

Across the Fence
Special Needs Recipes – August 2008

Lyn Jarvis' Recipes
Cherry Chocolate Cake

2 cups canned chick peas, drained	½ tsp. baking powder
⅓ cup orange juice	¼ tsp. baking soda
4 large eggs, room temperature	Cooking spray or oil
1 cup brown sugar, packed	1 cup low-cal or sugar free cherry preserves or pie filling (topping)
½ cup baking cocoa	

Preheat oven to 350°F. Lightly spray or oil an 8-inch round or square pan. In a food processor, process chickpeas and orange juice till smooth. Add eggs, one at a time pulsating after each addition. In a medium bowl, whisk together sugar, cocoa, baking powder and baking soda. Add to processor and pulse till blended. Pour batter into prepared pan. Bake for 50 minutes or until a toothpick inserted comes out clean. Remove cake from oven and cool 15 minutes. Spread cherry preserves or pie filling over cake and serve warm or at room temperature. Stays fresh and moist up to 5 days. Yield: 8 servings. Gluten and lactose free.

Lemon Yogurt Dessert

1 pkg. (3 oz.) sugar-free lemon gelatin	1 cup crushed pineapple, drained
1 cup low-fat lemon soy yogurt	

Combine gelatin with ¾ cup boiling water, stir until dissolved. Then add 6 ice cubes until gelatin starts to mold. Remove un-melted ice cubes (mine melted, so finished off in refrigerator). Put gelatin and yogurt in blender and blend for 30 seconds. Add drained pineapple and pour into mold. 70 calories per serving. Yield: 4 servings. Lactose and gluten free.

Chicken Marsala

2 lbs. boneless chicken breasts	2 cups marsala wine (12.7 oz. bottle)
1 tsp. salt	1 cup sliced mushrooms
1 tsp. pepper	¼ cup minced onion
3 Tbsp. olive oil, divided	1 Tbsp. tapioca
½ cup rice flour	1 can (14 oz.) chicken broth
¼ cup parsley flakes	

Mix rice flour, salt and pepper in large zip-top type bag. Pound chicken to flatten and cut up in bite size pieces (probably not necessary, but what I do). Put chicken in bag and shake to coat. In skillet with 1 Tbsp. of oil, brown half the chicken. Put in slow cooker, then shake and brown other half of the chicken with another Tbsp. of oil. Put in slow cooker. In same pan, heat last Tbsp. of oil, and brown onions and mushrooms for 5 minutes, then add wine and parsley flakes, and cook an additional 5 minutes. Mix 1 Tbsp. tapioca with 1 Tbsp. cold water. Mix into mushroom-wine mixture. Let heat 1 minute. Pour all over chicken in slow cooker. Cook on low 6-8 hours. Add chicken broth as needed to keep liquid near top of the chicken. Serve with rice or rice noodles. Yield: 8 servings. Gluten and lactose free.

Creamy Ham Fettuccine

1 pkg. (12 oz.) gluten free fettuccine
3 cups fully cooked ham, cubed
2 cups frozen peas, thawed

2 cups grated Parmesan-flavored soy cheese
1½ cups soy half & half

In a large saucepan or dutch oven, cook fettuccine according to package directions; drain. In the same pan, heat the ham, add the peas, Parmesan flavored soy cheese, half & half and fettuccine. Cook and stir until heated through. Yield: 6 to 8 servings. Gluten and lactose free.

Zesty Meat Loaf

1 lb. lean ground beef
3 Tbsp. tapioca
1 small onion, grated
1 tsp. salt

¼ cup tomato juice
½ cup green pepper, chopped (optional)
½ cup mushrooms, sliced

Sauce:

½ cup ketchup
½ cup brown sugar
1 Tbsp. mustard

Combine all ingredients for meatloaf and put in pan. Combine sauce ingredients and mix well. Top meat loaf with sauce. Bake in a 8½x4½-inches loaf pan at 350°F for 1 hour. Yield: 4 to 6 servings. Gluten and lactose free.

Bountiful Bean Salad

1 can (15 oz.) wax beans, drained or frozen, cooked
1 Tbsp. reduced sodium Worcestershire sauce
1 jar (8 oz.) low-fat Italian style dressing
1 quart crisp salad greens

1 can (15 oz.) cut green beans, drained or frozen, cooked
¾ cup sweet pickle relish
½ cup sliced sweet onion, preferably red
1 can (15 oz.) kidney beans, drained and rinsed

Mix all the beans with Worcestershire sauce and the Italian dressing. Cover, chill several hours. When ready to serve, stir in pickle relish and onion, add greens, and toss lightly. Yield: 6 to 8 servings. Gluten and lactose free.

Blueberry Cobbler

⅔ cup rice flour
½ cup sugar
1½ tsp. baking powder
¼ tsp. salt, if desired

⅔ cup soy milk
2 Tbsp. Earth Balance® buttery spread, melted or butter substitute
2 cups blueberries, cleaned and washed

In a medium bowl, combine the flour, sugar, baking powder, and salt. Stir in the milk, and mix the batter until it is smooth. Pour the melted butter or margarine into a 1 or 1½ qt. casserole-type baking dish. Pour in the batter, and sprinkle the blueberries on top. Bake the cobbler in a preheated 350°F oven for 40 to 45 minutes or until it is lightly browned. Spoon out the cobbler onto individual dishes to serve. Yield: 6 servings. Gluten and lactose free.

Carolyn Peake's Recipes
Oriental Beef with Broccoli

1 bunch fresh broccoli	1 clove garlic, minced
½ lb flank steak, thinly sliced across grain	5 Tbsp. cooking oil, divided
2 tsp. cornstarch, divided	1 can (8 oz.) bamboo shoots, drained
1 tsp. sugar, divided	½ cup sliced fresh or canned mushrooms
¼ tsp. ginger	1 tsp. salt
1 Tbsp. soy sauce	2 cups cooked rice, optional
Water	

Cut broccoli florets and stems into 1½-inch length pieces about ½-inch thick and set aside. Cut steak slices into 2-inch lengths. In a small bowl combine 1 tsp. cornstarch, ¼ tsp. sugar, ginger, soy sauce, 1½ tsp. water, and garlic; blend well.

Mix beef with marinade, set aside (meat will absorb marinade). Preheat wok or large skillet; add 2 Tbsp. oil and heat 30 seconds. Add beef and brown until slightly pink. Return beef to bowl. Heat remaining 3 Tbsp. oil in wok or skillet. Stir in broccoli, bamboo shoots, and mushrooms; stir fry until broccoli is tender, 3 to 5 minutes. Add salt, remaining sugar, 3 Tbsp. water, and remaining cornstarch; mix well. Bring to a boil; stirring constantly until slightly thickened. Return meat and heat 1 minute. Serve immediately over cooked rice, if desired. Yield: 4 servings.

Almond Chocolate Cake

6 eggs, separated	2 Tbsp. baking cocoa
2½ cups blanched almonds, toasted	2 Tbsp. orange juice
2 Tbsp. (plus 1¼ cups) sugar, divided	1 Tbsp. instant espresso granules
½ cup butter, softened	1 tsp. vanilla
3 squares (1 oz. each) semisweet chocolate, grated	Confectioners' sugar (optional)
¼ cup cold brewed espresso	Chocolate curls (optional)
	Coffee beans (optional)

Place egg whites in a small mixing bowl; let stand at room temperature for 30 minutes. Meanwhile, in a food processor, combine almonds and 2 Tbsp. of sugar; cover and process until ground. Set aside. In a large mixing bowl, cream butter and remaining sugar until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Beat in the chocolate, espresso, cocoa, orange juice, espresso granules, vanilla, and reserved almond mixture. Beat reserved egg whites on high until stiff peaks form. Fold egg whites into the batter. Pour into a greased 9-inch springform pan.

Place pan on a baking sheet. Bake at 350°F for 42 to 48 minutes or until cake springs back when lightly touched. Cool on wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool completely. Garnish with confectioner's sugar, chocolate curls and coffee beans if desired. Yield: 12 servings. Gluten free.

No-Crust Sweet Potato Pie

3 medium sweet potatoes, peeled and cubed	½ tsp. salt
½ cup brown sugar, packed	¾ cup lactose-free milk
3 eggs	½ tsp. vanilla

Cook and mash potatoes. In a large bowl beat eggs, add sugar, salt, and stir in lactose-free milk. Add potatoes and vanilla. Spray a baking dish with cooking oil and bake at 400°F for 5 minutes then at 300°F for 40 minutes. Yield: 6 to 8 servings.

Cheddar Cheese Dip

½ cup grated Cheddar cheese
1 carton (6 oz.) plain, low-fat yogurt
2 Tbsp. minced fresh parsley

Combine all ingredients. Blend well. Chill 6 to 8 hours. Serve with a variety of crisp raw vegetables.

Heather Fischer's Recipes

Gluten Free Cilantro Cream Sauce and Dip

1 pkg. (8 oz.) cream cheese, softened	½ tsp. ground cumin
1 Tbsp. sour cream	2 tsp. garlic powder
1 can (7 oz.) tomatillo salsa	1 bunch fresh cilantro, chopped
1 tsp. freshly ground black pepper	1 Tbsp. fresh lime juice
1 tsp. celery salt	

Combine cream cheese, sour cream, salsa, pepper, celery salt, cumin, garlic powder, cilantro, and lime juice in a blender or food processor. Blend until smooth and creamy. Place in a serving bowl.

Dairy Free Zucchini "Crab" Cakes

2½ cups grated zucchini	¼ cup minced onion
1 egg, beaten	1 tsp. Old Bay® seasoning
2 Tbsp. dairy-free butter, melted	¼ cup all-purpose flour
1 cup bread crumbs	½ cup vegetable oil for frying

In a large bowl, combine zucchini, egg, and dairy-free butter. Stir in seasoned crumbs, minced onion, and seasoning. Mix well. Shape mixture into patties. Dredge in flour. In a medium skillet, heat oil over medium high heat until hot. Fry patties in oil until golden brown on both sides.

Low Sugar-Low Calorie Angel Food Cake with Cherry Sauce

1 box low-sugar angel food cake mix
1 can (20. oz.) crushed pineapple

1 can low-sugar cherry pie filling
1 ct. reduced-calorie whipped topping

Preheat oven according to directions on cake mix box. Mix entire can of crushed pineapple and cake mix in bowl. Stir until combined. Bake in desired pan according to directions on cake mix. Once cool, serve individual slices with cherry pie filling and whipped topping.

Viewer's Recipes

Salmon Loaf - Majel Herold, Brookfield, Vt.

1 can (16 oz.) canned red or pink salmon, drained and flaked
8 soda crackers, crushed
1 egg, beaten or ¼ cup liquid egg substitute
1 can (10 oz.) reduced fat cream of celery soup

1 Tbsp. lemon juice
¼ tsp. salt
¼ tsp. white pepper

Preheat oven to 400°F. Spray 1-quart casserole or baking dish with cooking spray. Combine all ingredients in a medium mixing bowl. Spread salmon mixture in dish and bake for 30 minutes. Yield: 4 servings. Note: Can add more crackers if too wet when mixing.

Banana Bread - Donna Barcomb, Colchester, Vt.

½ cup margarine
½ cup sugar
4 eggs, separated

2 cups rice flour
1 cup lactose-free milk
2 bananas, mashed

Cream margarine and sugar in large bowl. Stir in unbeaten egg yolks. Add rice flour, alternating with lactose-free milk, beating after each addition. Fold in stiffly beaten egg whites. Fold mashed bananas into mixture. Pour into 2 greased loaf pans and bake at 325°F for 50 minutes.

Sweet and Sour Chicken - Marco Ayala, South Hero, Vt.

2 large chicken breasts, cubed and lightly browned in butter
1 can (20 oz.) pineapple chunks and juice
½ cup brown sugar, packed
3 Tbsp. vinegar

Maraschino cherries
Pickles (optional)
¼ cup water
2 Tbsp. cornstarch
1½ to 2 cups cooked rice

Mix chicken, pineapple and juice, cherries, pickles, brown sugar, and vinegar in large saucepan and simmer on medium-high heat for 20 minutes. Mix water and cornstarch and add to chicken mixture. Reduce heat to low, and cook 5 minutes longer. Serve over cooked rice. Yield: 4 servings. Lactose and gluten free.

Brownies with Rice Flour Mix - Karin Rae, Stowe, Vt.

2 squares (2 oz.)unsweetened chocolate	2 eggs
1/3 cup shortening	1 cup sugar
2/3 cup rice flour	1 tsp. vanilla
1/2 tsp. baking powder	1/2 cup nuts, chopped (optional)
1/2 tsp. salt	1 cup preserves for topping

Melt chocolate and shortening over hot water. Sift twice the rice flour with baking powder and salt. Beat eggs till light. Add sugar, vanilla, then chocolate mixture and blend. Add flour mixture and nuts and mix well. Pour batter into a greased 8x8x2-inch pan. Bake at 350°F for 30 to 35 minutes (325°F if using glass baking dish). Cool and cover with apricot, strawberry, or cherry preserves and cut into squares. Yield: 6 servings. Gluten and lactose free.

Sour Cream Ginger Snaps - Ramonia Allaire, Hyde Park, Vt.

1/4 cup vegetable oil	1/2 tsp. baking soda
1/2 cup packed brown sugar	1/2 tsp. ginger
1/3 cup molasses	1/2 tsp. cinnamon
1 large egg	1/2 tsp. cloves
1/2 cup sour cream	1/2 tsp. salt
2 cups all-purpose flour	

Place oil, brown sugar, molasses, egg, and sour cream in a mixer bowl and mix at medium speed to blend well. Sift flour, baking soda, ginger, cinnamon, cloves, and salt together to blend well, and add to sour cream mixture. Mix at medium speed until creamy. Drop dough by 1 1/2 Tbsp. onto cookie sheets that have been sprayed with cooking spray or lined with aluminum foil. Bake at 375° F for about 10 minutes, or until cookies are firm and lightly browned. Remove them to a wire rack and cool to room temperature. Yields 24 cookies. Each cookie equals 1 starch with 92 calories and 4 fat grams.

Sugar Free Blueberry Raspberry Jam - Annette Marcinko, Warren, Vt.

2 cups fresh blueberries	1 pkg. Sure-Jell® fruit pectin for lower sugar recipes
2 cups fresh red raspberries	
3 cups Splenda® sweetener	4 half-pint glass canning jars with lids and rings - sterilized.
1 Tbsp. lemon juice	
1/4 cup boiling water	

In a large saucepan slightly mash fresh fruits with a potato masher. Stir in Splenda® and lemon juice. Bring to boil stirring often. In a small bowl combine boiling water and dry Sure-Jell®, using a wire whisk. Add mixture to fruit mixture. Mix well to combine. Bring to a boil again and continue boiling for 1 minute stirring constantly. Carefully ladle hot mixture into hot sterilized half-pint jars, leaving 1/2-inch from top. Seal and process in a boiling water bath for 5 minutes. Diabetic exchanges = 1 free food. 8 calories per tablespoon. Yield: about 4 1/2 pints.

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