

Across the Fence Recipes – March 2023

Hawaiian Kielbasa Bake

1 lb. kielbasa, sliced into ½ -inch pieces
1 can (14 oz.) pineapple chunks, drained (juice reserved)
3 Tbsp. soy sauce
1 Tbsp. sweet chili sauce
½ cup Vermont maple syrup
20 oz. can crushed pineapple, drained (juice reserved)
1 cup reserved pineapple juice

Preheat oven to 350° F. In a baking dish combine soy sauce, sweet chili sauce, maple syrup and pineapple juice. Add the kielbasa pieces and toss to coat. Let kielbasa marinade for 2 to 3 hours or overnight. Add the drained pineapple chunks and the drained crushed pineapple. Place in oven and cook for 30 to 40 minutes (keeping an eye on them). Remove from oven and serve hot or warm. Yield: About 10 servings. To double the recipe; add one more pound kielbasa and a drained can of pineapple chunks.

Egg Roll Bowls (gluten-free, Paleo friendly)

1/2 Tbsp. olive oil
1 lb. ground chicken breast (can substitute ground turkey, pork, or beef)
1/2 onion, diced
1½ tsp. minced fresh ginger
2 cloves garlic, minced
2 carrots, peeled and shredded (about ¾ cup)
1 (14 oz.) bag coleslaw mix
3 Tbsp. low sodium gluten-free tamari (or coconut aminos for Paleo)
1 Tbsp. rice vinegar (or cider vinegar for Paleo)
1 to 2 tsp. toasted sesame oil
Sesame seeds to taste
2 green onions, sliced

Heat olive oil in a large pan over medium heat. Add ground chicken breast (or other protein) to the pan and cook 5 to 7 minutes, or until completely cooked through. (There will likely be a bit of water at the bottom of the pan. Don't drain it.) Next, add onion and cook an additional 4 to 5 minutes to soften slightly. It will begin to turn translucent. Add ginger and garlic and cook 1 minute more. Then, add grated carrot and ½ of the coleslaw mix. Drizzle with tamari and rice vinegar. Gently stir to coat. Cook 2 to 3 minutes or until cabbage starts to wilt a bit. Add remaining coleslaw mix and stir to coat. Cook 2 to 3 minutes until the cabbage is starting to soften. Stir in sesame oil, sprinkle with sesame seeds and green onions, and serve.

Peanut Butter Cup Chia Seed Pudding (cholesterol-free, gluten-free)

½ cup chia seeds, divided
2 cups almond milk
¼ cup cocoa powder
2 to 3 Tbsp. Vermont maple syrup
1½ tsp. vanilla extract, divided
¼ + ⅛ tsp. salt, divided
2 Tbsp. peanut butter
⅛ tsp. cinnamon (optional)

In a medium bowl, add 5½ to 7 tablespoons chia seeds, 1⅓ cups milk, cocoa powder, 1 to 2 tablespoons maple syrup, 1 teaspoon vanilla, and 1/4 teaspoon salt. Whisk until all ingredients are combined. In a small bowl, add 2½ tablespoons chia seeds, 2/3 cup milk, peanut butter, 1 tablespoon maple syrup, ½ teaspoon vanilla, ⅛ teaspoon salt, and cinnamon. Whisk until all ingredients are combined. Place both bowls in the fridge. Let them sit overnight, or at least 3 hours. To arrange, scoop desired amount of chocolate chia seed pudding into a cup or bowl, top with a scoop of peanut butter chia seed pudding, then another chocolate layer. Top with nuts or fresh fruit.

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