Today we’re in the kitchen with Across the Fence. We are all trying to avoid those extra pounds, it’s very easy to gain this time of year so we are going to feature healthy eating ideas that are low in calories and taste great. And when quizzing recipes for diabetics home at the request of viewers like Julie Berard of Grand Isle County David Wilder from Rutland and Flo Barcomb from Peru New York. Good afternoon and thanks for joining us I'm Judy Simpson and with me are Carolyn peak thay from Williamstown and of course Lyn Jarvis from south hero. Welcome to both of you. The recipes today are for those of us who are watching our weight but still want to enjoy some good food. One of our viewers Janine Hearn from Gilman Vermont helped us pick our cooking theme for today. Janine wrote to us saying thank you for keeping cooking alive I think people are more all bees now because the food that most people eat doesn't have love and it I think Janine was probably referring to packaged and the fast foods that people consume nowadays. Janine thank you for your note. We have each prepared one part of the healthy meal and Lynn you're going to have the main course?

Lynn.: That's right Judy and I made it in a crock pot and I know Carolyn and I love the crock pot and I expect our viewers to because the food is so good and easy to make. Here it is it's called a Caribbean pot roast and it makes me think of those sunny beaches down in Cancun because of two special flavors. In here you see the pot roast there's carrots onions celery and the seasoning believe it or not is grated orange peel orange zest with some cocoa. Two flavors very typical of the south of the border. I like it because of that distinctive flavor and we're going to enjoy it right after the show was over today and I hope you viewers will give it a try it's interesting and delicious. And Judy you have a potato dish that would be a complement for this?

Judy.: I do Lynn it's a hash brown casserole and it's made with a cup of green onions and low fat sharp cheddar cheese a cup of that a couple of tablespoons of margarine and a package of frozen southern style hash brown potatoes. That free sour cream and condensed reduced fat free cream of mushroom soup a little paprika and then you bake it for an hour and it's delicious full of flavor and you don't even notice that it's a lower calorie meal which is great.

Lynn.: We're off to a good start.

Judy.: We are and Carolyn I think you have something to add to our meal here?

Carolyn.: I do but I have to say first in response to the viewer that was talking about us being overweight. I'm guilty but I have decided that if am going to watch my weight I have to get it out where I can see it first.

Lynn.: No comment there
Carolyn.: Good. I have what I call really good for you muffins and they have everything you could think of in them. Also it’s good for you. I used some whole wheat flour as well as white flour and then it has been an as blueberries cram berries and chocolate chips because those are good for us. You could also put oatmeal into it. I just figure the really good for you with all the fruit.

Judy.: Excellent. We're off to a good start with a healthy lunch and Caroline and Lyn are getting ready to show you some good recipes but am I take a moment to eight knowledge some of our loyal viewers. Recently heard from Dorothy Westcom from Enosburg falls as well as Nancy Munson of Panton. Tootie Mcdermott of Montpelier and Nancy way of Milton thanks to these viewers and the thousands of loyal across the fence watchers like you. I know the Carolyn you have some more recipes?

Carolyn.: I'm going to start off with a side dish this week which is parmesan with rice and peas with bacon. This is really nice because here I used brown rice for added nutrition and you cook the rice with chicken broth. I used for bacon the already cooked bacon you can buy because that has more of the grease cooked at it. I quite often will use that. Once to Bryce has absorbed the liquid then you add the peas and you have a really nice side dish. It has some onions into so you can have something that's a little different but very tasty and very good for you. My husband and I really like the taste of the brown rice as well. My next recipe is meatless lasagna. I use the low fat cheeses and things like that in it. It uses ricotta cheese in the center and you probably could add ground Turkey breast or something of that sort that's low in fat but you get a really nice cheesy lasagna. It has a low fat mozzarella cheese and low fat Parmesan cheese on top see get a nice meal here. Then I have some chicken drumsticks. They are called oven fried and you start off if little all of oil at the bottom of your pan and you mix some baking mix low fat baking mix with some paprika Italian herb seasoning garlic powder and black pepper. Mix all together and put the mixture into a paper bag put drumsticks into the bag one at a time shake it up good and put in a pan then in the oven and you're all set. A great way to cook low fat and they be just as good cold as they would be hot. My viewer recipe is from Julia Morgan of Berlin Vermont. I have to apologize Julia because the made your recipe and then put it on the porch overnight. That's kind of solid and isn't doing was supposed to do but I do try some of it and its very good. Light fettuccine Alfredo. Don't judge the recipe by how it looks that here because everything is solid. You have my apologies Julia off the stove it was good. She said you could add chicken or broccoli shrimp to give it more flavor. Now my dessert that is a fruit compote this is done in a slow cooker it takes Apple's cut up and I left the skins on mine. They say to peel and by left them on. You also use two fresh peaches pineapple chunks. Unsweetened pineapple juice honey and some lemon. It's a nice warm dessert and I'll put a little whipped cream and for the show I will use light make believe cream that you can buy. And to top it off stick a cherry on top. Lynn you're going to run after that.

Lynn.: This is great we can eat well and it can be low-cal. I got a nice letter from a lady up and wilder Joanne Collins that want to recipe without meat because just thinking about lent and I thought of one her family is really going to enjoy.

Carolyn.: That was on the wood be a good one for that.

Lynn.: Yes and I have one here thank you carol and. It's called a creamy pasta salad with crabmeat and I use that imitation crabmeat because I think it taste just as good as the real and it's much less expensive. This has 252 calories per serving with four fat Grams. As you can see in her shell pasta chopped up peppers and onions low fat cream cheese as a dressing and it's flavored with lemon juice and a dill flavoring which gives it a gourmet flavor and I think you viewers will enjoy this and I hope Joanne you will try this during the upcoming lent. We thank you for letting us know how much you enjoy the show. My next recipe comes from Mary Steadman from south hero. About 10 of us get together every Sunday for a potluck and she brought this and we didn't even know it was low calorie because it tastes so delicious. She calls it her supreme potato casserole. 158 calories and 13 g of fat and of course that's accomplished by using low fat milk cottage cheese sour cream and shredded cheddar. This is an interesting recipe because the cottage cheese and sour cream coats the potatoes like a scalloped potato but with half the calories and I think you'll really enjoy this. I think I have time to eight knowledge of few more of you viewers who took the time to write. Liz Pecor of Bristol writes that bird notes and our cooking shows are her favorite on across the fence. Thank you for that Liz. And Richard Whitehill and family from derby had been watching across the fence for years and says it's like sitting down and having lunch with friends and we really appreciate that Richard. Helen Robbins also from derby says she enjoys our cooking shows and the travel shows I do here on across the fence and thank you for that Helen. They Campbell from orange says she enjoys our recipes each month and thanks for all the time we put into
preparing them. We enjoy doing it and we're glad Betty. And finely Ann Sherman from East Montpelier says thank you for your most enjoyable programs on across the fence. We thank all of you and we do read all your cards and notes. Now I'm going to move on to dessert. This is from Merriam Herwig of Randolph center and she wrote that sometimes we don't think enough about what we eat. This is the theme we have today so she sent her favorite low fat apple cake recipe with just six ingredients. There's apples in here flour soda cinnamon and sugar. It's very moist it's a great way to end any meal. To brighten it up we're going to put on powdered sugar. But we thank you Merriam for sending in this recipe. Now moving onto one of my favorites it's this frosted pineapple lemon dessert with bananas. What I think of pine apples and bananas I think of warmer climates Hawaii and Mexico. This has reduced fat Jell-O and of course the topping. I've left the top on frosted so you can see how the pineapple and bananas float on the lemon Jell-O. The stopping by the way is a delicious pineapple custard. It has a secret ingredient it's in ginger ale. If you've never cooked ginger ale you're in for a treat. If you have kids and grandkids you'll want to try this because when you put that ginger ale into the warm Jell-O it creates a mini volcano right in your bowl. It's fun to make in just a delicious recipes I hope you'll give it right. Then we're going to move on to this over here. It's a butterscotch bliss with 136 calories up and 8 g of fat. It's made with low fat cream cheese and cool whip and as you can see if you look closely it's made in layers. On the bottom you have your Graham cracker crust over that you have butterscotch pudding and on the top you have whipped topping and a few knots that I put on so you can enjoy that. A great way to get rich butterscotch flavor with half the calories. My last recipe is right here everybody likes a good cookie. This is one of my favorites it's a peanut butter jumbles. They have 76 calories and 4 g per cookie their great with milk or hot coffee Tea. Great for a potluck or going to a church supper and I can pretty much guarantee you that all be the first item to disappear. Their great hope you'll give them a try.

Judy.: I will give them a try in a minute and I know what everyone's thinking how they can get these recipes it's easy there are two ways you can go online to the UVM extension website and click on the link two across the fence. But if you prefer you can send $2.00 and a business sized self-addressed stamped envelope to healthy eating box 188 south hero VT 05486. If you pay by check please make it out to cash you'll get all the recipes you saw today plus four additional recipes including cappuccino parfait. Just a reminder that in the kitchen segments are presented the first Thursday of every month right here on across the fence. I think this sounds like a perfect opportunity for us to eat. Thanks to both of you thanks to everyone for watching. All see you next time on across the fence.

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