

***Across the Fence***  
**Heart-healthy Recipes – January 2009**

**Lyn Jarvis' Recipes**

**Baked Lemon Pudding Cake**

Canola cooking spray	1/3 cup lemon juice
2 Tbsp. butter (no-fat or low-trans-fat margarine can be substituted)	Zest from one lemon, finely chopped
6 Tbsp. Splenda®	1/2 cup unbleached flour
6 Tbsp. super-fine granulated sugar	1 1/4 cups low-fat milk
2 large eggs	Powdered sugar

Preheat oven to 350°F. Coat a 9-inch pie plate with cooking spray. In a mixing bowl, cream the butter or margarine well with an electric mixer. Add the sugar substitute and sugar and beat well. With an egg separator, separate the eggs; save the egg whites in another mixing bowl. Add the yolks to the butter mixture one by one. Gradually add the lemon juice and lemon zest. The batter will look like lemon frosting at this point. Slowly add the milk to make a thin batter, then add flour. Set aside. In a separate bowl, beat the egg whites with an electric mixer until they are stiff. Gently fold the egg whites into the lemon mixture. Pour the batter into the prepared pie plate. Place the pie in the preheated oven and bake 30 to 40 minutes. Remove and allow the pudding cake to cool. Dust top with powdered sugar and serve with fresh sliced strawberries, if desired. NUTRITION FACTS: Per serving (without strawberries): 170 calories, 5 g. protein, 24 g. carbohydrates, 6 g. fat, 83 mg. cholesterol, 0.4 mg. fiber, 83 mg. sodium.

**Lemon Pull-Apart Coffee Cake**

1/4 cup sugar	2 Tbsp. butter, melted
1/4 cup chopped walnuts	1 Tbsp. grated lemon peel
1/4 cup golden raisins	1 tube (12 oz.) refrigerated buttermilk biscuits

**Glaze:**

1/2 cup confectioners' sugar	1 Tbsp. lemon juice
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In a large bowl, combine the first five ingredients. Separate biscuits and cut each into quarters; toss with sugar mixture. Place in a greased 9-inch round baking pan. Bake at 400°F for 20 to 25 minutes or until golden brown. Immediately invert onto a wire rack. Combine glaze ingredients until smooth; drizzle over warm coffee cake. Yield: 10 servings. NUTRITION FACTS: 4 pieces equals 175 calories, 5 g. fat (2 g. saturated fat), 6 mg. cholesterol, 315 mg. sodium, 31 g. carbohydrate, trace fiber, 4 g. protein. DIABETIC EXCHANGE: 2 starch, 1/2 fat.

**Grapefruit Spinach Salad**

1 medium pink grapefruit	2 tsp. olive oil
1 pkg. (10 oz.) fresh spinach, torn	2 tsp. honey
2 Tbsp. chopped green onion	2 tsp. prepared mustard
2 tsp. cider vinegar	

Cut grapefruit in half; with a sharp knife, cut around each section to loosen fruit, reserving juice. In a salad bowl, toss the spinach, onion and grapefruit sections. In a jar with a tight-fitting lid, combine the vinegar, oil, honey, mustard, and reserved grapefruit juice; shake well. Drizzle over salad and toss to coat. Serve immediately. Yield: 8 servings. NUTRITION FACTS: 1 cup equals 35 calories, 1 g. fat, 0 g. cholesterol, 42 mg. sodium, 6 g. carbohydrates, 1 g. fiber, 1 g. protein.

### **Orange Cashew Chicken**

1 lb. boneless skinless chicken breasts, cut into 1-inch cubes	¼ tsp. ground ginger
2 medium carrots, sliced	¾ cup orange juice
½ cup chopped celery	¼ cup honey
2 Tbsp. vegetable or canola oil	3 Tbsp. soy sauce
2 Tbsp. cornstarch	¼ to ½ cup salted cashews
	Hot cooked rice

In a large skillet or wok, stir-fry chicken, carrots and celery in oil for 8-10 minutes or until juices run clear. Reduce heat. In a bowl, combine the cornstarch, ginger, orange juice, honey and soy sauce until blended. Stir into chicken mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cashews. Serve over rice. Yield: 4 servings. NUTRITION FACTS: One ¾ cup serving (prepared with reduced-sodium soy sauce and ¼ cup cashews; calculated without rice) equals 375 calories, 13 g. fat (2 g. saturated fat), 66 mg. cholesterol, 625 mg. sodium, 34 g. carbohydrate, 2 g. fiber, 29 g. protein. DIABETIC EXCHANGE: 3½ lean meat, 2 vegetable, 1½ starch.

### **French Onion Drop Biscuits**

2 cups biscuit/baking mix	½ cup milk
1 envelope French onion dip mix	

In a bowl, combine the baking mix and onion dip. Stir in milk just until moistened. Drop by rounded tablespoonfuls two inches apart onto a baking sheet coated with nonstick cooking spray. Bake at 450°F for 10 to 14 minutes or until golden brown. Serve warm. Yield: 1 dozen. NUTRITION FACTS: 1 biscuit (prepared with reduced-fat biscuit mix, fat-free milk and reduced-fat French onion dip) equals 99 calories 2 g. fat (1 g. saturated fat), 6 mg. cholesterol, 357 mg. sodium, 16 g. carbohydrate, trace fiber, 3 g. protein. DIABETIC EXCHANGES: 1 starch, ½ fat.

### **Broccoli Chowder**

4 cups fresh small broccoli florets	2 tsp. chicken bouillon granules
2 medium potatoes, diced	1 tsp. Worcestershire sauce
1½ cups water	¾ tsp. salt
2 medium carrots, thinly sliced	½ tsp. pepper
1 large onion, chopped	⅓ cup all-purpose flour
1 celery rib, finely chopped	1 cup cubed process cheese (Velveeta®)
4 cups milk, divided	

In a large saucepan, combine the first six ingredients. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until vegetables are tender. Add 3 cups milk, the bouillon, Worcestershire sauce, salt and pepper. In a small bowl, combine flour and remaining milk until smooth; gradually stir into soup. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in cheese just until melted. Yield: 6 servings. NUTRITION FACTS: 1⅓ cups (prepared with fat-free milk, reduced-sodium bouillon and reduced-fat cheese) equals 233 calories, 3 g. fat (2 g saturated fat), 11 mg. cholesterol, 838 mg. sodium, 39 g. carbohydrate, 6 g. fiber, 15 g. protein. DIABETIC EXCHANGES: 1 vegetable, 1 starch, 1 fat-free milk.

## **Carolyn Peake's Recipes**

### **Mandarin Tuna Salad**

1 pkg. (8 oz.) elbow macaroni	1 cup diced celery
1 can (11 oz.) mandarin oranges, drained	1 cup fat-free mayonnaise or salad dressing
1 can (9 oz.) water packed tuna, drained	1 tsp. lemon juice
1 cup chopped apple	1/8 tsp. paprika

Prepare macaroni according to package directions, drain and rinse in cold water. Place in large bowl and add oranges, tuna, apple, and celery. In a small bowl, combine the mayonnaise and lemon juice; fold into macaroni mixture. Sprinkle with paprika. Cover and refrigerate for at least 2 hours before serving. Yield: 9 servings. NUTRITION FACTS: 1 serving (3/4 cup) equals 176 calories, 1 g fat (trace saturated fat), 9 mg. cholesterol, 453 mg. sodium, 27 g carbohydrate, 1 g fiber, 13 g protein.

### **Mishmash Applesauce**

3 lbs. tart apples, chopped	1 cup fresh or frozen cranberries
2 cups chopped fresh or frozen rhubarb	1 cup orange juice
1 cup chopped fresh or frozen strawberries	2 pkgs. (3 oz. each) sugar-free strawberry gelatin
1 cup fresh or frozen blueberries	

In large kettle or Dutch oven, combine the fruit and orange juice. Bring to a boil over medium heat, stirring frequently. Sprinkle gelatin over fruit mixture and mix well. Reduce heat, then cover and simmer for 15 to 20 minutes or until apples are tender. Remove from the heat and mash fruit. Let stand for 15 minutes. Serve warm or chilled. Yield: 8 cups. NUTRITION FACTS: 1/2 cup equals 75 calories, trace fat (trace saturated fat), 0 cholesterol, 24 mg. sodium, 18 g. carbohydrate, 3 g. fiber, 1 g. protein.

### **Meatless Lasagna**

9 uncooked lasagna noodles	1 can (6 oz.) tomato paste
1/2 cup chopped onion	1 tsp. sugar
2 garlic cloves, minced	1 tsp. dried basil
2 cups diced zucchini	1/2 tsp dried rosemary, crushed
1 1/2 cups sliced fresh mushrooms	1/4 tsp. pepper
1 cup thinly sliced carrots	1 carton (15 oz.) reduced-fat ricotta cheese
1/2 cup diced green pepper	1 1/2 cups (6 oz.) shredded part-skim mozzarella cheese, divided
1/2 cup diced sweet red pepper	1/4 cup grated Romano cheese
1 can (28 oz.) crushed tomatoes	
1 1/2 cups water	

Cook lasagna noodles according to package directions. Meanwhile, in a large saucepan coated with nonstick cooking spray, sauté onion and garlic for 3 minutes. Add the zucchini, mushrooms, carrots, and peppers and cook and stir until tender, about 5 minutes. Stir in the tomatoes, water, tomato paste, and seasonings. Bring to a boil. Reduce heat; cover and simmer for 20 minutes. Remove 2 cups sauce and set aside. Drain noodles; set aside. Combine the ricotta, 1 cup mozzarella, and Romano cheese. In an ungreased 13x9x2-inch baking dish, layer a third of the remaining sauce, three noodles and half of the cheese mixture. Repeat layers. Top with remaining sauce and noodles. Spread reserved sauce over the top. Cover and bake at 350°F for 45 minutes. Uncover and sprinkle with

remaining mozzarella. Bake 5 to 10 minutes longer or until cheese is melted. Let stand for 15 minutes before cutting. Yield: 8 servings. NUTRITION FACTS: One piece equals 244 calories, 9 g. fat (5 g saturated fat), 32 mg. cholesterol, 672 mg. sodium, 26 g. carbohydrate, 4 g. fiber, 17 g. protein.

### **Frosted Mocha Cake**

¾ cup Splenda®	1 tsp. vanilla extract
½ cup sugar	1 cup fat-free milk
2 eggs	1 cup strong brewed coffee
¼ cup canola oil	3 cups all-purpose flour
1 jar (2.5 oz.) prune baby food	⅓ cup baking cocoa
3 tsp. white vinegar	2 tsp. baking soda

#### **Frosting:**

1 tsp. instant coffee granules	½ tsp. vanilla extract
1 tsp. hot water	2 cups whipped topping

In large mixing bowl, combine the first seven ingredients and beat until well blended. In small bowl, combine milk and coffee. Combine flour, cocoa, and baking soda; gradually beat into egg mixture alternately with milk mixture. Pour into a 13x9x2-inch baking dish coated with nonstick cooking spray. Bake at 350°F for 30 to 35 minutes or until a toothpick inserted near center comes out clean. Cool on wire rack. **Frosting:** In a small bowl, dissolve coffee granules in hot water. Stir in vanilla. Place whipped topping in a large bowl; gently fold in coffee mixture. Frost cake. Store in refrigerator. Yield: 24 servings. NUTRITION FACTS: 1 piece equals 151 calories, 4 g. fat (1 g. saturated fat), 18 mg. cholesterol, 214 mg. sodium, 25 g. carbohydrate, 1 g. fiber, 3 g. protein.

### **Heather Fischer's Recipes**

#### **Hummus**

1 can (15 oz.) garbanzo beans, rinsed and drained	2 cloves garlic, halved
¼ cup plain fat free yogurt	2 Tbsp. lemon juice
2 Tbsp. toasted sesame seeds	⅛ tsp. ground red pepper
	Assorted vegetables for dipping

In a food processor bowl or blender container combine beans, yogurt, sesame seeds, garlic, lemon juice, and ground red pepper. Cover and process until smooth. Place in a serving bowl. Cover and refrigerate for 4 to 24 hours to blend flavors. Serve with assorted vegetables for dipping.

NUTRITION FACTS: 81 calories, 3 g. total fat, 0 g. saturated fat, 0 mg. cholesterol, 234 mg. sodium, 11 g. carbohydrate. 3 g. fiber, 4 g. protein.

## **Roasted Red Pepper Dip**

1 jar (7 oz.) roasted red sweet peppers  
1 tsp. vinegar  
¼ tsp. lemon pepper seasoning  
¼ tsp. garlic powder

⅓ cup low fat or fat free dairy sour cream  
2 tsp. snipped fresh cilantro or parsley  
Assorted vegetables for dipping

Drain roasted red peppers. Chop and set aside 2 Tbsp. of the roasted red peppers. In a food processor bowl or blender container combine remaining roasted red peppers, vinegar, lemon-pepper seasoning, and garlic powder. Cover and blend until smooth, scraping sides as necessary. Stir in sour cream, reserved red peppers and 1 tsp. of cilantro or parsley. Transfer to a serving bowl. Sprinkle remaining cilantro or parsley on top. Serve immediately (or cover and refrigerate for up to 24 hours). Serve with vegetables. NUTRITION FACTS: 34 calories, 0 g. total fat, 0 mg. cholesterol, 76 mg. sodium, 7 g. carbohydrate, 3 g. fiber, 3 g. protein.

## **Guacamole**

1 ripe medium avocado, halved, seeded,  
peeled and cut up  
½ cup plain fat free yogurt  
¼ cup diced green chili peppers, drained  
½ small onion, chopped  
1 Tbsp. fresh cilantro

1 Tbsp. lemon or lime juice  
2 cloves garlic, quartered  
2 medium tomatoes, seeded and finely  
chopped  
Baked tortilla chips

In a blender container combine the avocado, yogurt, chili peppers, onion, cilantro, lemon juice, and garlic. Cover and process until smooth, scraping sides of bowl as necessary. Stir in the tomatoes. Spoon guacamole into a serving bowl. Cover the surface with plastic wrap and refrigerate for at least 1 hour or up to 24 hours. Serve with tortilla chips. NUTRITION FACTS: 150 calories, 6 g. total fat (1 g. saturated fat) 0 mg. cholesterol, 155 mg. sodium, 22 g. carbohydrates, 2 g. fiber, 4 g. protein.

## **Baked Chicken Chimichangas**

1½ cups cooked chicken, turkey, pork or beef  
(8 oz.)  
1 jar (8 oz.) salsa  
1 jar (16 oz.) fat-free refried beans  
1 can (4.5 oz.) diced green chili peppers, drained

3 Tbsp. thinly sliced green onions  
1 cup (4 oz.) reduced-fat Monterey Jack  
or Cheddar cheese, shredded  
8 flour tortillas (8 or 9-inch)  
Fat-free sour cream

Using 2 forks shred the meat. In a large skillet combine the shredded meat, the salsa, beans, chili peppers and the green onions. Cook and stir over medium heat until heated through. Stir in cheese. Meanwhile wrap tortillas in foil; warm in a 350-degree oven for 10 minutes. For each chimichanga, spoon about ½ cup meat mixture on a tortilla, near edge. Fold in sides; roll up. Place in a 13x2x7-inch baking pan. Bake uncovered, in a 350 degree oven for 15 to 20 minutes or until heated through and tortillas are crisp and brown. If desired, serve with sour cream, additional salsa and/or green onion. NUTRITION FACTS: 258 calories, 9 g. total fat (3 g. saturated fat), 37 mg. cholesterol, 685 mg. sodium, 28 mg. carbohydrate, 3 g. fiber, 18 g. protein.

## **Brownie Bites**

2 Tbsp. butter	2 Tbsp. unsweetened cocoa powder
1/3 cup granulated sugar	1/2 tsp. baking powder
1/4 cup cold water	2 Tbsp. chopped pecans or walnuts
1/2 tsp. vanilla	Nonstick spray coating
1/2 cup all purpose flour	1 tsp. powdered sugar

In a medium saucepan melt butter; remove from heat. Stir in granulated sugar, cold water, and vanilla. Stir in flour, cocoa powder, and baking powder until thoroughly combined. Stir in nuts. Spray the bottom of an 8x4x2-inch loaf pan with nonstick spray. Pour batter into pan. Bake in a 350-degree oven about 20 minutes or until a toothpick inserted near the center comes out clean. Cool completely on a wire rack. Remove from pan. Cut into 8 bars. Sprinkle with powdered sugar. NUTRITION FACTS: 104 calories, 4 g. total fat (1 g. saturated fat), 0 mg. cholesterol, 57 mg. sodium, 15g. carbohydrate, 0 g. fiber, 1 g. protein.

## **Viewer's Recipes**

### **Angel's Delight, Charlie Angel, Wallingford, Vt.**

2 cups fresh fruit (can be substituted by a 15 oz. can of fruit) of your choice  
1 pkg. (3.4 oz.) fat-free, sugar-free Jell-O® Pudding Mix of your choice  
1% milk  
Fat-free whipped topping

Prepare pudding according to package directions using 1% milk. Place 1/2 cup fruit on the bottom of a dessert dish. Pour 1/2 cup pudding over fruit and top with 1 heaping tablespoon whipped topping. Yield: 4 servings. NUTRITION FACTS: 85 calories per serving.

### **Vegetable Salad in a Ring, Marion Rice, Strafford, Vt.**

2 cups cabbage, finely chopped	1/4 cup cold water
1 1/2 cups celery, finely chopped	2 1/2 cups tomato juice, hot
2 cups carrots, shredded	1/4 cup lemon juice
1/2 cup green pepper, chopped	1 tsp. salt
2 Tbsp. sugar	1/4 tsp. pepper
1/2 cup wine vinegar	1/2 tsp. dry mustard
2 Tbsp. unflavored gelatin	2 Tbsp. grated onion

Combine cabbage, celery, carrots, and green pepper. Marinate in sugar and vinegar for 1 hour. Soften gelatin in 1/4 cup cold water and dissolve in hot tomato juice. Add lemon juice, salt, pepper, dry mustard, and onion. Drain raw vegetables and add to gelatin mixture. Pour into a 1-quart ring mold sprayed with vegetable oil and chill until firm. Unmold on crisp lettuce leaves and fill center with low-fat cottage cheese. Serve with low-fat mayonnaise. Yield: 6 to 8 servings. NUTRITION FACTS: 98 calories per serving.

### **Soft Molasses Cookies, Ramona Allaire, Hyde Park, Vt.**

¼ cup sugar	1 tsp. ginger
¾ cup molasses	½ tsp. nutmeg
½ cup vegetable shortening	½ tsp. salt
2 large eggs	¼ cup Splenda®
2¾ cups all-purpose flour	½ cup hot coffee
2 tsp. baking soda	1 Tbsp. lemon juice
1 tsp. cinnamon	

Cream sugar, molasses, and shortening together at medium speed until light and fluffy. Add eggs one at a time, and mix at medium speed until creamy, scraping down the bowl after each addition. Stir flour, baking soda, cinnamon, ginger, nutmeg, salt, and sugar substitute to blend well; and then add, along with the coffee and lemon juice, to creamy mixture. Mix at medium speed until creamy. Drop dough, by 1½ Tbsp. full onto cookie sheets that have been sprayed with vegetable oil or lined with aluminum foil. Bake at 375°F for 12 to 14 minutes, or until cookies are firm. Remove them to a wire rack to cool at room temperature. Yield: 30 cookies NUTRITION FACTS: per serving 101 calories, 4 g. fat, 103 mg. sodium, 2 g. protein, 18 mg. cholesterol.

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