

# *Across the Fence*

## Healthy Eating & Special Needs Recipes – June 2017

### Carolyn Peake's Recipes

#### Chickpea Salad (from Jo-Anne White – Prince Edward Island, Canada)

1 can (15 to 15½ oz.) chickpeas (garbanzo beans), rinsed and drained	4 tsp. extra-virgin olive oil
2 Tbsp. chopped fresh basil	1 small garlic clove, pressed
2 Tbsp. chopped fresh Italian parsley	1⅓ cup (packed freshly grated Parmesan cheese
2 Tbsp. fresh lemon juice	coarse kosher salt

Combine all ingredients and toss to coat. Chill until ready to serve.

#### Deviled Eggs with Pickled Onions

8 large eggs	2 Tbsp. mayonnaise
¼ cup water	2 tsp. Dijon mustard
¼ cup cider vinegar	salt and pepper to taste
1 Tbsp. sugar	2 Tbsp. finely chopped chives
¼ cup finely chopped red onion	½ tsp. sriracha or hot pepper sauce for extra kick, optional
2 Tbsp. plain 2% Greek yogurt	

Boil the eggs until hard-cooked. Remove eggs from pan to a bowl of ice water to cool for three minutes. Meanwhile, combine water, vinegar and sugar in a medium, microwave safe bowl and microwave at HIGH 2 minutes or until boiling. Stir in onion and let stand at room temperature for 15 minutes. Combine yogurt, mayonnaise, mustard and spices in a medium bowl, stirring until well combined. Peel eggs and slice in half lengthwise. Add six yolks to yogurt mixture, reserving extra yolks for another use. Mash with a fork until smooth, then stir in 2 Tbsp. red onion. Spoon mixture into egg white halves (about 1 Tbsp. per half) and garnish with remaining onion and chives.

#### Tangy Poppy Seed Salad

1 can (20 oz.) unsweetened pineapple chunks, drained	<b>Dressing:</b>
1 lb. fresh strawberries, quartered	2 - 4 Tbsp. honey
2 cups fresh blueberries	½ tsp. grated lime peel
2 cups fresh raspberries	2 Tbsp. lime juice
2 medium navel oranges, peeled and sectioned	2 tsp. poppy seeds
2 medium kiwi fruit, peeled, halved and sliced	

Place all fruits in large bowl. Whisk dressing ingredients in a small bowl. Pour over fruit and toss gently to combine. Refrigerate until ready to serve. **Yield:** 10 servings. **Nutritional info:** 117 calories per ⅔ cup. Diabetic exchange: 2 fruit.

### **Easy Chicken Parmesan (from Jo-Anne White – Prince Edward Island, Canada)**

1½ lbs. boneless, skinless, chicken breasts  
salt, pepper and granulated garlic  
¾ cup coconut flour  
2 Tbsp. olive oil or butter

1½ cups homemade or jarred pasta sauce  
4-6 Tbsp. grated Parmesan cheese  
2 Tbsp. fresh chopped oregano or parsley

Place chicken breasts flat on your cutting board with the rounded smooth side facing up. Trim any tenders and set aside to cook with the cutlets or freeze for later use. Place the palm of your hand on the chicken breast and slice the breasts into equal halves horizontally, keeping your knife parallel to the cutting board. Season both sides of the chicken with salt, pepper and granulated garlic. Sprinkle flour over the chicken and lightly coat both sides. Shake off the excess. Heat a large fry pan over medium heat. Add olive oil. When it is bubbling and hot add cutlets, nicer side down first. Allow to cook until they are golden. You can tell when they are almost ready to turn, as the edges start to get white. Turn the cutlets and cook another minute or two, depending on how thick the cutlets are. When done they will be firm to the touch but still give just a little. Pre-heat the broiler on high. Place cooked cutlets on foil lined baking sheet in a single layer. Top with sauce and cheese. Broil briefly until cheese melts. Top with fresh herbs and serve.

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

#### **Chicken Corn Chowder**

1 Tbsp. olive oil  
1 cup diced onion  
1 Tbsp. fresh thyme  
12 oz. chopped skinless, boneless  
chicken breast, cooked  
3 cups unsalted chicken stock

1½ cups corn  
1 tsp. kosher salt  
½ tsp. black pepper  
¾ cup canned light coconut milk  
1 Tbsp. all-purpose flour

Heat olive oil in a saucepan over medium-high. Add onion, thyme, and chicken; sauté 5 minutes. Add chicken stock, corn, salt, and pepper; cook 10 minutes. Combine coconut milk and flour; stir into soup until thickened.

#### **Pineapple Angel Food Cake**

1 baked angel food cake  
1 container low fat whipped topping  
1 can (20 oz.) crushed pineapple

1 pkg. low sugar instant vanilla pudding mix  
fresh fruit for topping

Mix together whipped topping, pineapple and vanilla pudding mix in a bowl until well blended. Refrigerate at least 1 hour before using. Slice cooled angel food cake in half horizontally. Spread bottom half with whipped topping mixture. Top with remaining half of cake and spread remaining topping on cake top. Refrigerate until ready to serve. If desired, top with fresh strawberries before serving.

## **20 Minute Healthy Taco Salad**

1 lb. lean ground beef (or ground turkey  
or chicken)  
salt and pepper  
2 Tbsp. homemade taco seasoning  
*\*recipe follows below*  
½ cup water  
8 cups chopped romaine lettuce  
15 oz. can black beans, rinsed and drained

15 oz. can corn, drained  
1 cup cherry tomatoes, halved  
1 cup grated cheddar and/or jack cheese  
1 large avocado, sliced  
1 cup salsa  
plain Greek yogurt or sour cream for serving,  
*optional*

Heat a large skillet over medium heat. Add ground beef and sprinkle with salt and pepper. Cook, breaking up the meat, until meat is browned, about 5 minutes. Add the taco seasoning and water, reduce the heat to a low simmer, and cook, stirring occasionally, until liquid is mostly gone and meat is cooked through, about 5 minutes.

**To assemble the salads:** Divide the lettuce, black beans, corn, tomatoes, cheese and avocado evenly between four large plates. Top with the beef and salsa. Serve with plain Greek yogurt or sour cream, as desired.

### **\*Taco Seasoning:**

3 Tbsp. chili powder  
2 Tbsp. cumin  
1 Tbsp. onion powder  
2 tsp. paprika

¾ tsp. garlic powder  
¾ tsp. dried oregano  
¼ tsp. cayenne pepper

Place all ingredients in a small bowl and whisk until well combined. Store in an airtight container at room temperature. To make taco meat, use 2 heaping tablespoons taco seasoning per pound of meat. Brown the meat, add in the taco seasoning and 1 cup of water, and simmer until most of the liquid has evaporated, stirring occasionally. Season with salt and freshly ground black pepper to taste.

## **Red Snapper with Chunky Tomato-Watermelon Salsa**

1½ cups halved cherry tomatoes (about  
8½ oz.)  
1½ cups diced seedless watermelon (about  
8½ oz.)  
¼ cup finely chopped red onion  
1 red Fresno chile, finely chopped  
2 Tbsp. finely chopped fresh cilantro

1 Tbsp. finely chopped fresh mint  
2 Tbsp. fresh lime juice  
3 Tbsp. canola oil, divided  
¾ tsp. kosher salt, divided  
4 skin-on red snapper fillets (about  
6 oz. each)\*  
½ tsp. black pepper

Stir together tomatoes, watermelon, red onion, chile, cilantro, mint, lime juice, 1 tablespoon canola oil, and ¼ teaspoon salt in a medium bowl. Set aside. Pat fish dry with paper towels. Cut 3 shallow slits into the skin side of each fillet. Sprinkle fillets with pepper and remaining ½ teaspoon salt. Heat remaining oil in a large stainless-steel or cast-iron skillet over high heat. Add fillets, skin side down, and cook until skin is browned and crisp, about 5 minutes. Turn fillets; cook until lightly browned and done, 1 to 2 minutes. Serve fish immediately, skin side up, topped with salsa.

**\*Note:** Any white fish may be used, such as Tilapia.

## Lyn Jarvis' Recipes

### Apricot Oatmeal Cookies

1 cup instant oats  
¾ cup whole wheat flour  
1½ tsp. baking powder  
½ tsp. cinnamon  
⅛ tsp. salt

2 Tbsp. unsalted butter, melted  
1 large egg, room temperature  
1 tsp. vanilla  
½ cup honey  
½ cup dried apricots, diced

In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, and salt. In a separate bowl, whisk together the butter, egg, and vanilla. Stir in the honey until thoroughly incorporated. Add in the flour mixture, stirring just until incorporated. Fold in the apricots. Chill the dough for at least 30 minutes. (If chilling longer, cover with plastic wrap, ensuring it touches the entire surface of the cookie dough.) Preheat the oven to 325°F, and line a baking sheet with parchment paper. Drop the cookie dough into 15 rounded scoops on the baking sheet. (If chilled longer than 1.5 hours, flatten each slightly.) Bake at 325°F for 15 to 18 minutes. Cool on the baking sheet for at least 15 minutes before turning out onto a wire rack. **Yield:** 15 cookies.

**Note:** Be sure that the egg is at room temperature before whisking it in. A cold egg added straight from the fridge would rapidly cool the fat source, resulting in small blobs of semi-solid butter. Recipe may be doubled. **Nutritional info:** 102 calories per cookie. 18.9 g. carbohydrate.

### Roasted Strawberry Ice Cream

1 lb. fresh strawberries, rinsed, hulled and patted dry  
14 oz. sweetened condensed milk  
1 pint heavy whipping cream, chilled

Preheat your oven to 350°F. Line a large, rimmed baking sheet with unbleached parchment paper. Place the strawberries on the prepared baking sheet in an even layer on the baking sheet. Place the baking sheet in the center of the preheated oven and roast the strawberries for 20 minutes. Remove the strawberries from the oven and, with the underside of a large spoon, press firmly on each strawberry on the baking sheet to crush it enough to release some juice. Return the strawberries to the oven and continue to bake until they are very soft and their juice is reduced to a thick liquid (about another 10 minutes). Remove the strawberries from the oven. Pour 2 ounces of the sweetened condensed milk into a blender. Add the roasted strawberries (reserving a few roasted strawberries for garnish, if desired) and blend until smooth. The puree will be thick and will pour slowly. In a large bowl, place the remaining 12 ounces of sweetened condensed milk and the strawberry puree, and whisk to combine well. Place the cream in the bowl of a stand mixer fitted with the whisk attachment (or a large bowl with a handheld mixer) and beat on medium-high speed until slightly stiff peaks form. Scrape the whipped cream into the bowl of strawberry condensed milk, and fold in the whipped cream until only a few bright white streaks remain. Pour into a 2 quart freezer-safe container with a lid, and smooth the top. Cover tightly and place in the freezer until firm (at least 4 hours). Serve right from the freezer. It will not need to thaw at all to be scoopable. **Yield:** 2 quarts ice cream

### Waffle Iron Turkey Melt Panini

4 bacon slices	4 slices (1/8-inch thick) tart apple (such as Granny Smith)
2 Tbsp. mayonnaise	2 slices (1 oz.) reduced-fat Colby-Jack cheese
2 tsp. Dijon mustard	cooking spray
4 slices whole-grain or whole-wheat bread	
4 oz. unsalted sliced deli turkey	

Preheat a waffle iron with 2 compartments to HIGH. Place a paper towel on a microwave-safe plate. Arrange bacon on paper towel; cover with an additional paper towel. Microwave bacon at HIGH for 4 minutes or until done. Combine mayonnaise and mustard in a small bowl. Spread about 1¼ teaspoons mayonnaise mixture over each bread slice. Divide bacon, turkey, apple slices, and cheese evenly among 2 bread slices; top with remaining bread slices, spread side down. Lightly coat both sides of sandwiches with cooking spray. Place 1 sandwich in each compartment of waffle iron; close waffle iron firmly on sandwiches. Place a heavy skillet on top of waffle iron to help flatten sandwiches evenly. Cook 3 to 4 minutes or until golden brown and cheese melts. Frying pan may be used if waffle iron not available. **Yield:** 2 sandwiches. **Nutritional info:** 369 calories. 29g. carbohydrate

### Chicken Salad with Bacon, Lettuce, and Tomato

5 slices bacon	1 Tbsp. chopped parsley
3 cups diced cooked chicken	1 tsp. lemon juice
1 cup chopped fresh tomato	1 dash Worcestershire sauce
2 stalks celery, thinly sliced	salt and pepper to taste
¾ cup mayonnaise	12 leaves romaine lettuce
2 Tbsp. minced green onion	1 large avocado, sliced

Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels; crumble. Stir chicken, bacon, tomato, and celery together in a bowl. Whisk mayonnaise, parsley, green onions, lemon juice, Worcestershire sauce, salt, and black pepper together in a bowl until dressing is smooth. Pour dressing over chicken mixture; toss to coat. Refrigerate until chilled, at least 30 minutes. Stir chicken mixture and serve over romaine lettuce leaves; garnish with avocado slices. **Yield:** 6 servings. **Nutritional info:** 456 calories per serving. 7.5g. carbohydrate.

**To prevent avocados from turning brown:** Lemon or lime juice - citric acid in lemon or lime juice is a strong antioxidant that dramatically slows the browning process. Simply squeeze a small amount of fresh citrus juice over your avocado or guacamole will keep it from browning for at least a day. If possible, slice the avocado just before serving.

### Viewer's Recipes

#### Country Style Pork – Arthur Maxham, South Hero, Vt.

3 to 3½ lbs. pork cut into bite size pieces	½ cup chopped onion	1 tsp. salt
1 cup ketchup	¼ cup brown sugar	2 tsp. prepared mustard
½ cup water or tomato juice	3 Tbsp. Worcestershire sauce	¼ tsp. powdered thyme
	2 tsp. garlic salt	

Boil pork in water 10 minutes and drain. Put meat in a casserole dish (Arthur uses a glass bread pan). Mix the remaining ingredients together and pour over meat. Cover and bake at 325°F for 90 minutes. **Note:** A slow cooker on HIGH for 4 to 5 hours may be used.

### **Gluten Free Brownies – Sally Fisk, Rutland, Vt.**

1¼ cups semisweet chocolate chips	2 Tbsp. oil
1 can (15 oz.) garbanzo beans or chickpeas, rinsed and drained	1½ tsp. vanilla
3 egg whites	½ cup packed brown sugar
1 egg	½ tsp. baking powder
2 Tbsp. instant coffee granules, optional	dash salt
	½ cup chopped walnuts, optional

In a microwave, melt chocolate chips; stir until smooth. Cool slightly. Meanwhile, place the beans, egg whites, egg, coffee granules if desired, oil and vanilla in a food processor. Cover and process until smooth. In a small bowl, combine the brown sugar, baking powder and salt; add to bean mixture. Cover and process until combined. Gradually add the chocolate; process until blended. Pour batter into a 9-in. square baking pan coated with cooking spray. Sprinkle with walnuts if desired. Bake at 350°F for 3 to 35 minutes or until a toothpick inserted near the center comes out with moist crumbs (do not overbake). Cool completely on a wire rack. **Yield:** 1 dozen. **Editor's Note:** Read all ingredient labels for possible gluten content prior to use. Ingredient formulas can change, and production facilities vary among brands. If you're concerned that your brand may contain gluten, contact the company. **Nutritional info:** 184 calories each, 26g carbohydrate. **Diabetic Exchanges:** 1½ starch, 1½ fat.

### **Blueberry Cobbler – Donna Barcomb, Milton, Vt.**

⅔ cup all-purpose flour	⅔ cup skim milk
½ cup sugar	2 Tbsp. butter
1½ tsp. baking powder	2 cups blueberries, cleaned and washed
¼ tsp. salt, optional	

In a medium bowl, combine the flour, sugar, baking powder, and salt (if desired). Stir in the milk, and mix the batter until smooth. Pour the melted butter into a 1 or 1½ quart casserole type baking dish. Pour in the batter, and sprinkle the blueberries on top. Bake the cobbler in a preheated 350°F for 40 to 45 minutes or until it is lightly browned. Spoon the cobbler into individual dishes to serve. **Yield:** 8 servings. **Nutritional info:** 137 calories per serving. 26g. carbohydrate.

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