

Across the Fence Recipes – January 2023

Carolyn Peake's Crustless Spinach Quiche

1 cup egg substitute
3 oz. reduced fat cream cheese, softened
1 cup fat free milk
¼ tsp. pepper
3 cups shredded reduced fat Cheddar cheese
3 cups frozen chopped spinach, thawed and squeezed dry

1 cup frozen chopped broccoli, thawed and well drained
1 small onion, finely chopped
5 fresh mushrooms, sliced
1 cup diced ham (optional)

In a small bowl, beat the cream cheese. Add milk, egg, and pepper and beat until smooth. Stir in the remaining ingredients. Pour into a 10-inch quiche pan or large pie plate coated with non-stick cooking spray. Bake at 350°F for 45 to 50 minutes or until a knife inserted near the center comes out clean. Yield: 8 servings. 1 piece equals 197 calories.

Breakfast Strawberry & Cream Cheese Oatmeal Cakes

¼ cup reduced-fat cream cheese, at room temperature
1 Tbsp. strawberry jam
3 cups old-fashioned rolled oats
1 ¼ cups low-fat milk
⅓ cup packed brown sugar
¼ cup unsweetened applesauce

2 large eggs, lightly beaten
1 tsp. baking powder
1 tsp. vanilla extract
½ tsp. salt
¾ cup chopped fresh or frozen strawberries, divided

Whisk cream cheese and jam together in a small bowl. Combine oats, milk, brown sugar, applesauce, eggs, baking powder, vanilla and salt in a large bowl. Fold in ½ cup strawberries. Fill each of the prepared muffin cups with 2 to 3 tablespoons batter, then top each with a dollop of strawberry cream cheese and some of the remaining ¼ cup strawberries. Cover with the remaining batter and press slightly to compact. Bake until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Cool in the pan for 10 minutes. Run a knife around the edges of the muffin cups to release the oatmeal cakes, then turn out onto a wire rack. Serve warm or at room temperature. 137 calories per serving.

Blueberry Walnut Bars

2/3 cup ground walnuts	1 Tbsp. orange juice
1/2 cup graham cracker crumbs	1/2 tsp. vanilla extract
2 Tbsp. plus 1/3 cup sugar, divided	1/2 cup reduced-fat whipped topping
1/3 cup old-fashioned oats	2 Tbsp. blueberry preserves
3 Tbsp. reduced fat butter, melted	1 1/2 cups fresh blueberries
1 pkg. (8 oz.) reduced fat cream cheese	

Combine the walnuts, cracker crumbs, 2 Tbsp. sugar, oats, and butter. Press into the bottom of an 8-inch square baking dish coated with cooking spray. Bake at 350°F for 9 to 11 minutes or until set and edges are lightly browned. Cool on a wire rack. In a large bowl, beat cream cheese and remaining sugar until smooth. Beat in orange juice and vanilla. Fold in whipped topping. Spread over crust. In a microwave-safe bowl, heat preserves on high for 15 to 20 seconds or until warmed; gently stir in blueberries. Spoon over filling. Refrigerate until ready to serve. Nutrition Facts: 1 bar equals 167 calories, 9 g fat, 19 g carbohydrate. Diabetic Exchanges: 2 fat, 1 starch.

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