

# And after the cookies..

## Emma's Bar & Grill

by Emma Sadgrove

I had many requests for diet recipes so this column is for those of you who could not eat my cookies — and those of you who ate too many.

One of the hardest things about dieting is relating today's efforts to tomorrow's results. It helps to stick a few pictures on the fridge — summer scenes and maybe Brazilian bathing suits. Try dressing in your tightest clothes whenever you feel hungry.

Of course the most important thing is exercise. And don't sacrifice nutrition, especially with final exams coming up.

For the convenience of the lone dieter, each of these recipes serves one.

### Chicken Florentine

(290 calories)

- ½ chicken breast, skinned and boned
- ¼ cup chicken broth
- 2 tsp dry white wine
- ¾ tsp cornstarch
- 1 tsp water
- 1 oz. Neufchatel cheese
- ½ cup cooked rice

Place chicken, broth and wine in a frying pan over medium heat and bring to boiling. Reduce heat to low and simmer for half an hour. Remove chicken and keep warm. Combine water and cornstarch and stir into the broth. Heat to boiling point over medium heat and cook for another 3 minutes. Stir in cheese until melted. Pour sauce over

chicken and serve over rice.

### Shrimp Mornay

(320 calories)

- ¼ cup water
- 2 tbsp dry white wine
- dash dry mustard
- dash pepper
- 3 oz. shrimp
- ½ carrot, cut into matchstick pieces
- 2 tbsp green onion, sliced thinly
- 3 tbsp skim milk
- 1 ½ tsp cornstarch
- ¼ cup shredded Swiss cheese
- ½ oz. linguine, cooked
- ¼ cup peas

Combine water, wine, mustard and pepper in a saucepan. Bring to boiling over medium heat. Add shrimp, carrot and onion. Return to boiling and simmer for 5 minutes. Remove shrimp and vegetables with a slotted spoon and set aside. Boil liquid uncovered for 10 minutes. Combine milk and cornstarch, add to liquid and cook for 5 minutes. Stir in cheese until melted. Add shrimp and vegetables and simmer gently while cooking linguine. Serve over cooked linguine.

### Curried Pork and Raisins

(300 calories)

- 3 oz. boneless pork, cut into thin strips
- 1 tsp cooking oil
- 2 tbsp chopped apple
- 1 tbsp chopped onion
- ½ tsp curry powder
- dash salt
- dash ginger
- 1 tsp cornstarch
- ¼ cup plus 2 tbsp skim milk

- ½ tsp raisins
- ½ cup cooked rice

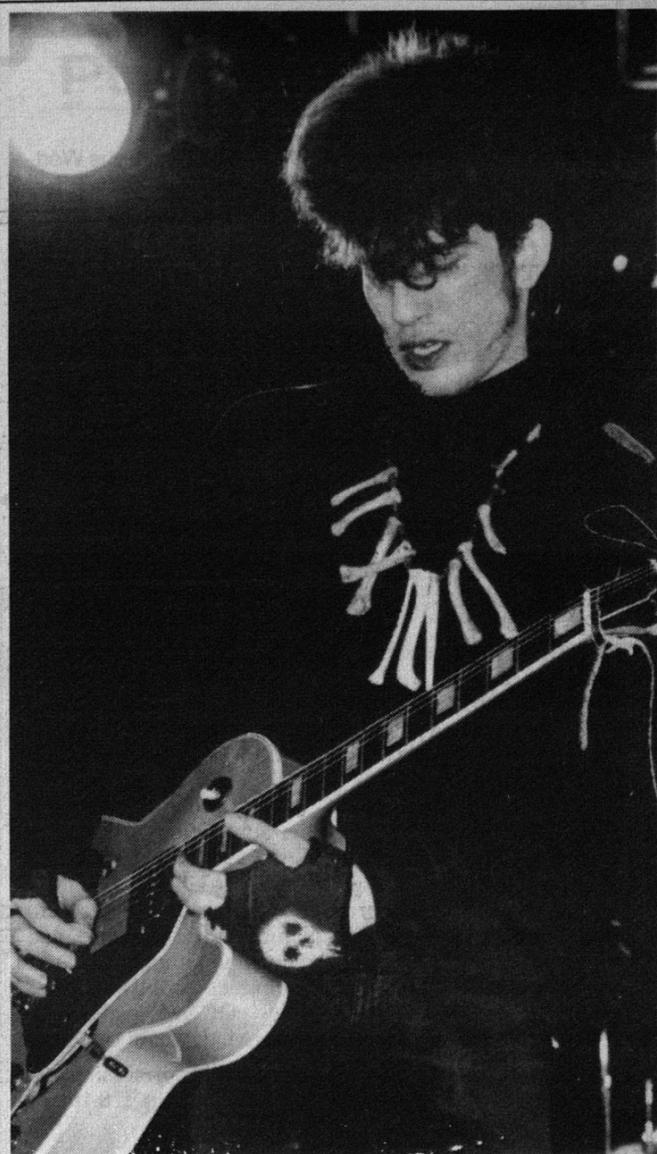
In frying pan over medium heat, brown pork in hot oil. Remove meat. Add apple, onion, curry powder, salt and ginger and fry for 5 minutes. Combine cornstarch with 2 tbsp of the milk and stir in. Stir in remaining milk, heat to boiling and cook for 3 minutes. Return meat, add raisins and cook over low heat for 10 minutes. Serve over cooked rice.

### Diet Style Beef Stroganoff

(370 calories)

- 3 oz. sirloin or round steak, cut into thin strips
- 1 tsp cooking oil
- ½ cup sliced fresh mushrooms
- 2 tbsp chopped onion
- 1 tsp tomato paste
- 2 tsp water
- 2 oz. plain yogurt
- 1 tsp cornstarch
- ¼ tsp sugar
- ⅛ tsp salt
- dash pepper
- ½ tsp dry white wine
- ½ cup cooked noodles

In frying pan over medium heat brown meat in hot oil. Add mushrooms and onions and cook for five minutes. Stir in water and tomato paste and heat through. In a bowl combine yogurt, cornstarch, sugar, salt and pepper. Stir into mixture in the pan. Heat to boiling point and cook three minutes. Stir in wine and heat through, but do not boil. Serve over noodles.



Over 300 CJSR supporters managed to turn a funeral into a wake, largely due to the great performances by Colour Me Psycho (above), the Zamboni Drivers and Brilliant Orange. CJSR's fund drive concluded Saturday night, raising \$18,000 of the \$30,000 target.



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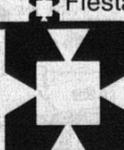
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