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From the kitchens of Weight Watchers

T

TURKEY-SAUSAGE CASSEROLE

*Lettuce Wedge with Reduced-Calorie Thousand Island Dressing
Orange Sections sprinkled with Toasted Shredded Coconut
Coffee, Tea, or Mineral Water*

MAKES 2 SERVINGS

- 1/2 cup diced onion
- 2 teaspoons margarine
- 1/2 cup sliced carrot
- 1/2 cup frozen peas
- 1/2 cup low-fat milk (1% milk fat)
- 1 tablespoon plus 1 1/2 teaspoons

- all-purpose flour
- 1 packet instant chicken broth and seasoning mix
- Dash pepper
- 1/4 pound fully cooked smoked turkey sausage links, sliced
- 1 1/2 teaspoons chopped fresh parsley

1. In 2-quart microwavable casserole combine onion and margarine. Cover and microwave on High (100%) for 2 minutes, stirring once halfway through cooking, until onion is translucent
2. Add carrot and peas; cover and microwave on High for 2 minutes, stirring once halfway through cooking, until peas are thoroughly heated.
3. Using a wire whisk, in medium bowl beat together 1/2 cup water, the milk, flour, broth mix, and pepper. Add to vegetable mixture and stir to combine. Microwave on High for 4 minutes, stirring vigorously halfway through cooking, until mixture thickens.
4. Add sausage and parsley and stir to combine. microwave on High for 3 minutes, stirring every minute, until sausage is thoroughly heated

EACH SERVING PROVIDES: 1/4 MILK; 1 FAT; 2 PROTEINS; 1 VEG-ETABLE; 3/4 BREAD; 6 OPTIONAL CALORIES

PER SERVING: 249 CALORIES; 15 g PROTEIN; 19 g CARBOHYDRATE; 13 g FAT; 114 mg CALCIUM; 1,066mg SODIUM; 41 mg CHOLESTEROL; 5 g DIETARY FIBER; REDUCED CHOLESTEROL

Recipe from "Simply Light Cooking 250 Recipes from the Kitchens of Weight Watchers", ©1992 Weight Watchers International, Inc.

For information on our September special or a meeting location near you, call 1-800-387-8227.

Fox winner



Josie and Doug Sargent (left), lifetime residents of Georgetown, won the Volkswagen Fox drawn for the grand opening of Georgetown's Marketplace indoor mall. Here they are presented with the car by Autohaus Georgetown owner Conrad Buy and mall manager Elaine Turkington. There were almost 10,000 ballots vying for the car.

Photo by Wendy Long

Dave's Diversions Lake Ontario ecosystem stressed

By David Featherstone

Agencies in Ontario and New York have issued a joint report confirming changes in the Lake Ontario ecosystem. These changes will have far-reaching implications with regard to the multi-million dollar sport fishery currently operating on the lake.

Nutrient concentrations in the offshore waters of Lake Ontario have declined since the late 1970s and early 1980s as a result of provincial and state commitments to restore water quality within the Lake Ontario watershed. Declines in nutrient concentrations have reduced the amount of phytoplankton (algae) in the lake which, in turn, reduces the amount of food available for microscopic zooplankton.

Smaller fish, such as alewife and smelt, are dependent on zooplankton for forage. Reduced concentrations of zooplankton stress alewife and smelt populations resulting in poor growth and poor survival of adults.

Stressed populations of alewife and smelt eventually are unable to support large populations of predatory fish, notably salmon and trout. Indeed, high populations of predatory fish inflict further damage on populations of alewife and smelt. Salmon and trout begin to eat themselves out of house and home.

The bottom line of the report "suggests that the present demand for food by predators, including stocked salmon and trout species, likely exceeds the supply that can be sustained by prey species in Lake Ontario."

In other words, there are too many predators and not enough food to feed them.

In a similar situation in the mid-1980s, the hugely successful chinook salmon fishery collapsed in Lake Michigan. In Lake Ontario, the first signs of predator stress are evident as small numbers of dead and dying salmon have been collected in this year's bottom trawl surveys. Declines in the size of fish returning to spawn and reduced angler catch rates are also evidence

of stress.

Painful decisions must be made to accommodate changes in the Lake Ontario ecosystem. A return to the polluted waterways which formerly discharged into Lake Ontario would restore the nutrient balance but would be undesirable in many other ways.

Stocking of prey species to feed salmon and trout predators would accomplish nothing as there would be no food for stocked prey to feed on.

It would appear that the number of salmon and trout currently stocked in Lake Ontario must be reduced immediately. By reducing predation, prey species should be able to strike an equitable balance with new ecosystem conditions. Through lake modeling and monitoring, a modified stocking program can then be put in place which will provide for a healthy, sustainable sport fishery in Lake Ontario.

A biologist by profession, David Featherstone devotes a large portion of his spare time to volunteer groups which are working to protect and enhance the environment. David hopes to provide readers of Halton Hills This Week with a mix of interesting and informative outdoor and nature articles.



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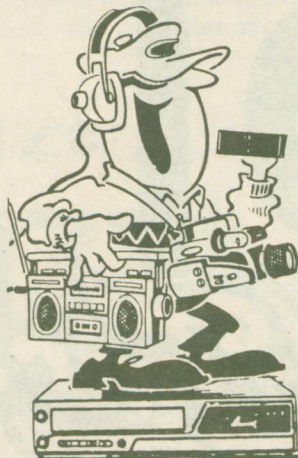
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