasonal items such as asparagus and tiny green beans, that are

just coming into the market. Remember, when all else fails and there doesn't appear to be anything to eat for dinner, a colorful variety of steamed vegetables is particularly satisfying and ever so healthy.

Fruits can be eaten in their natural state, but are also good frozen or out of the can (if packed in their natural juice, without added sugary syrup, or individually frozen). For a change of pace, poach fresh fruits such as pears, or try stewing unsweetened dried ones such as apricots.

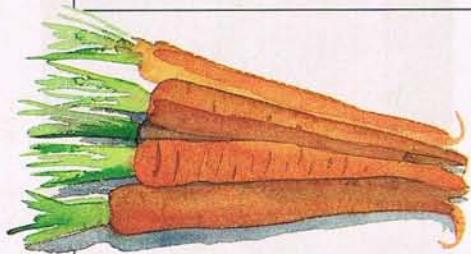
Americans eat far too much protein. Adult women need only 40-45 grams per day.



An easy and diverse selection might include fresh oranges, grapefruit, apples and bananas, pineapple canned in its natural juice, individually frozen raspberries, and dried apricots and raisins. To this, add the more exotic fruits when they become available: papaya, guava and passion fruit.

Eating Out

Now for those foods you consume away from home. I find that the simplest approach to eating out at lunch is a salad or vegetable plate because it keeps one going at a nonslug-



If your indulgence is junk food, choose a satisfying substitute—popcorn—but hold butter and salt.



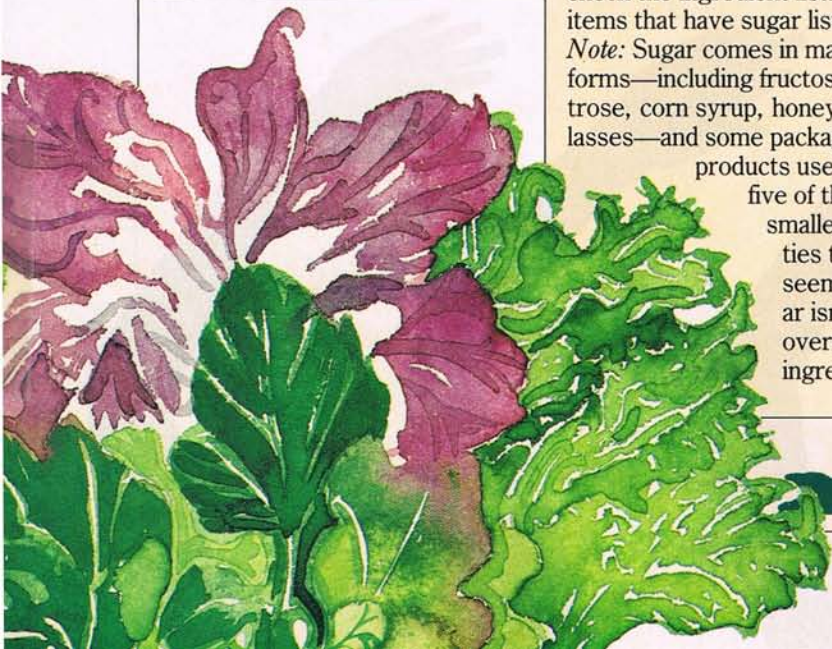
gish clip through the afternoon. This is especially true if the salad has just a little protein and comes with a whole wheat roll. Ask for dressing on the side to add sparingly to the leafy greens.

If salads aren't appealing, you might like to try old-fashioned bag lunches. A tuna sandwich (wheat bread, tuna packed in water, light mayonnaise), carrot sticks and an apple may not seem inspired, but they certainly will add to your nutrient quotient. The gourmet lunch carrier might try a lightly sauced cold pasta salad dressed up with a few chunks of chicken, grapes and a sprinkling of toasted almonds.

For a snack at work, try an apple or orange or a carton of fruit juice or low-fat milk. Fruit and juice can even be brought from home and kept unrefrigerated so that you won't be tempted by the vending machine.

At dinner time, look for menu items that are grilled or poached. Lean to dishes with a minimum of sauce, or dishes that can easily have the sauce served on the side. Pasta dishes are an excellent option here, too, so long as they aren't heavy on the cream and butter. And again, don't forget the vegetables and salad.

When buying packaged foods, avoid items with sugar listed as the first ingredient.



As a rough guide, a healthful 500-calorie meal might have 15 grams each of protein and fat, 30 grams of carbohydrates and under 1,000 milligrams of salt. Assuming you consume 1,500 calories per day, 720 calories should come from fruits, vegetables and whole grains. Only 150 calories should come from sugars, syrups and refined grains.

- Americans eat far too much protein. Women need only 40 to 45 grams a day, according to the National Academy of Sciences.
 - Serve smaller portions of meat and fish; 2 ounces is ample.
 - Remember vegetables and beans have protein; try to get two-thirds of your protein from non-animal sources.
 - Complex carbohydrates (starches and fiber) are good for you. It's the simple carbohydrates—the sugars—that will get you into trouble. As a rule of thumb, double your starches and fibers; cut sugars by half.
 - To reduce fat in recipes, use skim milk instead of whole milk and low-fat cheeses.
 - Reduce sugar in recipes by at least a quarter. Sweeten with nutritious ingredients, such as raisins, fruit juices, or with sweet spices, such as cinnamon.
 - When buying packaged foods, check the ingredient list. Avoid items that have sugar listed first.
- Note:* Sugar comes in many forms—including fructose, dextrose, corn syrup, honey and molasses—and some packaged products use four or five of them in smaller quantities to make it seem that sugar isn't the overriding ingredient.

Only 20 to 30 percent of calories should come from fats. Assuming the same 1,500-calorie diet, that's 300 to 450 calories, or 34 to 50 grams.

Reduce saturated fat consumption by cooking with canola (which used to be called rapeseed). Puri-



tan Oil is now made with nearly 50 percent canola oil. Use corn or olive oils and the "S" oils: safflower, sesame, soybean or sunflower.

- Reduce fat when cooking. Grease pans with a vegetable-coating spray. Almost anything can be sauteed in 2 teaspoons of oil.
- Use low-fat dairy products whenever possible.
- Buy tuna packed in water. Switch to light mayonnaise. Stay away from vegetables frozen in a sauce—you can bet it's high in fat.
- Hold the salt. You only need one-tenth of a teaspoon a day. Virtually everyone gets significantly more than that, however, and the accepted low-sodium intake is set between 2,000 and 3,000 milligrams a day, which equals 1 teaspoon.
- Severely limit snacks that are salted, including crackers, potato chips, nuts and popcorn.
- Buy low-salt canned stocks and use low-salt canned vegetables. Replace canned vegetables with frozen ones. Substitute low-salt cheese for regular varieties. Go easy on high-salt condiments, such as pickles and catsup.



APPLES WILDFLOWER

Robert Palmgren recommends using baking apples in this recipe.

Bake at 350° for 20 minutes.

Makes 6 servings.

Nutrient value per serving: 266 calories, 10 grams fat, 54 mg sodium, 4 grams protein, 46 grams carbohydrate, 6 mg cholesterol.

Missouri Black Walnut Sauce:

- 1/3 cup chopped black or English walnuts
- 1 cup (8 ounces) low-fat vanilla yogurt
- 1/4 cup half-and-half
- 6 medium apples (about 1 1/2 pounds)
- 1/2 cup wildflower honey
- 3 tablespoons fresh lemon juice
- 1 tablespoon margarine, melted

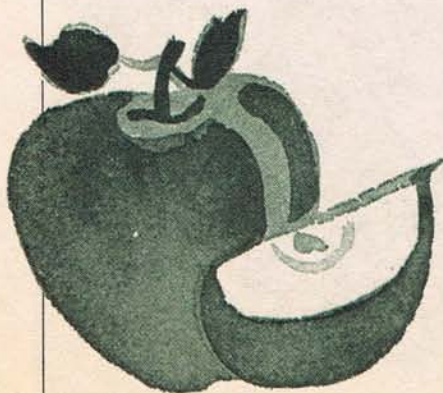
1 Preheat oven to 350°. While oven preheats, toast the walnuts in the oven (see below center). Lightly grease a baking sheet.

2 For the Missouri Black Walnut Sauce, whisk together the yogurt and the half-and-half in a small bowl; add the warm nuts. Chill.

3 Peel, core and halve the apples; thinly slice at a slight angle, from the core to bud ends, keeping the halves together. Place, cut-side down, on the baking sheet.

4 Mix the honey, lemon juice and margarine; brush over the apples.

5 Bake, brushing once with the honey mixture, 20 minutes, or until the apples are tender. Brush with the honey mixture. Serve warm with the sauce.



A DO-IT-YOURSELF EATING PLAN YOU CAN LIVE WITH

To help start you on the path to healthier eating (pages 36 to 39), here are ten tasty recipes to try.

From the Apricot Smoothie breakfast treat to the nutritious-but-filling main dishes and satisfying desserts (which are mostly fruit with occasional dashes of—believe it or not—white chocolate!), these treats will ease your transition from junk-food junkie to nutrition maven.

SPINACH FETTUCCINE WITH THREE CHEESES

Blue cheese adds an earthy note to an otherwise mild cheese sauce.

Makes 4 servings.

Nutrient value per serving: 341 calories, 12 grams fat, 184 mg sodium, 16 grams protein, 44 grams carbohydrate, 77 mg cholesterol.

- 8 ounces dry spinach fettuccine
- 1/2 cup part-skim ricotta cheese
- 1 ounce Neufchâtel cheese or Light Philadelphia Cream Cheese
- 1/2 cup low-fat milk
- 1 ounce blue cheese or Gorgonzola cheese, crumbled
- 2 tablespoons pine nuts, toasted (see below)

1 Cook the fettuccine until it is al dente; drain well.

2 While the pasta cooks, place the ricotta and Neufchâtel cheeses in a small saucepan. Cook slowly, stirring often, until the Neufchâtel melts and blends with the ricotta.

3 Gradually mix in the milk. Cook, stirring constantly, until the sauce is hot, but not vigorously bubbling.

4 Divide the pasta among 4 plates. Pour the sauce over. Garnish each serving with some of the blue cheese, then the pine nuts.

To toast the pine nuts or any nuts: Scatter on a baking sheet. Toast for 8 to 10 minutes at 350°, until golden brown.

ROTINI WITH STEAMED SCALLOPS, CARROTS AND CELERY

A rainbow of colors makes this pasta dish a visual treat.

Makes 4 servings.

Nutrient value per serving: 254 calories, 4 grams fat, 156 mg sodium, 14 grams protein, 38 grams carbohydrate, 26 mg cholesterol.

- 1 1/2 cups French Sauternes wine
- 2 medium carrots, peeled and cut in matchsticks (see below)
- 2 medium stalks celery, cut in matchsticks
- 1/2 pound fresh sea scallops, sliced 1/4-inch thick
- 6 ounces multi-colored rotini
- 1 tablespoon butter
- Lemon slices sprinkled with fresh dill, for garnish

1 Bring the Sauternes to boiling in a saucepan with a steamer rack.

CRACKING DOWN ON EGGS

Probably no other single food has been as celebrated and as maligned as the humble egg. Cholesterol-shunners quite rightly note that an average egg hides some 274 mg of cholesterol within its shell. Yet eggs are easily digestible, inexpensive and quickly prepared protein. Most individuals with normal blood cholesterol levels can enjoy eggs in moderation, particularly if their use is modified.

- Reduce or eliminate yolks, since it is the yolk that contains an egg's cholesterol. A general rule of substitution: use 2 egg whites for each whole egg.
- Modified Scrambled Eggs: Use 1 whole egg and 1 egg white for each serving; add skim milk; scramble in a non-stick skillet, adding chopped, cooked vegetables, chopped fresh herbs or low-fat cottage cheese.
- Replace all or part of the eggs in a recipe with liquid egg substitute.

2 Place the carrots on the rack; cover; steam over medium-low heat 5 minutes. Add the celery; steam 6 to 8 minutes longer, until the vegetables are almost cooked.

3 Place the scallops on top of the vegetables; steam for 2 or 3 minutes, only until the scallops become opaque. Remove the steamer with the vegetables and scallops and keep warm.

4 Increase the heat to high. Reduce the Sauternes until it thickens and turns light amber; remove from the heat; swirl in the butter.

5 While the wine reduces, cook the pasta until it is al dente. Drain.

6 Place the pasta and the vegetables and scallops in a large mixing bowl; toss to blend. Divide among 4 individual plates and spoon some of the wine sauce over each.

To cut vegetables in matchsticks: Cut into 1½" lengths. Stand the sections on a cut side. Slice each one into ¼" widths, then turn and cut into matchstick lengths.

SLICED FILLET OF BEEF WITH GREEN PEPPERCORN MUSTARD SAUCE AND SHIITAKE MUSHROOMS

This robust dinner is so satisfying, one filet mignon serves two people.

Makes 2 servings.

Nutrients per serving: 271 calories, 15 grams fat, 218 mg sodium, 25 grams protein, 8 grams carbohydrate, 70 mg cholesterol.

- 6 pearl onions, unpeeled
- 4 ounces fresh shiitake mushrooms
- 2 teaspoons Dijon mustard
- 2 teaspoons green peppercorns
- 2 tablespoons sweet white wine
- 1 filet mignon, well trimmed (approximately ½ pound)
- Vegetable oil
- 2 tablespoons cognac
- 2 sprigs of parsley, for garnish

1 Place the unpeeled onions in a small saucepan of boiling water; cook 7 to 8 minutes. Drain and cool slightly. Remove skins.

2 Cut off and discard the mushroom stems.

3 Crush the peppercorns in a small bowl. Stir in the mustard, then slowly whisk in the wine. Reserve.

4 Lightly brush the filet on both sides with the oil. Sear it, about 2 minutes on each side, in a small frying pan over medium-high heat. Lower the heat to medium; continue cooking, turning every 3 minutes, 4 to 6 minutes longer for medium rare. Remove from the heat; let rest 5 minutes; slice.

5 Meanwhile, pour the peppercorn mustard mixture into the hot skillet. Let bubble over medium heat, stirring, 1 minute.

6 Sauté the mushrooms in a separate skillet with 2 teaspoons of oil, until the mushrooms glisten. Add the onions. Cover and steam over low heat, stirring occasionally, 5 to 7 minutes, or until the mushrooms and onions are tender. Pour the cognac into the pan; stir to blend.

7 Fan beef slices on plates. Top with the mustard sauce and place the mushrooms and onions on the side. Garnish with parsley.

POACHED SALMON WITH FLUTED CARROTS AND CELERY

The boiled dinner takes on a new definition.

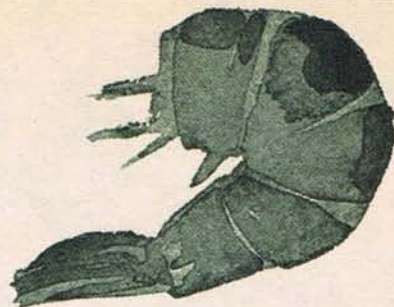
Makes 4 servings.

Nutrients per serving: 269 calories, 10 grams fat, 94 mg sodium, 26 grams protein, 20 grams carbohydrate, 70 mg cholesterol.

- 4 small new potatoes, unpeeled and fluted (see below)
- 3 medium carrots, peeled, fluted and sliced ¼-inch thick
- Salt or salt substitute, optional
- 2 celery ribs, fluted and sliced ¼-inch thick
- ½ small onion, cut in wedges
- 1 lemon, fluted
- 1 pound salmon fillet
- 4 sprigs of parsley, for garnish

1 Boil the potatoes for 12 to 15 minutes, or until tender.

2 In another pan, cook the carrots in 4 cups of salted boiling water 3 minutes. Add the celery and onion; cook 5 minutes longer, or until the



vegetables are barely tender. Remove the vegetables with a slotted spoon, saving broth in pan; keep warm.

3 Cut 4 slices off the lemon for garnish. Squeeze the remainder; add to the broth.

4 Bring the liquid to a slow simmer; add the salmon. Gently poach for 3 to 5 minutes, just until the salmon flakes. Cut into 4 slices.

5 Serve the salmon with the vegetables. Garnish with a fluted lemon slice and parsley sprig.

To flute vegetables and lemon: Use a lemon zester to remove 3 to 5 narrow strips of peel or skin, evenly spaced. Hold the top and bottom of the vegetable with one hand, turn it away from the zester, in the other hand. Cut the carrots and celery into 3" lengths before fluting.

WHOLE WHEAT SPAGHETTI WITH CRUSHED TOMATOES AND CLAMS

A down-home, slightly chunky tomato sauce.

Makes 6 servings.

Nutrients per serving: 307 calories, 3 grams fat, 253 mg sodium, 19 grams protein, 52 grams carbohydrate, 21 mg cholesterol.

- 2 medium carrots, peeled and finely diced
- 2 teaspoons olive oil
- 1 medium garlic clove, minced
- 1 can (28 ounces) crushed tomatoes with added puree
- 1 can (6½ ounces) minced clams
- 2 teaspoons dried basil, crumbled, or 2 tablespoons chopped fresh basil



¼ teaspoon fennel seed, crushed
12 ounces whole wheat spaghetti

1 Cook the carrots in the olive oil in a large sauté pan over medium-low heat, stirring frequently, 8 minutes, or until they are tender.
2 Add the garlic; cook 1 minute, stirring constantly. Add the tomatoes; let the sauce come to boiling. Lower the heat.
3 Drain the clams, pressing out all of the water. Reserve ¼ cup of the clams for garnish; stir the remainder into the tomatoes along with the basil and crushed fennel. Let the mixture bubble gently for 1 minute, stirring frequently.
4 While the sauce is cooking, cook the pasta until it is al dente. Drain.
6 Divide the spaghetti among 6 plates; top with the tomato sauce. Garnish with the reserved clams.

APRICOT YOGURT SMOOTHIE

Malted milk adds nutty flavor to this morning pick-me-up.

Makes 1 serving.

Nutrient value per serving: 265 calories, 4 grams fat, 248 mg sodium, 9 grams protein, 50 grams carbohydrate, 11 mg cholesterol.

¾ cup apricot nectar
½ cup plain low-fat yogurt
1½ tablespoons natural malted milk powder
Sprig of fresh mint, for garnish

1 Place the apricot nectar, yogurt and malted milk powder in an elec-

tric blender. Cover; blend on high speed 10 seconds, or until smooth.
2 Pour into a tall glass. Garnish with the sprig of mint.

KIWI FRUIT IN PEAR SAUCE WITH WHITE CHOCOLATE

The elegant sauce can be made in minutes.

Makes 4 servings.

Nutrients per serving: 115 calories, 4 grams fat, 14 mg sodium, 1 gram protein, 18 grams carbohydrate, 2 mg cholesterol.

2 ounces white chocolate
1 tablespoon water
1 jar (4½ ounces) baby food pears
2 kiwis
4 strawberries, for garnish
4 sprigs of mint, for garnish

1 Place the chocolate and the water in a small saucepan over low heat; stir until the chocolate melts. Stir in the pears; heat slowly, but do not let the sauce bubble.
2 Peel the kiwis and slice ⅜-inch thick. Fan-cut the strawberries by making parallel slices lengthwise, starting just beneath the hull. (Keep the strawberries whole.)
3 Place a portion of the warm sauce on each plate. Slightly overlap 3 kiwi slices on top. Garnish with a strawberry and a mint sprig.

OATMEAL RAISIN MUFFINS

The muffins must be baked immediately after the batter is mixed.

Bake at 425° for 10 to 12 minutes. Makes 6 muffins.

Nutrient value per serving: 113 calories, .9 gram fat, 84 mg sodium, 4 grams protein, 24 grams carbohydrate, 1 mg cholesterol.

1 egg
½ cup plain low-fat yogurt
½ cup rolled oats
½ cup whole wheat flour
2 tablespoons brown sugar
¾ teaspoon ground cinnamon
½ teaspoon baking soda
⅓ cup dark raisins

1 Grease 6 muffin cups. Preheat

the oven to very hot (425°).
2 Beat the egg and yogurt together with a large spoon in a small bowl until surface bubbles appear.
3 Add the rolled oats, flour, sugar, cinnamon, baking soda and raisins, stirring only until the batter is well blended (do not overbeat).
4 Immediately spoon the batter into the prepared muffin cups, filling almost to the top.
5 Bake 10 to 12 minutes, or until muffins are golden brown and begin to pull away from the muffin cups. Cool on a wire rack 3 minutes; turn out. Serve warm.

POACHED PEARS IN RASPBERRY SAUCE WITH COCONUT

Cooking pears in a raspberry sauce doubles the effect of the berry.

Makes 4 servings.

Nutrients per serving: 110 calories, 2 grams fat, 12 mg sodium, .7 gram protein, 25 grams carbohydrate, 0 cholesterol.

½ pint fresh raspberries
2 tablespoons sugar
2 firm, ripe pears
¼ cup flaked coconut, for garnish

1 Press the raspberries through a very fine sieve into a medium saucepan; stir in the sugar.
2 Peel and quarter the pears; remove the seeds and stem fibers.
3 Place the pears in the raspberry syrup; bring to a simmer over medium heat. Lower the heat; cover, leaving the lid slightly ajar. Gently poach the pears for 6 to 8 minutes, or until tender but not mushy.
4 Serve 2 quarters of pear with part of the raspberry sauce. Sprinkle with the coconut.

Note: Substitute one package (10 ounces) frozen raspberries in light syrup for the fresh raspberries; omit the sugar in the recipe.

PINEAPPLE IN APRICOT SAUCE WITH WHITE CHOCOLATE

Also try the fruit combination on French toast.

Makes 4 servings.

Nutrients per serving: 101 calories, 1 gram fat, 5 mg sodium, .9

gram protein, 24 grams carbohydrate, .6 mg cholesterol.

- 1/3 cup dried apricots
- 1 can (10 1/2 ounces) pineapple chunks in pineapple juice
- 1/4 cup water
- 1 tablespoon sugar
- 1/2 ounce white chocolate, cut in chunks, for garnish

1 Place the apricots, juice from the pineapple and water in a small saucepan. Bring to a simmer over medium heat; lower the heat.

2 Cook, uncovered, stirring occasionally to prevent sticking, 30 minutes, or until the apricots are very soft. Remove from the heat.

3 Press mixture through a fine sieve into a small bowl; stir in the sugar. Add water if the sauce is too thick.

4 Top the pineapple chunks with the sauce, then with the chocolate.

SWEETNESS IN LIGHT

Grain-derived sweeteners such as barley malt and rice syrup, are concentrated sources of sweetness. Use them in sauces or batters.

Use unsweetened fruit juices—such as apple, white grape and orange—in baking and cooking. For the most flavor and sweetness, use undiluted frozen concentrates.

Certain spices, notably cinnamon, cloves and allspice, add a sweet note to foods.

Reduce sugar in cake and cookie recipes by a third to a half.

Dried fruits are satisfying sources of natural sweetness. Add handfuls to hot cereals, muffin batters, cooked fruit.

Use unsweetened or fruit juice-sweetened jams and jellies.

Buy canned fruit in unsweetened juices.

Individually-quick-frozen fruits are usually packed without sugar.

Beware of hidden sugar in condiments such as ketchup, pickle relish and mustard.

FIT FEASTS FOR FRIENDS

The gracious, thoughtfully nutritious company meals (turkey fajitas brunch, pages 54 and 55; chicken breast dinner, page 56; and red snapper dinner, page 57) are easy to make and very eye-appealing. Here are complete instructions for preparing all three menus, from start to festive finish.

BRUNCH FOR SIX

RICOTTA DIP WITH ASSORTED VEGETABLES

This dip is also a good filling for hollowed cherry tomatoes.

Makes 6 servings.

Nutrient value per serving: 124 calories, 7 grams fat, 105 mg sodium, 10 grams protein, 7 grams carbohydrate, 25 mg cholesterol.

- 2 cups part-skim ricotta cheese
- 1 cup finely chopped seeded tomato
- 1/4 cup finely chopped fresh basil
- 1/4 cup finely chopped red onion
- 1 teaspoon red wine vinegar
- 1/4 teaspoon leaf thyme, crumbled
- 1/4 teaspoon crushed red pepper flakes
- Salt or salt substitute
- Freshly ground pepper to taste

Combine all ingredients in a medium bowl until well blended. Chill and serve with raw vegetables.

SMOKED SALMON TARTARE

Serve this luxurious spread on pumpernickel toast points.

Makes 6 servings.

Nutrient value per serving: 101 calories, 4 grams fat, 820 mg sodium, 14 grams protein, 2 grams carbohydrate, 17 mg cholesterol.

- 1 pound smoked salmon
- 1 bunch fresh dill
- 1/4 cup minced red onion
- 2 tablespoons capers, drained
- 2 tablespoons Dijon mustard
- 3 tablespoons fresh lemon juice

- 1/8 teaspoon liquid red pepper seasoning
- Freshly ground pepper to taste
- Lemon wedges for garnish

1 Finely chop the salmon; place in a medium bowl.

2 Trim and finely chop the dill, reserving a sprig for garnish. Add the chopped dill, minced red onion, drained capers and Dijon mustard to the chopped salmon; mix well.

3 Add the lemon juice, liquid red pepper seasoning and freshly ground pepper to the salmon mixture; mix until well blended. Taste and adjust seasonings, if necessary. Place in a serving bowl; cover with a piece of plastic wrap and refrigerate until serving time.

4 At serving time, garnish the salmon mixture with the dill sprig and lemon wedges. Serve with pumpernickel toast points.

TURKEY FAJITAS WITH CORIANDER PESTO

Cooked chicken breast can be substituted for the turkey breast.

Makes 6 servings.

Nutrient value per serving: 205 calories, 4 grams fat, 115 mg sodium, 21 grams protein, 21 grams carbohydrate, 40 mg cholesterol.

- 6 flour tortillas
- 3/4 pound cooked turkey breast, cut in julienne strips
- 1/4 cup fresh lime juice
- 2 teaspoons finely minced garlic
- 1/2 teaspoon ground cumin
- 1 red onion, thinly sliced
- 1 red or green pepper, halved, seeded and cut into strips
- 1/2 cup Coriander Pesto (recipe follows)

1 Preheat the oven to slow (300°). Warm the tortillas in the oven while making the filling.

2 Combine the turkey, lime juice, garlic and cumin in a large bowl. Cover and marinate at least 1 hour.

3 Spray a large non-stick skillet with non-stick cooking spray; place over moderately high heat. Sauté the onion and green pepper 3 to 5 minutes, or until wilted.

4 Add the turkey and marinade. Cook, tossing constantly with a