

Across the Fence

Tasty Low Fat Recipes – June 2009

Lyn Jarvis' Recipes

Melt Away Low-Fat Brownies

¾ cup all-purpose flour	2 Tbsp. low-fat sour cream
⅓ cup Dutch-processed cocoa powder	1 Tbsp. chocolate syrup
½ tsp. baking powder	2 tsp. vanilla extract
¼ tsp. salt	1 large egg
2 oz. bittersweet chocolate, chopped	1 large egg white
2 Tbsp. unsalted butter	1 cup sugar

Adjust oven rack to middle position and heat oven to 350°F. Fold two 12-inch pieces foil lengthwise so each measures 7 inches wide. Fit 1 sheet into 8-inch-square baking dish, pushing foil into corners and up sides of pan (overhang will help in removal of brownies). Repeat with second sheet, placing in pan perpendicular to first sheet. Spray foil with cooking spray. Whisk flour, cocoa, baking powder, and salt together in medium bowl. Melt bittersweet chocolate and butter in large bowl over simmering water or in microwave oven at 50% power until smooth. Cool 2 to 3 minutes, then whisk in sour cream, chocolate syrup, vanilla, egg, egg white, and sugar. Using rubber spatula, fold dry ingredients into chocolate mixture until combined. Pour batter into pan, spread into corners, and level surface with spatula. Bake until slightly puffed and toothpick inserted in center comes out with a few sticky crumbs attached, 20 to 25 minutes. Cool brownies completely in pan on wire rack, at least 1 hour. Remove brownies from pan using foil handles. Cut into 2-inch squares and serve. To keep brownies moist, do not cut until ready to serve. Nutrition facts: 110 calories, 4.5 g fat each.

Reduced-Fat Buttermilk Biscuits

3 cups all-purpose flour	4 Tbsp. unsalted butter, cut into ½-inch pieces and frozen for 1 hour
1 Tbsp. sugar	
1 Tbsp. baking powder	3 Tbsp. Neufchatel (⅓ less fat) cream cheese, cut into ½-inch pieces and frozen for 1 hour
½ tsp. baking soda	1¼ cups fat-free buttermilk
¾ tsp. salt	

Mix dough: Adjust oven rack to middle position and heat oven to 450°F. Line baking sheet with parchment paper. Pulse flour, sugar, baking powder, baking soda, salt, butter, and cream cheese in food processor until mixture resembles coarse meal; transfer to large bowl. Stir in buttermilk until combined. **Cut biscuits:** On a lightly floured surface, knead dough until smooth, 8 to 10 times. Pat dough into 9-inch circle, about ¾-inch thick. Using 2½-inch biscuit cutter dipped in flour, cut out rounds of dough and arrange on prepared baking sheet. Pat remaining dough into ¼-inch-thick circle and cut out remaining biscuits. **Bake biscuits:** Bake until biscuits begin to rise, about 5 minutes, then rotate pan and reduce oven temperature to 400°F. Bake until golden brown, 12 to 15 minutes more, then transfer to wire rack. Serve warm. Nutrition facts: 160 calories 4.5 g fat each.

Sugarless Apple Pie

Double crust for 9-inch pie	1 can (6 oz.) frozen apple juice, thawed
2 Tbsp. all-purpose flour	5 - 6 Jonathan apples, peeled and sliced
1 tsp. cinnamon	2 Tbsp. butter
¼ tsp. salt	

Heat oven to 450°F. Place bottom crust in pie plate; set aside. In medium saucepan, stir flour, cinnamon, and salt. Gradually stir in apple juice; bring to a boil. Add apples and coat with thickened juice. Fill pie shell with apple mixture. Dot with butter, add top crust and seal. Bake 15 minutes; lower heat to 350°F and continue baking for 30-35 minutes.

Shrimp Pasta Salad

4 cups cooked small pasta shells	1 cup (8 oz.) plain reduced-fat yogurt
1 lb. cooked shrimp, peeled, deveined and cut into bite sized pieces	1 cup fat-free mayonnaise
1 cup frozen peas	¼ cup lemon juice
½ cup chopped green onions	2 Tbsp. snipped fresh dill
¼ cup minced fresh parsley	½ tsp salt
	¼ tsp. white pepper

In a large bowl, combine the pasta, shrimp, peas, onions, and parsley. In a small bowl, combine the yogurt, mayonnaise, lemon juice, dill, salt, and pepper. Pour over pasta mixture and toss gently. Cover and refrigerate for at least 2 hours before serving. Yield: 10 servings. Nutrition Facts: ¾ cup (prepared with reduced-fat yogurt and fat-free mayonnaise) equals 158 calories, 2g fat (g saturated fat) Diabetic Exchanges: 1½ starch, 1 very lean meat.

Vegetable 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 low-fat processed cheese
4 cups skim milk, divided	

In a large saucepan, combine the first six ingredients. Bring to a boil. Reduce heat; cover and simmer for 8 to 10 minutes or until vegetables are tender. Add 3 cups milk and 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.

Nutritional Analysis: 1⅓ cups (prepared with fat-free milk, reduced-sodium bouillon and reduced-fat cheese) equals 233 calories, 3g fat (2g saturated fat). Diabetic exchanges: 1 vegetable, 1 starch, 1 fat-free milk.

Banana Rhubarb Crisp

2 medium-to-large bananas, sliced crosswise into rounds ¼-inch thick	½ cup flour (white or whole-wheat pastry)
2½ cups diced rhubarb (about 10 ounces, thawed if frozen)	½ cup graham cracker crumbs (about 6 squares)
4 Tbsp. sugar, divided	1½ tsp. baking powder
¼ tsp. cinnamon	¼ cup low-fat butter substitute
Generous dash nutmeg	1 egg, slightly beaten
	¼ cup skim milk

In a medium bowl, combine the bananas, rhubarb, 2 tablespoons of the sugar, cinnamon, and nutmeg. Spoon the mixture into a well greased 9-inch pie plate or shallow baking dish (preferably glass or ceramic). In a medium bowl, combine the flour, graham cracker crumbs, and baking powder. With a pastry blender or two knives worked in crisscross fashion, cut in the butter or margarine until the mixture is crumbly. Combine the egg and milk, and stir this into the flour mixture. Spoon the batter as evenly as possible over the fruit mixture (the batter is hard to spread, so don't try). Sprinkle the top of the crisp with the remaining 2 tablespoons of sugar. Bake the crisp in a preheated 400°F oven for 25 to 30 minutes. Serve the crisp warm or at room temperature. Nutrition facts: 226 calories, 33g carbohydrates, 9.3g fat, 1.1g fiber.

Cheddar Ham Soup

2 cups diced peeled potatoes	¼ to ½ tsp. salt
2 cups water	¼ tsp. pepper
½ cup sliced carrot	2 cups (8 oz.) low-fat shredded cheddar cheese
¼ cup chopped onion	1½ cups cubed fully cooked ham
¼ cup low-fat butter substitute, cubed	1 cup frozen peas, thawed
¼ cup all-purpose flour	
2 cups skim milk	

In a large saucepan, combine potatoes, water, carrot and onion. Bring to a boil. Reduce heat; cover and cook for 10 to 15 minutes or until tender. Meanwhile, in another saucepan, melt butter substitute. Stir in flour until smooth. Gradually add milk, salt and pepper. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cheese until melted. Stir into un-drained potato mixture. Add ham and peas; heat through. Yield: 7 servings. Nutrition Facts: 1 cup (prepared with fat-free milk, ¼ tsp. salt, reduced-fat cheese and lean ham) equals 281 calories, 15g fat (9g saturated fat) Diabetic exchange: 2 lean meat, 1½ fat, 1 starch, 1 vegetable.

Chicken Shepherd's Pie

2 boneless skinless chicken breast halves (6 oz. each), cubed	1 tsp. dried thyme
4 Tbsp. low-fat butter substitute, divided	½ tsp. salt
1 pouch (3.6 oz) roasted garlic mashed potatoes	½ tsp. pepper
3 Tbsp. all-purpose flour	1 cup (4 oz.) shredded Swiss cheese, divided
2¼ cups skim milk	1 cup fresh sugar snap peas, trimmed and chopped
1 tsp. rubbed sage	½ cup frozen corn

In a small skillet, cook chicken in 1 tablespoon butter substitute until no longer pink; set aside and keep warm. Prepare mashed potatoes according to package directions. Meanwhile, in a large saucepan, melt remaining butter substitute over medium heat. Whisk in flour until smooth. Gradually add milk; stir in seasonings. Bring to a boil. Reduce heat; cook and stir for 1 to 2 minutes or thickened. Remove from heat. Stir in ¾ cup Swiss cheese until melted. Add peas, corn, and chicken. Transfer to a 2-qt. baking dish coated with nonstick cooking spray. Top with mashed potatoes; sprinkle with remaining cheese. Bake, uncovered, at 350°F for 25 to 30 minutes or until heated through. Let stand for 5 minutes before serving. Yield: 6 servings. Nutrition Facts: 1 serving (prepared with reduced-fat butter substitute, fat-free milk and reduced-fat Swiss cheese) equals 316 calories, 13g fat (7g saturated fat). Diabetic exchange: 2 starch, 2 lean meat, 1 fat.

Carolyn Peake's Recipes

Outrageous Oatmeal Bars (from Charlene Calcagni)

Blend together:

½ cup each sugar substitute (such as Splenda® For Baking) and brown sugar substitute	1 egg (or two egg whites)
1 cup applesauce	½ tsp. vanilla

Add:

½ tsp. baking soda	1 cup flour
½ tsp. baking powder	½ cup dried cranberries
1 tsp. cinnamon	½ cup raisins
1 cup old-fashioned oats	½ cup walnuts

Spray a 9x13-inch pan with non-stick cooking spray. Spread batter in pan. Bake at 350°F for 20 minutes.

Blueberry Jell-O® Salad (from Charlene Calcagni)

2 pkgs. sugar-free raspberry Jell-O®
2 cups boiling water

2 cans (8 oz.) crushed pineapple with juice
2 cups fresh blueberries

Dissolve Jell-O® in boiling water. Add pineapple with juice and blueberries. Mix completely. Pour into dish of choice and chill until set. Serve with fat-free whipped topping if desired.

Gingered Chicken with Vegetables

2 Tbsp. oil, divided
1 lb. boneless skinless chicken breasts, cut
into thin strips
1 cup red bell pepper strips
1 cup sliced fresh mushrooms
2 cups fresh broccoli, cut up
½ cup sliced water chestnuts
¼ cup sliced green onion

1 Tbsp. grated fresh gingerroot
1 large clove garlic, crushed
⅔ cup reduced-fat, reduced-sodium chicken broth
2 Tbsp. sugar substitute
2 Tbsp. light soy sauce
4 Tbsp. cornstarch
2 tsp. dark sesame oil
Salt and pepper to taste

Heat 1 Tbsp. oil in large skillet over medium-high heat. Stir-fry chicken until is no longer pink and remove from skillet. Heat remaining oil in skillet and add bell peppers, mushrooms, broccoli, water chestnuts, green onions, ginger, and garlic. Stir-fry mixture for 3 to 4 minutes, until vegetables are crisp-tender. Meanwhile; combine chicken broth, sugar substitute, soy sauce, cornstarch, and sesame oil until smooth. Stir into skillet mixture. Cook over medium heat until thick and clear. Stir in chicken and heat through. Serve over hot cooked rice if desired.

Triple Chocolate Layer Cake

1 pkg. (18.25 oz.) devil's food cake mix
1 ½ cups reduced-fat sour cream
½ cup unsweetened applesauce
½ cup refrigerated liquid egg substitute
such as Egg Beaters®
½ cup water

1 pkg. (1 oz.) fat-free, sugar-free white
chocolate pudding mix
2 cups low-fat milk
1 pkg. (2.6 oz.) Dream Whip®
⅓ cup unsweetened cocoa powder
2 Tbsp. sugar

Preheat oven to 350°F. Coat two 9-inch round cake pans with cooking spray. On medium speed beat cake mix, sour cream, applesauce, egg substitute, and ½ cup water until blended. On medium high speed beat until fluffy, 2 to 3 minutes. Transfer to pans. Bake 25 minutes or until toothpick inserted in centers comes out clean. Cool 10 minutes, then transfer from pans to rack and cool completely. Whisk pudding mix with 1 cup milk and let stand until thick, about 5 minutes. Place one cake layer on plate and spread with pudding mixture. Top with remaining layer. On medium speed, beat Dream Whip®, cocoa powder, sugar, and remaining 1 cup milk until fluffy. Spread over cake. (This reduces calories from 460 to 206 per serving).

Fruit Dip (from Brenda Bennett)

1 pkg. sugar-free vanilla instant pudding
1 container (8 oz.) fat-free sour cream

1 cup fat-free milk
½ cup fruit juice (such as pineapple)

Whip all ingredients together as instructed on pudding box. Refrigerate for 1 hour or more. Serve over fruit or as a dip with chunks of fruit, either fresh or canned.

Heather Fischer's Recipes

Baked Honey Mustard Chicken

6 skinless, boneless chicken breast halves	1 tsp. dried basil
Salt and pepper to taste	½ tsp. paprika
½ cup honey	½ tsp. dried parsley
½ cup Dijon mustard	

Sprinkle chicken breasts with salt and pepper to taste, and place in a zip lock bag. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour mixture over the chicken. Marinate in refrigerator for 2 hours or overnight for best flavor. Once marinated, place chicken and sauce in a lightly greased baking dish. Preheat oven to 350°F. Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving. Nutrition facts: 232 calories, 3.7g total fat.

Morning Glory Muffins

1½ cups all-purpose flour	1 cup raisins
½ cup whole wheat flour	1 egg
1¼ cups white sugar	2 egg whites
1 Tbsp. ground cinnamon	½ cup apple sauce
2 tsp. baking powder	¼ cup canola oil
½ tsp. baking soda	1 Tbsp. vanilla extract
½ tsp. salt	2 Tbsp. chopped walnuts
2 cups grated carrots	2 Tbsp. toasted wheat germ
1 apple, peeled, cored, and chopped	

Preheat oven to 375°F. Lightly oil 18 muffin cups, or coat with nonstick cooking spray. In a medium bowl, whisk together eggs, egg whites, apple sauce, oil, and vanilla. In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda, and salt. Stir in carrots, apples, and raisins. Stir in apple sauce mixture until just moistened. Spoon the batter into the prepared muffin cups, filling them about ¾ full. In a small bowl, combine walnuts and wheat germ; sprinkle over the muffin tops. Bake at 375°F for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed. Nutrition facts: 194 calories, 4.2g total fat.

Brown Rice with Tomatoes and Basil

1 cup brown rice	Freshly ground black pepper
2 tsp. kosher salt, divided	1 lb. large ripe tomatoes, diced
¼ cup rice wine vinegar	1 cup packed basil leaves (1 large bunch), chopped
2 tsp. sugar	
1 Tbsp. olive oil	

Bring 2¼ cups water to a boil and add the rice and 1 teaspoon of the salt. Return to a boil, cover, and simmer for 30 to 40 minutes, until the rice is tender and all the water is absorbed. Transfer the rice to a bowl. Whisk together the vinegar, sugar, olive oil, remaining teaspoon of salt, and a pinch of pepper. Pour over the rice. Add the tomatoes and basil. Serve at room temperature.

Viewer's Recipes

Lemon Pull-Apart Coffee Cake, Donna Barcomb, Colchester, Vt.

¼ cup sugar
¼ cup chopped walnuts
¼ cup golden raisins
2 Tbsp. low-fat butter substitute, melted
2 tsp. grated lemon peel
1 tube (12 oz.) refrigerated buttermilk biscuits

Glaze:
½ cup confectioners' sugar
1 Tbsp. lemon juice

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, 5g fat (2g saturated fat) Diabetic exchanges: 2 starch, ½ fat.

Low-Fat Chilled Fruit Salad, Marion Rice, Strafford, Vt.

2 pkg. (3 oz.) red Jell-O®
1 can (20 oz.) chunk pineapple, drained
1 can (15¼ oz.) fruit cocktail, drained
½ lb. red seedless grapes, cut fine
1 jar (6 oz.) maraschino cherries, quartered

¼ cup low-fat mayonnaise
4 oz. Neufchatel (⅓ less fat) cream cheese,
cut into ¼-inch pieces
1 pkg. Dream Whip®, prepared and
whipped stiff

Make Jell-O® according to package directions using only half the cold water indicated. Pour into rectangular pan to set. While setting, into large bowl, mix pineapple, fruit cocktail, grapes, and cherries. When Jell-O® is firm, cut into ½ to 1-inch squares and add to fruit mixture. Gently fold in mayonnaise, cream cheese, and Dream Whip®. Refrigerate overnight. Serve with additional Dream Whip®, if desired. Yield: 6 to 8 servings.

Low-Cal Carrot and Apple Salad, Barbara Ailes, St. Johnsbury, Vt

2 to 3 cups grated carrots
3 cups diced unpeeled apples
½ cup crushed pineapple
½ cup raisins or red or green grapes

1 cup walnut or pecan pieces or
sunflower seeds
8 oz. low-fat pineapple yogurt

Mix together the carrots, apple, pineapple, raisins, and nuts. Stir in the yogurt. Chill. This recipe can be made several hours before mealtime. Yield: 8 to 10 servings

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