

Across The Fence Low-Cal Recipes

Baked Low-Cal Wontons

1 lb. extra-lean ground turkey	¼ cup egg substitute or 1 egg
1 small onion, chopped	1½ tsp. ginger
1 can (8 oz.) sliced water chestnuts, drained and chopped	1 pkg. (12 oz.) wonton wrappers
⅓ cup reduced-sodium soy sauce	cooking spray
	sweet-and-sour sauce, optional

In a large skillet, cook the pork, turkey and onion over medium heat until meat is no longer pink; drain. Transfer to a large bowl. Stir in the water chestnuts, soy sauce, egg substitute and ginger. Position a wonton wrapper with one point toward you. Place 2 heaping teaspoons of filling in the center of wrapper. Fold bottom corner over filling; fold sides toward center over filling. Roll toward the remaining point. Moisten top corner with water; press to seal. Repeat with remaining wrappers and filling. Place on baking sheets coated with cooking spray; lightly coat wontons with additional cooking spray. Bake at 400°F for 10 to 12 minutes or until golden brown, turning once. Serve warm, with sweet-and-sour sauce if desired. **Nutrition Facts:** 1 each: 38 calories, 1g fat (0 saturated fat), 5mg cholesterol, 103mg sodium, 5g carbohydrate (0 sugars, 0 fiber), 3g protein.

Low-Cal Spanakopita Casserole

2 cups 4% cottage cheese	6 Tbsp. all-purpose flour
1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry	½ tsp. pepper
8 oz. crumbled feta cheese	¼ tsp. salt
	4 large eggs, lightly beaten

Preheat oven to 350°F. In a large bowl, combine the cottage cheese, spinach and feta cheese. Stir in the flour, pepper and salt. Add eggs and mix well. Spoon into a greased 9-in. square baking dish. Bake, uncovered, about 1 hour 15 minutes or until brown on top and bubbly on the sides. **Nutrition Facts:** 1 each: 262 calories, 13g fat (7g saturated fat), 178mg cholesterol, 838mg sodium, 14g carbohydrate (4g sugars, 3g fiber), 21g protein.

Easy Key Lime Pie

¼ cup boiling water
1 pkg. (0.3 oz.) sugar-free lime gelatin
2 cartons (6 oz. each) Key lime yogurt
1 carton (8 oz.) frozen fat-free whipped topping, thawed
1 reduced-fat graham cracker crust (9 inches)

In a large bowl, add boiling water to gelatin; stir 2 minutes to completely dissolve. Whisk in yogurt. Fold in whipped topping. Pour into crust. Refrigerate, covered, until set, about 2 hours or overnight. **Nutrition Facts:** 1 piece: 194 calories, 3g fat (1g saturated fat), 2mg cholesterol, 159mg sodium, 33g carbohydrate (18g sugars, 0 fiber), 3g protein. **Diabetic Exchanges:** 2 starch, 1/2 fat.

Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont.