

From the kitchens of Weight Watchers

VEAL SCALOPPINE WITH SUN-DRIED TOMATOES

- 1 tablespoon plus 1 1/2 teaspoons all-purpose flour
- 1 teaspoon Italian seasoning
- 1/2 pound veal scallops or thin veal cutlets, pounded to 1/8-inch thickness
- 2 teaspoons reduced-calorie margarine (tub)
- 1 teaspoon olive oil
- 2 small garlic cloves, minced
- 2 tablespoons dry white table wine
- 4 large plum tomatoes, blanched, peeled, seeded and finely chopped
- 8 sun-dried tomato halves (not packed in oil), plumped, drained, and thinly sliced
- 1 tablespoon each chopped fresh basil and Italian (flat leaf) parsley
- 1 teaspoon grated lemon peel

1. On sheet of wax paper combine flour and Italian seasoning; dredge veal in flour mixture, coating both sides.
2. In 10-inch nonstick skillet heat margarine and oil until margarine is melted; add veal and cook over medium-high heat until cooked through and lightly browned, about 2 minutes on each side. Transfer veal to serving platter and keep warm.
3. To same skillet add garlic and cook over medium heat until golden brown; stir in wine and bring to a boil. Stir in remaining ingredients and return to a boil. Reduce heat to low and let simmer until flavors blend, about 5 minutes. Spoon over veal.

Approximate Total Time: 25 minutes.

Makes 2 servings

Each serving provides: 1 Fat; 3 Proteins; 4 Vegetables; 1/4 Bread; 15 Optional Calories.

Per serving: 250 calories; 27 g protein; 7 g fat; 18 g carbohydrate; 46 mg calcium; 145 mg sodium; 89 mg cholesterol; 4 g dietary fiber.

Variation: Veal Scaloppine with Tomatoes - Omit sun-dried tomatoes. In Serving Information decrease vegetables to 2.

Per Serving: 217 calories; 26g protein; 7g fat; 11 g carbohydrate; 34 mg calcium; 131 mg sodium; 89 mg cholesterol; 2 g dietary fibre.

Recipe from "Healthy Life-Style Cookbook", ©1992 Weight Watchers International, Inc.

Return to basics. For information on a meeting location near you, call 1-800-387-8227.



The first heavy snowfall of the year earlier this week had these boys from Centennial School pitting snowballs against each other, all in good fun. Photo by Wendy Long.

Halton women's health study looking for input

By Wendy Long

If you're a woman who is concerned about health issues and service availability in Halton, this is your chance to be heard. Perhaps you have just one concern, or none at all. Maybe you'd just like information. Speak up.

A Women's Health Study has

been launched by the Halton District Health Council to gain a better understanding of the health issues of key concern to Halton women. The first of five Halton community meetings was held Tuesday evening in Georgetown.

Only a handful of women attended, but the discussion facilitated by assistant executive director Jane Sanders was vigorous.

The study plans to focus on six areas of concern and interest to women: reproductive health and reproductive disorder, chronic and degenerative diseases, mental health and addictions, violence against women, women and cancer, and lifestyle and environmental impacts on health. The committee has formed six working groups to address these issues and to network to involve women of all ages and ethnic backgrounds.

This women's health study comes after other women's health studies in Halton revealed that women are seen, treated and admitted to hospital for mental health problems more frequently than men. As well, the studies have shown that childbirth and related complications amount to a large portion of hospital-based care. The previous studies haven't explored

these and related issues (violence against women, chronic diseases and lifestyle issues) in depth from a woman's perspective, said Sanders.

The study's objectives, Sanders outlined, are to look at how women's health stands now, to look at what services women are currently using both inside and outside of Halton, and to look at what services are available in Halton itself. The study will help develop a vision for a system to maximize women's health, and then set out a plan to achieve that vision.

The definition of women's health issues adopted by the Halton District Health Council is quite broad, citing diseases or conditions that are: unique, more prevalent, more serious, great risk factors or that require different interventions for women or some subgroups of women.

Therefore, all Halton women over the age of 12 are urged to participate in the community forums to voice their opinions and concerns.

Sanders and Janine Rosart, one of the health study's contract planners, are asking women to share their good and bad experiences: what makes a service work or not work, what constitutes a quality

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