

From the kitchens of Weight Watchers

CHEF'S TUNA SALAD WITH YOGURT DRESSING

Seeded Roll
Strawberries
Coffee, Tea, or Mineral Water

MAKES 1 SERVINGS
2 tablespoons plain low-fat yogurt
2 teaspoons ketchup
2 teaspoons reduced-calorie mayonnaise
1 teaspoon pickle relish
Dash pepper
1/2 cup torn lettuce leaves

1/4 cup shredded carrot
1 medium tomato, cut into 8 equal wedges
1 hard-cooked egg, quartered
1 ounce drained canned tuna (packed in water)
3 large black olives, pitted and sliced

- Using a wire whisk, in small mixing bowl beat together yogurt, ketchup, mayonnaise, relish and pepper. Transfer to small resealable plastic container; cover and refrigerate until ready to pack.
- Line separate resealable plastic container with lettuce; top with carrot, tomato, egg, tuna, and olives. Cover and refrigerate until ready to pack.

3. To serve, pour yogurt dressing over salad.

EACH SERVING PROVIDES: 1 1/2 FATS; 1 1/2 PROTEINS; 3 1/2 VEGETABLES; 35 OPTIONAL CALORIES

PER SERVING: 237 CALORIES; 18 g PROTEIN; 10 g FAT; 18 g CARBOHYDRATE; 134 mg CALCIUM; 532 mg SODIUM; 229 mg CHOLESTEROL; 3 g DIETARY FIBER;

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.

Community Calendar...

Does your non-profit community organization have an upcoming meeting or event, or do you want to raise your organization's profile, then Community Calendar can work for you. Call Halton Hills This Week at 873-2254 or fax us at 873-3918 with all the information about your event. Remember to include your organization's contact person's name and telephone number. Items will be run free of charge for as long as is appropriate.

Arts and Crafts sale

September 26 — Erin Hills Art and Crafts is having its 10th Annual Sale at Erin District High School, 185 Daniel St., Erin, from 10 a.m. to 4 p.m. September 26. Over 40 artisans will be featured along with free draw prizes. The event is sponsored by High Hopes Ladies of All Saints Anglican Church Erin. For more information call Cathy at 519-833-2272.

Genealogical meeting

September 27 — 2 p.m., at Noel Ryan Auditorium Mississauga Central Library, 301 Burnhamthorpe Rd., west of Hwy. 10 the Halton Peel Branch of the Ontario Genealogical Society meets Angus Baxter, noted Canadian Genealogist and author. He will speak about Canadian and European Family Research.

Quilters guild

September 28 — Halton Hills Quilters Guild invite you to join them for their 1st meeting of the season at 7:30 p.m. Monday, September 28. Meetings are held

on the fourth Monday of each month at Centennial Middle School in the library. The school is located on Delrex Blvd. New members are always welcome. For more information call Cindy Dowling 873-4157 for further information.

Toastmasters meeting

September 28 — Members of the Halton Hills Toastmasters will hold a contest for impromptu and humorous speeches on Monday September 28. The contest will be held at 7:30 p.m. at the Glen Williams Town Hall. Visitors are welcome. Halton Hills Toastmasters meet at the Glen Williams Town Hall at 7:30 p.m. Mondays. Call Ray Blyth 877-1923 for more information.

Museum speaker

September 29 — Friends of Halton Museum invite you to hear Teresa Rigg talk about Rural Schools. The talk will take place at 8 p.m. on Tuesday, September 29 at Halton County Museum, Kelso. Everyone welcome. For more information call 875-2200.

Throw some pottery

September 30 -- The Credit Valley Artisans are offering an eight-week course in pottery on Wednesday afternoon or Thursday evenings starting September 30. Ballinfad resident Glynnis Milligan will be the instructor. For further information contact Karen King, Registrar, between 6 p.m. and 8 p.m. at 873-2018

Acton Badminton

October 1 — The Acton Badminton Club will start the fall-spring session on October 1. Come, enjoy yourself. Please contact George Lee at 853-1066 for registration or more information.

Palette & Pencil Club

October 3 -- Palette & Pencil members will be holding their fifth annual St. George's Church Hall Show and Sale, in Georgetown from 10 a.m. to 3 p.m. October 3. Make your next gift a gift of art. Pottery by Mary Ann & Lindy Martin. Everyone welcome, come-out and have a coffee with us.



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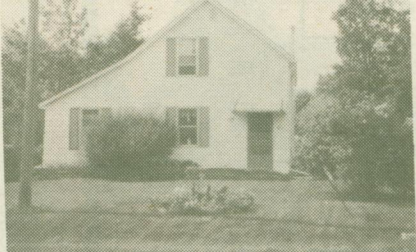
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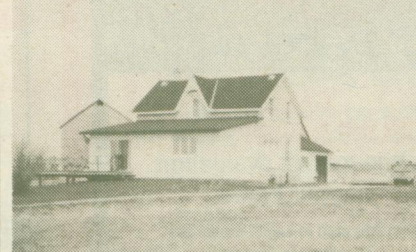
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