

Get Ready, Get Set - Grill

Weight conscious welcome barbecue season

If you want to lose weight, a hot grill can be your best friend.

For the weight conscious, Spring and Summer are seasons of contrast. We're happy to shed heavy winter clothes, yet a little leery about how we will look in lighter, more revealing outfits. Thoughts of tennis and water sports are appealing until we begin to wonder if we will look as good as we did last year in our court clothes and swim suits or worse yet, remember in shock how we did look last year. It seems that everyone has a different reason to be slightly apprehensive about the coming of Spring and Summer. But there is one warm weather activity that almost everyone can agree on barbecuing.

"If you want to lose weight, a hot grill can be your best friend," says Roberta Blackie, Weight Watchers Director of Operations for Central & Southern Ontario, Quebec and Atlantic Canada. "Depending on the preparation method, grilled foods tend to be lower in fat than traditionally prepared foods and the social aspects of barbecuing keep you out of the kitchen and away from tempting nibbles."

Grilling can also be easier on your pocketbook because even the least expensive cuts, or substitutes, taste better when cooked over hot coals.

To welcome the grilling season, Weight Watchers has prepared these grill-friendly tips to help you prepare the tastiest low-fat foods ever:

- Choose lean cuts of meat, skinless poultry and fish or substitute leaner meats, such as ground turkey or chicken for hamburgers rather than ground beef;

- If you want to make certain your poultry burgers are as lean as possible, pulse skinned white-meat chicken or turkey in a food processor until coarsely ground;

Before lighting up your barbecue, spray the grill rack with a non-stick cooking spray. You'll leave less food stuck to the grill and pick up fewer calories than if you had brushed the rack with oil;

- Double your enjoyment by grilling a double portion of any recipe, letting it cool slightly and then freezing. When reheated in the microwave, the food will taste like it just came off the grill;

- If buying prepared sauces, look for ones that are low-salt and low-fat. If making your own, try recipes that use no added salt and combine richly-flavored ingredients. *recipe follows;

- Although grilling eggs will still be a challenge, you can enjoy barbecuing almost anything with the help of a stainless steel or porcelain mesh grill rack or basket. Remember to spray first with a nonstick cooking spray and experiment with your favorite vegetables, fish, poultry or meat.

For maximum barbecue enjoyment, prepare this full-flavored, low-fat sauce that is the perfect accompaniment to your favorite meats. Remember though, add the sauce to meat no more than 15 minutes before serving; any longer and the sauce will burn.

Homemade Barbecue Sauce
 1/3 cup low sodium ketchup
 1 tablespoon firmly packed light brown sugar

1 tablespoon onion grated over the saucepan to catch the juices
 2 tablespoon cider vinegar
 1 tablespoon Worcestershire sauce
 1/2 teaspoon Dijon mustard

To prepare, combine all the ingredients in a small saucepan, bring to a boil, reduce heat to low and simmer for 5 minutes. Set aside.

The sauce recipe and barbecue tips are taken from Weight Watchers Magazine Low-Calorie Barbecue Cookbook.

Weight Watchers is the leading authority in the weight-loss industry and offers weekly meetings throughout Canada and various locations around the world.

For more information, call 416-826-9200.

All Brite JANITOR + SERVICE LTD.

commercial & industrial office cleaning

- ✦ Floor Stripping & Waxing
- ✦ Post Construction or Post renovation clean-ups
- ✦ Cleaning service to fit your individual needs
- ✦ Window cleaning

"You go right with All Brite"

GEORGE & FRANCES SIDERIUS

877-5968

FREE ESTIMATES



GEORGETOWN GLOBE PRODUCTIONS

THE MIKADO

at John Elliott Theatre

May 6-8, May 12-15 8:00 p.m.
 Matinee Performance May 9 2:00 p.m.

TRIVIA CONTEST

Win 1 of 2 pairs of tickets to see "The Mikado".

In what far-off country does Gilbert and Sullivan's "The Mikado" take place?

Send your answer in along with your name, address, and telephone number to



to arrive no later than Wed. April 28, 1993

Answer

Name

Address

Telephone



Alcan Weathers The Weather Whatever The Weather

From summer's heat to winter's freeze, spring rains to autumn winds, Canada's four-season climate calls for four-season renovation products. Year-round, year after year, Alcan windows

and siding are your home's best defense against all kinds of weather. Protect your home with Alcan renovation products, and protect your investment with the exclusive Alcan warranty.



A Family Owned Business

SOFFIT & FASCIA SEAMLESS EAVESTROUGH

DOORS & WINDOWS SELECTION OF COLOURS - FREE ESTIMATES -

RA Boucher & Sons Aluminum Ltd.

R.R. 2, Conc. 8 GEORGETOWN

877-8830

