

Across the Fence

Healthy Recipes – January 2013

Lyn Jarvis' Recipes

Tangy Pulled Pork Sandwiches

1 lb. pork tenderloin	1 Tbsp. spicy brown mustard
1 cup ketchup	¼ tsp. pepper
2 Tbsp. plus 1½ tsp. brown sugar	4 Kaiser rolls, split
2 Tbsp. plus 1½ tsp. cider vinegar	
1 Tbsp. plus 1½ tsp. Worcestershire sauce	

Cut the tenderloin in half; place in a 3-qt. slow cooker. Combine the ketchup, brown sugar, vinegar, Worcestershire sauce, mustard and pepper; pour over pork. Cover and cook on low for 4 to 5 hours or until meat is tender. Remove meat; shred with two forks. Return to the slow cooker; heat through. Serve on rolls. Nutrition Facts: 1 sandwich equals 402 calories, 7g fat (2g saturated fat). Diabetic Exchanges: 3½ starch, 3 very lean meat, ½ fat.

Red Lobster® Cheddar Bay Biscuits

2 cups reduced-fat biscuit mix	2 Tbsp. butter
¾ cup low-fat buttermilk, 1% fat	¼ tsp. garlic powder
1 cup low-fat Cheddar cheese, shredded	¼ tsp. dried parsley, crushed fine

Preheat the oven to 400°F. Combine the baking mix, milk, and Cheddar cheese in a medium bowl. Mix by hand until well combined. Divide the dough into 12 equal portions (about 3 tablespoons each) and spoon onto a lightly greased or nonstick cookie sheet. Flatten each biscuit a bit with your fingers. Bake for 18 to 20 minutes or until the tops of the biscuits begin to brown. In a small bowl, combine the butter with the garlic powder. Heat this mixture for 30 seconds in the microwave, then brush a light coating over the top of each biscuit immediately after removing them from the oven. Sprinkle a dash of parsley over the top of each biscuit. Nutrition Facts: 105 calories, 3g fat (2g saturated fat). Diabetic Exchanges: 1 starch, ½ lean meat, ½ fat.

Lime Tartlets

2 refrigerated pie crusts	3 Tbsp. confectioners' sugar
1 pkg. (8 oz.) cream cheese, softened	1 jar (10 oz.) lime curd, divided
1 cup (8 oz.) plain yogurt	Whipped cream and lime slices, optional

Roll out each crust on a lightly floured surface. Using a 2½-inch round cookie cutter, cut out 12 circles from each pastry. Press rounds onto the bottoms and up the sides of greased miniature muffin cups. Prick bottoms with a fork. Bake at 450°F for 8 to 10 minutes or until golden brown. Cool for 5 minutes before removing from pans to wire racks. In a large bowl, beat the cream cheese, yogurt and confectioners' sugar until smooth. Stir in ½ cup lime curd. Spoon into tart shells; top with remaining lime curd. Garnish with whipped cream and lime slices if desired. Nutrition Facts: 1 tartlet equals 121 calories, 7g fat (3g saturated fat). Diabetic Exchanges: 1 starch, 1 fat.

Apple Bread Pudding

Topping

¼ cup unsalted butter
¾ cup brown sugar
¼ tsp. salt
1½ tsp. ground cinnamon
¼ tsp. ground allspice
¼ tsp. ground nutmeg
1 Tbsp. dark rum (or extract)
1 Tbsp. corn syrup
5 cups (about 2 lbs. before peeling)
peeled, sliced apples (divided)

Pudding

5½ cups (10 to 12 slices) bread cubes
4 large eggs
1½ cups milk
¼ cup bottled boiled cider or apple juice
concentrate
½ cup sugar
½ tsp. salt
1 tsp. vanilla extract
2 Tbsp. dark rum (or extract)

Generously butter a 9-inch square pan, or shallow 1 ½- to 2-quart casserole dish. Preheat the oven to 350°F. For the topping: In a large saucepan over medium heat, melt the butter. Stir in the brown sugar, salt, and spices, cooking until the sugar begins to melt. Add the rum and corn syrup, and cook until the mixture becomes liquid (about 30 seconds). Spoon half of this mixture into the bottom of the prepared pan. Return the saucepan to the heat, add the apples, stir and cook for 3 minutes more, until the apples begin to soften. Remove from the heat and set aside.

For the pudding: Place a 1-inch layer of bread cubes over the topping. Spoon half of the apple mixture over, and repeat with layers of bread and apples until all are used. In a medium bowl, whisk together the eggs, milk, cider, sugar, salt, vanilla, and rum until well combined. Slowly pour the mixture over the bread and apples in the pan. Bake the pudding for 45 to 55 minutes, until a paring knife inserted into the center comes out clean. Remove from the oven, and place a large plate over the baking dish. Holding the plate and dish together, flip everything over so the pudding is inverted on the dish. Using a table knife, lift up one edge of the pudding dish; you'll start to see the topping mixture drip down a bit. Carefully remove the dish, and let the pudding stand for 10 minutes to set up before serving warm. Yield: 16 squares (2-inch).
Nutrition Facts: 188 calories. 5g fat.

Spiced Pineapple Cooler

1½ cups water
¾ cup sugar
4 cinnamon sticks (3 inches)
12 whole cloves
1 can (46 oz.) unsweetened pineapple
juice

1½ cups orange juice
½ cup lemon juice
1 can (12 oz.) ginger ale, chilled
Ice cubes
Additional cinnamon sticks, optional

In a small saucepan, bring the water, sugar, cinnamon, and cloves to a boil. Reduce heat; cover and simmer for 15 minutes. Strain. Cool to room temperature. Pour into a large pitcher; stir in juices. Refrigerate until chilled. Just before serving, stir in ginger ale. Serve over ice. Garnish with additional cinnamon sticks if desired. Nutrition Facts: ¾ cup equals 119 calories.

Banana Pudding Squares

35 reduced fat vanilla wafers,
finely crushed
¼ cup margarine or butter, melted
1 pkg. (8 oz.) fat-free cream cheese
(Neufchatel), softened
½ cup powdered sugar
1 tub (8 oz.) sugar-free whipped topping,
thawed, divided

3 bananas
2 pkg. (1.5 oz. each) fat-free sugar-free
vanilla instant pudding
3 cups cold low-fat milk
½ square semi-sweet chocolate, grated

Combine crumbs and butter; press onto bottom of 9x13x2-inch dish. Refrigerate while preparing filling. Mix cheese and sugar in medium bowl until blended. Stir in 1½ cups whipped topping; spread carefully onto crust, set aside. Slice bananas and arrange over cheese mixture. Beat pudding mixes and milk with whisk for 2 minutes. Spoon over bananas. Spread with remaining whipped topping and sprinkle with grated chocolate. Refrigerate for 3 hours before serving. Yield: 24 servings. Nutrition Facts: 130 calories, 6 g fat, 3 g saturated fat.

Carolyn Peake's Recipes

Angel Food Cake Surprise

1 box (3 oz.) raspberry gelatin (sugar-
free, if desired)
1 cup boiling water
1 box (10 oz.) frozen strawberries

1 large angel cake
Whipped cream or topping
Fresh strawberries (optional)

Dissolve gelatin in boiling water. Add frozen strawberries, breaking up pieces. Stir until mixed. Refrigerate until mixture is set. Using a serrated knife, slice off the top ½-inch from the cake. Cut out a "trench" in the cake, leaving ½-inch on sides and bottom. Stir strawberry mixture. Fill the trench, being careful not to overfill. Replace cake top. Cover with plastic wrap and refrigerate until serving time. Cut into wedges and serve with whipped cream and fresh berries. Yield: 8 to 10 servings.

Sweet and Sour Chicken

6 - 8 boneless, skinless chicken breast halves
Small amount of oil for browning chicken
1 pkg. (1 oz.) dry onion soup mix
1 can (6 oz.) frozen orange juice concentrate, thawed
⅔ cup water

Brown the chicken in the oil and place in a 9x13x2-inch baking dish. In a small bowl, combine soup mix, orange juice and water and mix well. Pour over chicken. Bake uncovered at 350°F for 45 to 50 minutes, or until chicken juices run clear.

Sunflower Salad

4 apples, cored and chopped	1½ cups chopped pecans
2 cups seedless green grapes, halved	⅔ cup mayonnaise
1 cup chopped celery	

Combine all ingredients and chill. Sprinkle with sunflower seeds before serving.

Hearty Vegetable Soup

1 lb. stew meat cut into ½-inch pieces	3 celery ribs, sliced
1 can (14½ oz.) diced tomatoes	2 or 3 medium carrots, sliced
3 cups water or beef broth (low fat, low sodium)*	½ tsp. dried basil, oregano and garlic
2 large potatoes, cubed	1½ cups your choice frozen vegetables
2 medium onions, diced	⅓ cup barley

Combine all ingredients in slow cooker. Cover and cook on high for 6 hours or until vegetables are tender and barley has softened. Yield: 10 Servings. ***Note:** if using water, add 3 beef bouillon cubes.

Spinach Casserole

3 pkgs. frozen chopped spinach	1 pkg. (1 oz.) onion soup mix
6 slices cooked bacon	8 oz. Monterey jack cheese, grated
1 pint sour cream	8 oz. Cheddar cheese, grated
1 can mushroom stems and pieces, drained	

Thaw and squeeze water from the spinach and crumble bacon. Mix spinach, bacon, sour cream, drained mushrooms, soup mix, and about half the cheeses. Place in a 9x13x2-inch baking pan. Top with rest of cheese. Bake at 350°F for 45 minutes.

Judy Simpson's Recipe

Edamame Succotash

2 Tbsp. toasted sesame oil	1 cup (6 oz.) frozen edamame, thawed
½ cup finely diced red onion	½ cup fresh corn kernels (thawed frozen works too)
1 tsp. minced garlic	¼ cup small diced red bell pepper
2 strips applewood-smoked bacon, finely chopped	Salt and pepper

In a large skillet heat the sesame oil over medium heat. Sauté onion and garlic until softened, about 2 minutes. Add bacon and cook until it has rendered its fat and begins to crisp, about 5 minutes. Add the edamame, corn and bell pepper and sauté for 2 to 3 minutes. Season with salt and pepper, remove from heat and serve hot.

Viewer's Recipes

Portuguese Kale Soup, Karen Gottlieb, Stowe, Vt.

1 Tbsp. olive oil	1 can bean with bacon soup plus 1 can water*
2 garlic cloves	
2 medium sized onions, chopped	2 large potatoes, peeled, cubed
1 lb. sausage, sliced and slices halved	Kosher or sea salt
4 cups chicken broth	Pepper
1 lb. fresh kale, washed, stems discarded	

Shred kale into small pieces. In a large soup pot over medium high heat, add oil and cook garlic, onions, and sausage slices until onions are soft. Add 4 cups chicken broth and kale.

Cover and let kale cook down, stirring occasionally. Add bean soup and water (or substitute beans and broth); simmer about 5 minutes. Add more water if the mixture isn't diluted enough.

Add cubed potatoes. Simmer, covered, 20 to 30 minutes longer, until potatoes are soft. Season to taste with salt and pepper. Serve hot with crusty bread or add a pie for a complete meal.

***Note:** The can of bean and bacon soup can be substituted with 1 can white beans plus 2 cups chicken broth.

Easy Greek Tomato and Cucumber Salad, Ruth Clough, Dorset, Vt.

2 cups chopped cucumbers (about 1 large)	½ cup thinly sliced red onions
2 medium tomatoes, cut in chunks	½ cup feta cheese, crumbled
½ cup coarsely chopped green peppers	¼ cup Greek vinaigrette dressing
	½ tsp. grated lemon peel

Toss all ingredients together. Cover and refrigerate. Yield: 4 servings.

Broccoli Cheese Soup, Donna Barcomb, Colchester, Vt.

1 can (10¾ oz.) reduced-fat, reduced-sodium condensed cream of celery soup, undiluted	1 tsp. parsley flakes
1 can (10¾ oz.) reduced-fat, reduced-sodium condensed cream of chicken soup, undiluted	½ tsp. garlic powder
3 cups fat-free milk	¼ tsp. pepper
1 Tbsp. dried minced onion	3 cups frozen chopped broccoli, thawed
	1 can (14-½ oz.) sliced potatoes, drained
	½ cup shredded reduced-fat cheddar cheese

In a large saucepan, combine the soups, milk, onion, parsley, garlic powder, and pepper. Stir in broccoli and potatoes; heat through. Just before serving, sprinkle with cheese. Yield: 8 servings. Nutrition Facts: 1 cup equals 135 calories, 3g fat (2g saturated fat).

Diabetic Exchanges: 1½ starch, ½ fat.

**Chocolate Angel Food Cake, Marge McBride,
Burlington, Vt.**

1 pkg. (16 oz.) angel food cake mix
1¼ cups cold water
½ cup baking cocoa

Raspberry Sauce:

Sugar substitute equivalent to ¼ cup sugar
2 tsp cornstarch
1 pkg. (12 oz.) frozen unsweetened
raspberries
1 ¼ cups reduced-fat whipped topping

In a large mixing bowl, beat cake mix and water on low speed for 30 seconds. Beat on high for 45 seconds. Add cocoa; beat on high 15 seconds longer. Pour into an ungreased 10-inch tube pan. Bake at 350°F for 35 to 40 minutes or until cake springs back when lightly touched and cracks feel dry. Immediately invert pan; cool completely. **Raspberry Sauce:** In a saucepan, combine the sugar substitute and cornstarch; add raspberries. Cook and stir until mixture comes to a boil, about 6 minutes. Cook and stir 2 minutes longer or until the mixture is thickened. Remove saucepan from the heat; cool. Run a knife around side and center tube of cake pan; remove cake. Strain the raspberry sauce; spoon over cake slices. Dollop with whipped topping. Yield: 12 servings. Nutritional Analysis: One serving equals 184 calories, 2g fat (1g saturated fat). Diabetic Exchange: 2½ starch.

Digby Scallops (Nova Scotia Style), Val Glover, Derby, Vt.

1 lb. fresh scallops
½ cup butter
1 cup cracker crumbs

½ cup soft bread crumbs
⅔ cup cream or rich milk
Salt and pepper to taste

Butter a 5x7x2-inch baking dish. Melt butter in small pan, mix in cracker and bread crumbs. Put half of buttered crumbs in dish. Cover with scallops. Add half the cream. Season with salt and pepper. Cover with remainder of crumbs. Add remaining cream. Bake in hot (350°F) oven until crumbs are brown, about 25 minutes. Yield: 4 servings.

Oatmeal Squares, Ramonia Allaire, Hyde Park, Vt.

⅓ cup sugar
Dry brown sugar substitute equal to ½ cup brown sugar
¼ cup butter or margarine, room temperature
1 tsp. vanilla
1 large egg

2 Tbsp. water
¾ cup all-purpose flour
1 tsp. baking powder
1½ cups old-fashioned rolled oats
¼ cup chopped nuts

Beat sugar, sugar substitute, butter or margarine, and vanilla at medium speed until light and fluffy. Add egg and water and beat until blended. Stir flour and baking powder together and add to creamy mixture. Mix well. Add oats and nuts; mix. Spread evenly in a lightly greased 9-inch square pan. Bake at 350°F for 25 to 30 minutes, or until a toothpick comes out clean. Cool for 30 minutes. Cut four by four. Cool an additional 15 minutes before serving. Yield: 16 servings. Nutrition Facts: 140 calories, 8g fat. Diabetic exchanges per serving: 1 starch and 1 fat; or 1 carbohydrate.

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