

Cuba Libre

(95 calories)

1 ounce light rum
¼ lime
3 ounces cola

Pour light rum over ice into Old Fashioned glass; squeeze lime into glass; add 3 ounces cola; place spent lime in glass.



Cherry Libre (98 calories)

Follow above instructions but add ½ teaspoon sour cherry syrup* to glass before pouring in cola.

**Available in fine food stores.*



Shrimp-Salmon "Rumaki" with Dill "Mayonnaise"

12 cooked shrimp
12 canned water chestnuts

12 thin strips smoked salmon
Lemon juice
Freshly ground pepper

Wrap shrimp around water chestnut; wrap salmon strip around shrimp and chestnut; secure with toothpick. Sprinkle with lemon juice and freshly ground pepper. Serve with Dill "Mayonnaise."

Dill "Mayonnaise"

**1 package (8-oz size) diet
cottage cheese**
2 tablespoons skim milk

2 teaspoons white vinegar
½ teaspoon dry mustard
½ teaspoon dillweed

Place ingredients in blender or food processor; purée until creamy and about the texture of mayonnaise, adding more milk by teaspoonfuls if needed to cream.

Note: Sweeten to taste with sugar substitute if desired.

Yield: 1 cup.

Mayonnaise Variations

The recipe above can be used for a variety of dips; omit the dillweed if you like and flavor to taste with chopped onions (for onion dip), minced clams (for clam dip), chopped shrimp (for shrimp dip), imitation bacon bits (for bacon dip), and so on.