



## Across the Fence Healthy Recipes – March 2025

### Heart-Healthy Rice & Beans

1 tsp. olive oil	1½ cups low sodium, low fat vegetable broth
1 onion, chopped	3½ cups canned black beans, drained
2 cloves garlic, minced	1 tsp. ground cumin
¾ cup uncooked white rice	¼ tsp. cayenne pepper

Heat oil in a saucepan over medium-high heat. Add onion and garlic; cook and stir until onion has softened, about 4 minutes. Stir in rice to coat; cook and stir for 2 minutes until rice is lightly browned. Add vegetable broth and bring to a boil. Cover, reduce to a simmer, and cook until liquid is absorbed, about 20 minutes. Stir in beans, cumin, and cayenne pepper; cook until beans are warmed through.

Per serving: 140 calories; total fat 1g; saturated fat 0g; sodium 354 mg; total carbohydrate 27g; dietary fiber 6g; total sugars 1g; protein 6g; Vitamin C 3mg

### Pineapple-Cucumber Salad

¼ cup sugar	½ cup thinly sliced red onion
⅔ cup rice wine vinegar	4 cups torn salad greens
2 Tbsp. water	1 Tbsp. sesame seeds, toasted
1 cup canned no-sugar-added pineapple chunks	2 cups pre-cooked chicken breast, cubed (optional)
1 cucumber, peeled and thinly sliced	
1 carrot, peeled and cut into thin strips	

In a heavy saucepan, bring the sugar, vinegar, and water to a boil. Stir constantly until reduced to ½ cup, about 5 minutes. Transfer to a large bowl and place in the refrigerator until cool. Add the pineapple, cucumber, carrot, and red onion to the mixture. Toss well. To serve, divide the salad greens among individual plates. Top with the pineapple mixture and sprinkle with toasted sesame seeds. Top with chicken, if desired. Serve immediately.

Per ½ cup serving: 129 calories; cholesterol 0 g; sodium 102g; total fat 1g; protein 2g; total sugars 20g

## Vanilla Raspberry Tartlets

¼ cup sugar	4 Tbsp. reduced-fat sour cream
2 Tbsp. cornstarch	2 tsp. vanilla extract
⅛ tsp. fine salt	24 low-fat mini tartlet shells
1½ cups low-fat (1 percent) milk	Raspberries for topping, halved or whole
1 large egg	

Whisk together the sugar, cornstarch, and salt in a large saucepan. Whisk in the milk until smooth. Heat over medium-high heat, whisking, until bubbles begin to form. Remove from the heat. Whisk the egg in a medium bowl. Temper the egg by SLOWLY pouring 1/4 cup of the hot milk mixture into the egg while whisking vigorously until smooth. Pour the egg mixture back into the saucepan and cook over medium-high heat, whisking vigorously, until mixture thickens and starts to bubble, about 2 minutes. Transfer the mixture to a bowl and let cool until thick, whisking frequently. Whisk in the sour cream and vanilla. Scoop about 1 scant tablespoon vanilla pudding into each tartlet shell and top each with a raspberry. Serve immediately or cover and refrigerate up to 2 hours.

Per serving: 41 calories; total fat 1g; saturated fat 0g; sodium 42mg; sugar 3 g

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