

# *Across the Fence*

## **Eating Light Recipes - May 2015**

### **Carolyn Peake's Recipes**

#### **Raisin Pound Cake**

1 pkg. (18¼ oz.) yellow cake mix	½ tsp. ground cinnamon
1 cup applesauce	¼ tsp. ground nutmeg
½ cup water	¼ tsp. ground allspice
¼ cup canola oil	½ cup raisins
3 eggs	

In a bowl, combine all ingredients. Beat on medium speed for 2 minutes. Stir in raisins. Pour into two greased 8x4-inch loaf pans. Bake at 350°F for 45 to 50 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 to 10 minutes before removing from pans to wire racks.

**Yield:** 2 loaves. 1 slice equals 100 calories.

#### **Slow-Cooked Pork Barbeque**

1 boneless pork roast (3 to 4 lbs.)	1 cup barbecue sauce
1½ tsp. seasoned salt	1 cup cola
1 tsp. garlic powder	10 sandwich buns, split

Cut the roast in half and place it in a 5-qt. slow cooker. Sprinkle with spices. Cover and cook on low for 4 hours, or until meat is tender. Remove meat and skim fat from juices. Shred meat with a fork and put it back in the cooker. Mix the barbecue sauce and cola and pour over meat. Cover and cook on high for 1 to 2 hours or until the sauce is thickened. Serve on rolls. **Yield:** 10 servings. 1 sandwich equals 410 calories.

#### **Crustless Spinach Quiche**

1 cup egg substitute	3 cups frozen chopped spinach, thawed and squeezed dry
3 oz. reduced fat cream cheese, softened	1 cup frozen chopped broccoli, thawed and well drained
1 cup fat free milk	1 small onion, finely chopped
¼ tsp. pepper	5 fresh mushrooms, sliced
3 cups (12 oz.) shredded reduced fat Cheddar cheese	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.

### **Basil Cherry Tomatoes**

3 pints cherry tomatoes, halved  
½ cup chopped fresh basil  
1½ tsp. olive oil

Pepper to taste  
Lettuce leaves, optional

In a large bowl, combine all ingredients except lettuce leaves. Mix well, cover and refrigerate until ready to serve. Serve on lettuce, if desired. **Yield:** 6 servings. 1 serving equals 42 calories.

### **Deb Plumley's Recipes**

#### **Fresh Start Smoothie**

1 banana peeled, chopped and frozen  
¼ cup orange juice

¼ cup unsweetened applesauce  
¼ cup plain 2% Greek style yogurt

Place ingredients in blender, pulse until smooth. Makes 1 serving, approximately 200 calories. *Tip:* If you have fresh bananas that are slightly overripe: peel, cut and freeze to have handy for this smoothie.

### **Key Lime Pie**

2 eggs  
2 egg whites  
½ cup Key lime juice  
1½ tsp. grated lime zest

1 can (14 oz.) low-fat sweetened condensed milk  
1 graham cracker crust (6 oz.)\*  
1½ cup low-fat whipped topping

Preheat oven to 350°F. Beat the eggs and egg whites with a whisk or a mixer until blended. Stir in the juice, zest and milk and beat until well blended. Pour the mixture into the crust. Bake on the center oven rack for about 20 minutes, until the center is set but still wobbly (it will firm up as it cools). Allow the pie to cool on the counter, then cover with plastic wrap and refrigerate for at least 2 hours. Before serving, spread the whipped topping evenly over the filling. **Note:** Use a pre-baked pastry crust for fewer calories. **Yield:** 6 to 8 servings. 1 serving equals 330 calories, 10 g fat (5 g saturated), and 39 g sugar.

#### **Tips to use extra Key Lime Juice:**

- Mix curry powder, Key lime juice and tomato paste to make a sauce. Slow cook chicken pieces and chickpeas in the sauce.
- Mix 2 tablespoons juice with ¼ cup softened butter. Top grilled fish and meat with it.
- **Honey Lime Dressing:** ¼ cup Key lime juice, 1 Tbsp. canola oil, 2 Tbsp. honey, ¼ tsp. cinnamon and a dash of paprika. Combine all ingredients and shake well to combine. Chill. Shake again before serving.

### **Lite Fettuccine Alfredo**

1 lb. dry fettuccine	½ tsp. ground nutmeg
2 cups skim milk	¼ cup extra virgin olive oil
1 cup part-skim ricotta cheese	¼ cup flour
⅔ cup 2% Greek-style yogurt	⅓ cup grated Parmigiano-Reggiano
¼ cup minced onion	Minced zest of 1 lemon
2 Tbsp. chopped garlic	Black pepper to taste
1 tsp. kosher salt	Sprinkle of dried parsley or oregano

Cook fettuccine in a large pot of boiling salted water according to package directions; drain and set aside. Blend milk, ricotta, yogurt, onion, garlic, salt and nutmeg in a blender until smooth. (You can transfer mixture to an airtight container and refrigerate up to a week at this point). Heat oil in a sauté pan over medium heat; whisk in flour until smooth. Whisk blended milk mixture until smooth. The sauce will clump as the dairy ingredients are added, but continue whisking until smooth. Simmer until it thickens, about 8 minutes. Stir in Parmigiano-Reggiano and zest; season with pepper. Toss Alfredo sauce with pasta. **Yield:** 6 servings. 1 serving equals 248 calories; 8 g total fat, 278 mg sodium.

### **Tomato Vinaigrette Salad**

1 Roma tomato (½ cup), chopped	½ tsp. each kosher salt and black pepper
2 Tbsp. red wine vinegar	Sprinkle of dried parsley or oregano
2 tsp. extra virgin olive oil	1 bag (5 oz.) mixed salad greens
½ tsp. Dijon mustard	

Blend tomato, vinegar, oil, mustard, salt and pepper in a mini food processor until tomato is pureed. Serve over greens. **Yield:** 4 servings. 1 serving equals 30 calories with 2 g total fat.

### **Lyn Jarvis' Recipes**

#### **Green Bean Salad with Bacon**

2 lbs. green beans, trimmed	2 Tbsp. honey
3 bacon slices	2 Tbsp. Dijon mustard
2 Tbsp. finely chopped shallots	1 tsp. freshly ground black pepper
¼ cup red wine vinegar	½ tsp. kosher salt

Cook beans in boiling water 5 minutes. Drain and plunge beans into ice water; drain. Place beans in a large bowl. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon; set aside. Add shallots to drippings in pan; cook 1½ minutes, stirring frequently. Add vinegar; cook 30 seconds, scraping pan to loosen browned bits. Drizzle mixture over beans. Combine honey, mustard, pepper, and salt, stirring with a whisk. Pour over green bean mixture; toss to coat. Sprinkle with crumbled bacon. **Yield:** 6 servings. 1 serving equals 96 calories, fat 2.3 g.

## **Lemon Pound Cake**

1 cup whole-wheat pastry flour or white whole-wheat flour  
¾ cup all-purpose flour  
2 tsp. baking powder  
¼ tsp. salt  
3 large lemons, divided  
1¼ cups sugar, divided

3 oz. reduced-fat cream cheese, at room temperature  
2 Tbsp. butter, at room temperature  
3 large egg whites, at room temperature  
1 large egg, at room temperature  
½ cup reduced-fat milk

Preheat oven to 350°F. Coat a 5x7-inch loaf pan with cooking spray; dust with flour and tap out any excess. Sift whole-wheat flour, all-purpose flour, baking powder and salt together into a medium bowl. Finely grate 2 tablespoons zest from 2 of the lemons; set the lemons aside. Beat ¾ cup sugar, cream cheese, butter and the zest in a large bowl with an electric mixer on medium-high speed until light and fluffy, about 2 minutes. Beat in egg whites, one at a time, beating well after each addition. Add the egg and beat well. Reduce speed to medium and beat in milk; the mixture will look curdled. Reduce the mixer speed to low and add the flour mixture in 2 batches, beating just until combined and scraping down the sides of the bowl as necessary. Transfer the batter to the prepared pan and smooth the top with a rubber spatula. Bake the cake until a wooden skewer inserted in the center comes out clean, 45 to 50 minutes. Cool in the pan on a wire rack for 15 minutes. Run a knife around the sides and turn the cake out onto the rack. While the cake is cooling, squeeze 5 tablespoons juice from the zested lemons. Trim the ends off the remaining whole lemon and very thinly slice; discard any seeds. Heat the lemon juice and remaining ½ cup sugar in a small nonstick skillet over medium heat, stirring until the sugar is dissolved. Add the lemon slices and cook, stirring frequently, until softened, about 5 minutes. Reduce heat to maintain a simmer. Use a fork to transfer the lemon slices to a bowl. Continue simmering the syrup until slightly thickened and beginning to turn golden yellow, 2 to 4 minutes. Set the rack over a rimmed baking sheet. Poke holes all over the top of the warm cake with a wooden skewer, 1½ to 2 inches deep. Spoon the glaze over the cake, poking more holes if the glaze does not sink in. Arrange the lemon slices on top. Let the cake cool completely before slicing. **Yield:** 12 servings. 1 serving equals 197 calories; 4 g fat; 36 g carbohydrates.

## **French Onion Pork Chop Skillet**

6 boneless pork chops (1½ lbs.)  
2 onions, thinly sliced  
2 Tbsp. Worcestershire sauce

1 pkg. (16 oz.) stuffing mix for chicken  
1 cup low moisture part skim mozzarella cheese

Heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chops and onions; cook 10 min. or until done (160°F), turning chops and stirring onions after 5 minutes. Remove chops. Cook and stir onions 5 minutes or until golden brown. Stir in Worcestershire sauce. Return chops to skillet; top with onion mixture. Mix stuffing mix and 1½ cups hot water; spoon around edge of skillet. Top with cheese; cover. Cook 5 minutes or until cheese is melted.

**Yield:** 6 servings. 1 serving equals 310 calories.

### Macaroni and Cheese Muffins

8 oz. small elbow macaroni (about 2½ cups)	1 large egg
2 cups reduced-fat sharp cheddar cheese	½ tsp. garlic salt
2 tsp. cornstarch	½ cup panko breadcrumbs
1 cup low-fat milk	2 tsp. melted butter

Preheat the oven to 400°F. Place paper or foil liners in a 12-cup muffin tin and spray lightly with non-stick baking spray. Cook the macaroni according to the package directions. Drain and immediately return to the pot. Add the cheese and stir until it is nearly melted. In a medium bowl, whisk together the cornstarch and milk. Add the egg and whisk until smooth. Pour the milk mixture over the macaroni and mix well. In a small bowl combine the butter and the breadcrumbs. Scoop the macaroni mixture evenly into the prepared muffin tins (it will be wet and milky, but don't worry, it will bake up fine). Sprinkle 2 teaspoons crumbs on each and bake for 20 minutes. **Yield:** 12 servings. 1 serving equals 130 calories, 189 carbohydrate, 3g total fat.

### Old-Fashioned Strawberry Pie

1 sheet refrigerated pie pastry	½ cup boiling water
1 pkg. (3 oz.) cook-and-serve vanilla pudding mix	4 cups sliced fresh strawberries
1½ cups water	3 oz. reduced-fat cream cheese
1 tsp. lemon juice	2 cups reduced-fat whipped topping, divided
1 pkg. (.3 oz.) sugar-free strawberry gelatin	1 tsp. vanilla
	Fresh strawberries for garnish

On a lightly floured surface, unroll. pastry. Transfer to a 9-inch pie plate. Trim pastry to ½-inch beyond edge of plate; flute edges. Line un-pricked pastry with a double thickness of heavy-duty foil. Bake at 450°F for 8 minutes. Remove foil; bake 5 to 7 minutes longer or until lightly browned. Cool on a wire rack. In a small saucepan, combine pudding mix, water and lemon juice. Cook and stir over medium heat until mixture comes to a boil. Cook and stir 1 to 2 minutes longer or until thickened. Remove from the heat; set aside. In a large bowl, dissolve gelatin in boiling water. Gradually stir in pudding. Cover and refrigerate for 30 minutes or until thickened. Fold in sliced strawberries. Transfer to crust.

**For topping:** In another bowl, beat the cream cheese, ½ cup whipped topping and vanilla until smooth. Fold in remaining whipped topping. Cut a small hole in the corner of a pastry or plastic bag; insert a medium star tip. Fill with topping. Pipe topping around edges of pie; garnish with strawberries. Refrigerate for at least 1 hour. **Yield:** 8 servings. 1 serving equals 259 calories, 12 g fat, 37 g carbohydrate.

### Iceland Glacier Cookies

4 egg whites	3 cups cornflakes
1 cup sugar	1 tsp. vanilla
4½ oz. semisweet chocolate, chopped	

Heat oven to 300°F. Using an electric hand mixer, beat whites while slowly adding sugar until stiff peaks form. Fold in chocolate, cornflakes, and vanilla. Space tablespoon-size amounts of batter 1-inch apart on parchment paper-lined baking sheets; bake until crisp, about 20 minutes. **Yield:** 2½ dozen. 1 serving equals 110 calories.

## **Viewer's Recipes**

### **Tuna Filling for Hors d'oeuvres**

**Lynn Bourgeois, Vergennes, Vt.**

1 can (7 oz.) tuna in water, drained  
½ small onion, chopped  
2 Tbsp. mayonnaise

2 to 3 tsp. curry powder  
1 apple, grated  
1 Tbsp. butter

Dice the onion and simmer in butter until golden brown. Add tuna, curry powder, mayonnaise and stir 3 to 4 minutes. Grate the apple and add just before taking from heat. This is delicious spread on melba toast or wrapped in phyllo dough and baked in oven. Follow phyllo dough baking instructions. Less than 200 calories per serving.

### **Slow Cooker Cassoulet**

**Patricia and Jess Pastor, Hyde Park, Vt.**

½ cup chopped onion  
½ cup thinly sliced carrots  
1 lb. cocktail size smoked sausage  
1 can (16 oz.) baked beans, undrained  
1 pkg. (9 oz.) frozen baby lima beans

1 pkg. (8 oz.) frozen cut green beans  
½ cup firmly packed brown sugar  
½ cup ketchup  
1 Tbsp. mustard

Combine all ingredients in slow cooker. Cook on high for 1 hour, then reduce to low setting. Continue to cook for at least 4 hours or up to 8 hours. Yield: 6 one cup servings. 1 serving equals 185 calories.

### **Coffee Cake Light**

**Liz Pecor, Monkton, Vt.**

1 cup flour  
½ cup milk  
Dash salt  
2 tsp. baking powder  
Dash of lemon juice  
½ cup sugar

¼ cup applesauce  
¼ tsp. nutmeg  
1 egg  
Chopped apple (optional)

**Topping:**  
2 Tbsp. flour  
½ cup brown sugar  
1 tsp. cinnamon  
½ tsp. nutmeg

Mix topping ingredients together and set aside. Mix applesauce, sugar and lemon juice. Beat in egg. Add milk and mix well. Sift together flour, salt, nutmeg and baking powder. Add to mixture; mix well. Pour into greased 8x8-inch pan. Cover with half of topping. Add rest of the batter and top with remaining topping. Dot top with butter. Bake at 350°F for 20 to 30 minutes. 1 serving equals 120 calories.

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