A Delicious Way to Spring into Summer

Getting fit should be fun . . . especially at the dinner table. It's not enough that lighter food and fresh fruits and vegetables help your body feel good and run smoothly. They must also taste good and leave you feeling satisfied. This month's spicy, low-calorie DAWN recipes provide the perfect body fuel.



BLANQUETTE DE POULET

1 pound boned and skinned chicken breasts
3 cups chicken broth
1 cup carrots cut in julienne strips
1 cup zucchini cut in julienne strips
1 teaspoon dill weed, divided
½ teaspoon onion powder
¼ teaspoon marjoram leaves, crushed
1/16 teaspoon ground white pepper
½ cup skim milk
1 tablespoon cornstarch
½ teaspoon salt
½ teaspoon grated lemon peel
1 egg yolk

Place each chicken breast between two sheets of plastic wrap. Pound with a mallet until ¼-inch thick. In a large skillet bring chicken broth to a boil. Add chicken breasts; simmer, covered, until chicken is tender, 5 to 8 minutes. Remove chicken with a slotted spoon to warm serving platter; cover and keep warm. Add carrots, zucchini and ½ teaspoon of the dill. Simmer, covered, until vegetables are crisp-tender, 2 to 3 minutes. Remove vegetables with a slotted spoon to platter with chicken; cover to keep warm. Measure liquid in pan and return 1 cup. Add onion powder, marjoram, garlic powder, white pepper and remaining ½ teaspoon dill. Bring to a boil. Reduce heat and simmer, covered, 2 minutes. Combine milk, cornstarch, salt, lemon peel and egg yolk. Stir into liquid in skillet. Bring to a boil; boil for one minute, stirring constantly. Spoon sauce over chicken and vegetables.

YIELD: 4 portions. 214 calories per portion.

SUNNY MUSTARD DRESSING

1 tablespoon flour
1 teaspoon powdered mustard
½ teaspoon onion powder
½ teaspoon sugar
½ teaspoon salt
¼ teaspoon garlic powder
1/16 teaspoon ground turmeric
⅔ cup water
1 egg yolk
2 tablespoons salad oil
1-½ tablespoons cider vinegar

In a small suacepan combine flour, mustard, onion powder, sugar, salt, garlic powder and turmeric. Add water and egg yolk; whisk until smooth. Cook and stir over medium-low heat until thickened, about 2 minutes. Remove from heat. Whisk in oil and then vinegar until smooth. Cover and chill. Serve over salad greens.

YIELD: 1 cup. 24 calories per tablespoon

CURRIED FRUIT SALAD

½ cup orange juice
2 tablespoons cream of coconut
¾ teaspoon curry powder
4 cups cut-up fresh fruit (oranges, strawberries, kiwis, etc.)

In a small bowl combine orange juice, cream of coconut and curry powder; set aside. In a serving bowl arrange fruit. Just before serving stir dressing; pour over fruit.

YIELD: 4 cups. 59 calories per cup.

. . .Getting Fit

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air entering and leaving your lungs). Once your doctor gives you the green light, select exercises that are compatible with your lifestyle and your medical history. Personal fitness trainer Roland Goode recommends starting out with an aerobic (cardiovascular) exercise such as walking, swimming or cycling.

Walking is the aerobic exercise with the smallest percentage of dropouts. Faithful followers of walking know that the low-impact exercise is less harmful to your joints than jogging; you burn about as many calories walking a mile as running a mile; and walking has another advantage — it requires only one small investment — shoes. Choose a pair of walking shoes appropriate for your style — relaxed, brisk or racy — and your location — pavement or dirt path.

In order for your body to even begin burning fat, you must do an aerobic exercise at least 20 minutes at a constant pace three times a week. Gilbert H. Coffey, M.D., acting chairman of Howard University Hospital's Department of Physical Medicine and Rehabilitation, suggests that you start exercising for 15 minutes and gradually increase by five minutes each week until you reach ½ hour.

Swimming is the ultimate exercise for overall fitness — cardiovascular endurance, flexibility, strength, coordination and safety. Begin swimming with rest intervals equal to your swimming time. As you become more fit, shorten the resting period.

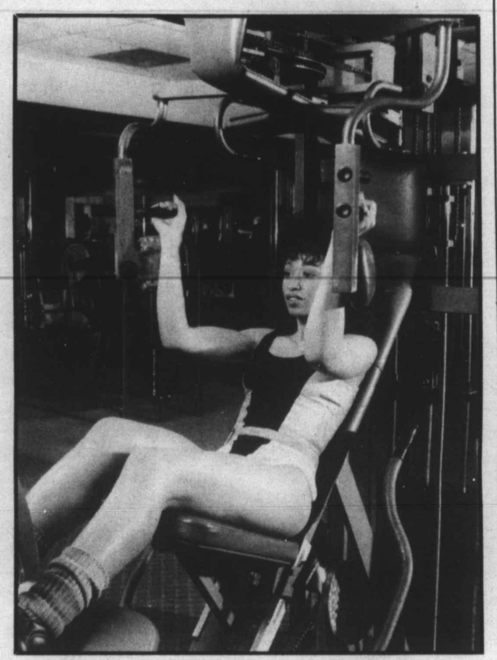
Washington Redskins trainer Keoki Kamau says the Super Bowl champs perform light workouts between seasons that include 15 to 20 minutes on a stationary bike. Amateurs can also become winners through cycling. Biking gives you the opportunity to stay home and watch TV while you get fit. For muscle strength increase your bike's tension; decrease the tension for endurance.

The President's Council on Physical Fitness and Sports advises that aerobic exercise should be supplemented with resistance training, such as weight lifting. Weight training builds strength and recontours problem body areas, such as flabby arms and thin calves. Machines are safer; but free weights are more effective. Free weights allow you to work the muscles from different angles and provide emphasis at the exact point that you want contoured. Start with one set (group of repetitions) for each exercise. In about 3 weeks, increase to two sets of 10 repetitions. Finally, increase to three sets and stay there. To build larger muscles, do heavy weights that require your maximum effort and few reps. To tone and lean out muscles, do light weights with multiple reps.

In order to lose fat, you must 1) be consistent with your exercise program; 2) reduce your caloric intake under the supervision of your physician; and most important 3) think positive. Work out with the attitude that you can and will reach your fitness destinations this summer and throughout the rest of your healthier, happier life.

Alright, engines ready, rev'em up, lets go, one . . .two . . . three, out of that chair.

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Photos by Alexander Jones
Taken at: The Washington Racquet and Fitness Club in Silver Hill, MD.



In weight training, exhale when exerting pressure and inhale when releasing pressure.



After a good workout, allow your muscles to recuperate. The average rest time is two days for small muscles (shoulders, arms) and four days for large ones (legs, back).