EPISODE DATE: 1/05/12

EPISODE NAME: In the Kitchen with ATF: “Healthy Eating” Recipes

It’s the first Thursday of the new year and we’re excited to another season of in the kitchen with across the fence. This is a time of year when many of us resolve to eat healthier and with that in mind our chefs have prepared some of their favorite low calorie recipes and they definitely taste as good as they look. Good afternoon every one and thanks for joining us I'm will Mikell in this afternoon for Judy Simpson. Pleased to be joined by Carolyn peak from Williamstown and as always Lynn Jarvis two from south hero. Best of new year's wish is to both of you. We have a number of recipes to get to. Carolyn a little sneak preview. What do you have first?

Carolyn.: Sneak preview I have a hearty in vegetable soup here. We like vegetable soup anyway and this is a very simple one. I have my trusty old crock pot here and it has beef mixed vegetables carrots onions potatoes all sorts of good stuff in here. You can fix that up on a cooler winter day you might like nice hot soup.

Will.: Perfect. Lyn you have something to give us a bit of a preview as well?

Lyn.: I do I have a soup recipe sent in from a viewer Karen Gottlieb of Stowe Vermont and it's her Portuguese kale soup. She writes is low in saturated fat cholesterol full of vitamins and anti oxidants that fight cancer. How can anything that healthy tastes good.

Will.: You already told me it taste great

Lyn.: Here it is it's made with kale and has some garlic in here onions potatoes and sausage. I think the secret ingredient of Karen's soup is a can of bean with bacon soup. It gives it a that it of the smoky flavor. We thank Karen for that and right in front I have biscuits that go perfect with this soup. There the red lobster cheddar biscuits. A couple of weeks ago I found that recipe made with all low fat ingredients. In these little biscuits there's low calorie Bisquick buttermilk and some shredded cheese with garlic and some shredded parsley. If you try one of these you think you're eating at the red lobster restaurant for just delicious.

Will.: Absolutely perfect you both got it started with some hearty soups and a great way to kick things off I wish the viewers were here this stuff definitely smells great. Speaking of the viewers we want to take some time to thank each of you who join us each and every day here on across the fence. Up in Sheldon Vermont we want to give thanks to Gwyneth Fortin. Robert Howard is down and Waitsfield. Bernice Beatty is from Washington from Waybridge Evelyn Quebec and also in Lumington Vermont Everdene McIntyre.

We appreciate all of your cards has home and good wishes for the new year as you can see they continue to come in. It is of course your loyal support that has made across the fence the longest running farm and home show in the country. A viewer from Monkton Liz Pecor has some memorabilia from WCAX that’s even older than some of the
things we've been showing you. Going back to 1948 you're looking at some photos of postcards that were sent to fans from stars back in the day of WCAX radio. You see Wib Perry Lou Rock some of you may remember who show rising with rock. And jack Patton the singing cowboy. We want to thank Liz Pecor down in Monkton for sending along some of that. Now you Carolyn received a letter from a viewer hole that also takes us for a trip down memory lane.

Carolyn.: Yes this is from Denise Adams of Canaan New Hampshire and she writes I remember back in 1960 or 61 I was one of the younger members of the T and a T 4h club out of Hardwick Vermont. We appeared on across the fence and brought our autograph books. I have Helen workman's autograph somewhere in my memorabilia and duke in the swing Billy’s were also there thank you for bringing back the memories. Thank you Denise for sending in that letter.

Will.: What a great way to start off the new year a lot a great memories this time a year. And you have some letters as well wow.

Lyn.: Look at them they just keep rolling in the dough we love it. I'd like to quickly mention that we do hear from so many of you I wish we had time to go through each one individually on the air but that's not possible. Included among those who say they enjoy in the kitchen is Marlene Moncton from saint Albans and vote of Rodrigue from Morrisville and Joanne Collins from wilder. This is interesting Beverly bride of Castleton remembers that she and I went to school together in Simonville Vermont down in Andover. That goes back a long long ways. Beverly we should get in touch again. Betty Westmore from Orleans rights she still cooking at 88. And Carolyn land from Johnson wishes we were on it for 1/2 hour every day would that be nice.

Will.: I hear that a lot.

Lyn.: Audrey Scarborough from Leister hopes the show will continue for a long long time and so do we. And I had some really nice notes from Linda die on from Burlington and surely Eastman of Corinth and they made me very happy. So thanks to all you and happy new year.

Will.: Again wonderful to hear from all of you we can't thank you enough for your ongoing support again each and every day here on across the fence. Time to turn over to some more recipes and we're going to slide out of the way Carolyn take as through some more great food thank you.

Carolyn.: Thank you. My first one is a sweet and sour chicken and it's a very easy one to make. It starts out with six or eight boneless chicken breast and I've cut them up some so you can serve a few more people. If you saw the folks that come in after we get done here you know why I cut them up. You brown the chicken and then you put in a pan pour over some orange juice and some dried onion soup mix some water thing you have is really nice chicken ready to go bake it for about 45 minutes and you can serve if you cut up small can serve a whole bunch or you can have six are a whole chicken breasts. To go with that I have a spinach casserole. This one does have a little extra cheese in it so you're going to want to consider that in your eating healthy. But it is the spinach so you've got three packages. When you turn that over so you can see all the spinach and it three packages of spinach and cheeses and a really nice way to fix up spinach. I don't care for spinach but this one here I can make an exception for. Over here and I'm going to bring it back so not burning myself on my trusty crock pot. This is called sunflower salad because on the top button know if you can see them but there are some sunflower seeds sprinkled on. You do that just before you serve it. This is Apple's Grapes celery all cut up mix together. Leave the apple peels on because that's where your extra fiber and everything is. You just make this up but in the refrigerator chill it and it's ready to go. I thought that looks really yummy to have something for salad to go with your chicken and spinach. Again it's a very quick to make one. My view a recipe and we've done some by this lady before. This is from Ramona Allayer from Hyde Park and I think she I told you before she's related to my mother. She sent in these oatmeal squares. They're very simple to make their kind of a soft cookie when you make it so you're going to want to let it cool before you cut it. It does use the substitute brown sugar and that it has lots and lots of oatmeal in it. It's a nice thing and I'm wondering if maybe you can slip in some reasons or some chocolate chips because you know chocolate chips are good for us women anyway. I use that as an excuse. Those are really nice and easy cookie to
make and takes no time at all. My last one is an angel food cake surprise. This is surprises when you cut the skate open inside it has strawberries and Jell-o®. You can put some strawberries decorated on top or you can just add a little bit of whipped cream or whipped topping and you have a really nice easy dessert. If you start out with a store but cake that works quickly or if you have one that you want to make yourself that's just as good. This gives are really nice dessert to finish up a meal it's light it's one of the things I like about angel cake is that it's such a light ending. You can try some of these recipes change them around making your own and maybe someday your recipe will be on the show and you can say hey that's one I changed a little bit. Lyn your stuff looks good.

Lyn.: Yours does to you I can't wait to try the angel cake. Your idea about changing around is good I always tweak here and there.

Caroline.: Yes yes you have to make it your own.

Lyn.: Yes that's right thanks Caroline. I'm going to begin with a view a recipe sent in by Val Glover from derby Vermont. If you like scallops you're going to love this recipe. She said it's very popular in the maritime provinces of Canada. Here it is it's her Digby scallops easy to make with just five ingredients. Of course you have scallops in here that and some butter cream cracker crumbs some bread crumbs. What you do is lay are all of those ingredients and bake it at about 350 for 25 minutes. You have a wonderful meal that's a specially good a specially if you're scallop fan like I am. Serve it was some of these red lobster chowder baked biscuits and you will think you're dining at the red lobster. Now over here let me move this up. This is made in the slow cooker so you know it's very easy. I took some of Carolyn’s advice and use to the slow cooker this time. It's by pulled pork sandwich. You put the pork in the slow cooker then over it while it's cooking you put some catch up some brown sugar to nadir and spicy mustard. Serve it up with potato chips were some of these little sun chips and you have a fantastic lunch or meal at 402 calories with just 7 g of fat. You know dessert can really taste good and still be a very low in calories. For example these are my lime tartlets. Each little tart has 121 calories with 7 g of fat in their very easy to make because you use the pie crust in a box. The filling is made with low fat cream cheese yogurt some powdered sugar and lime curd. Then you trim it with a little low fat topping and lime wedges and you have the perfect dessert any time of year that sweet tangy flavor. These are my banana pudding squares again their quite easy to make and fairly low in calories. Each square has 130 calories with 6 g of fat and I think you can see there made in layers. The bottom one is a Graham cracker crust then a low fat cream cheese with some powdered sugar over that with some bananas and low fat vanilla pudding on top and then you sprinkle a little grated chocolate over. Really nice and great for any time of year as well as making a family get together. Down here on the end. This is my yummy gooey apple bread pudding that's just 188 calories per serving and 5 g of fat but it tastes like it has tripled at. The topping is made with apples and a lot of spices and the pudding is made with creams eggs low-fat milk and apple juice concentrate. To make it look pretty for the show I added some extra apples on top but you wouldn't have to do that. It's great for family get togethers and potlucks. It's a great way to use Vermont a apples and finally I have my spiced pineapple cooler. In here are the juices of pineapple orange and lemon. Just before serving you want to put in the ginger ale. While we're doing that pineapple always makes me think of warmer climates. If you get the winter blues make up a picture of this picture feed up at the fire set it shut your eyes and think of the most beautiful summer day on the porch or on the deck and that's going to really help your disposition a lot I can guarantee it. Will we'll have to try this to see if it helps you disposition.

Will.: I think by dispositions just fine. With all this wonderful food. You guys as always have done a wonderful job and I think our viewers know it takes less time to clear out this kitchen than it does to put the program on the air once we go off all this stuff will disappear and that's certainly true for today. As always you can get all of these recipes you give you two options. All the recipes plus five extras that we didn't have time to show you today including one from our own Judy Simpson. First go online to the web site you see on the screen UVM extension go there click on across the fence and you'll find the recipe box on the left hand side of the page. If you want your own printed copy of all these recipes just sends $2.00 and a stamped business sized self addressed envelope to healthy recipes box 188 south hero Vermont 05486 again that's $2.00 and a stamped self addressed envelope to help the recipes box 188 in south hero and a zip code is 05486. Please if you pay by check making payable to Lyn Jarvis. Now while you're taking down that information we do want to let you know that next month we will be celebrating Valentine's Day Lyn and Caroline be in with their favor chocolate recipes. Definitely something to look forward to. As we say
goodbye this afternoon and best wishes for new year we raise our glasses here in a toast with some of Lyn's spiced pineapple cooler. Happy holidays and best new year to you guys and to all of you thanks for joining us.

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