

Across the Fence

Cooking Light Recipes – June 2018

Carolyn Peake's Recipes

Trail Mix Muffins

2¼ cups all-purpose flour	¾ cup vegetable oil
1 cup granola cereal (without raisins)	1 tsp. vanilla extract
¾ cup packed brown sugar	½ cup mini semisweet chocolate chips
2 tsp. baking powder	½ cup chopped dry roasted peanuts
2 eggs	½ cup raisins
1 cup milk	½ cup chopped dried apricots

In a large bowl, combine the flour, cereal, brown sugar, and baking powder. In another bowl, beat eggs, milk, oil and vanilla. Stir this into dry mixture just until moistened. Fold in chocolate chips, peanuts, raisins, and apricots. Fill greased or paper-lined muffin cups ¾ full. Bake at 375°F for 15 to 18 minutes, or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to rack. **Yield:** About 1½ dozen.

Lemony Coconut Macaroons

4 large egg whites	1½ tsp. grated lemon peel
Dash of cream of tartar	½ tsp. baking powder
1 can sweetened condensed milk	3 pkgs. (7 oz. each) sweetened shredded coconut
¼ cup lemon juice	

Preheat oven to 325°F. In a large bowl, beat egg whites and cream of tartar until stiff peaks form. In another large bowl, beat milk and lemon juice on high speed until thickened, about 3 minutes. Stir in lemon peel, baking powder and coconut. Fold in egg whites. Drop mixture by rounded tablespoonsful 2-inches apart onto parchment paper-lined baking sheets. Bake 15 to 18 minutes or until golden brown. Cool on pans for 2 minutes. Remove to wire racks to cool. **To freeze:** Freeze cookies, layered between waxed paper, in freezer containers. To use, thaw before serving. **Yield:** About 3 dozen.

Impossibly Easy Vegetable Pie

2 cups chopped broccoli or sliced fresh cauliflowerets	½ cup biscuit mix
½ cup chopped onion	1 cup milk
½ cup chopped green bell pepper	2 eggs
1 cup (4 oz.) shredded Cheddar cheese	Salt and pepper to taste

Heat oven to 400°F. Grease a 9-inch plate. Bring an inch of salted water to boiling in a medium saucepan. Add broccoli, cover and heat to boiling. Cook about 5 minutes or until almost tender, drain thoroughly. Stir together the broccoli, onion, bell pepper and cheese in pie plate. Stir in remaining ingredients until blended and pour into pie plate. Bake 35 to 45 minutes or until golden brown and knife inserted in center comes out clean. Cool 5 minutes. **Yield:** 6 servings.

Chicken Salad with Grapes, Cashews and Apples

4 cooked skinless chicken breasts, diced	½ cup finely chopped green onions
2 cups seedless red grapes, each cut in half	1 to 2 cups reduced fat mayonnaise
2 cups salted cashews	2 to 4 Tbsp. lime juice
2 small Gala apples, finely diced	2 tsp. chopped fresh dill (optional)
½ cup finely chopped red onion	Salt and pepper to taste

In a large bowl, stir together all ingredients until well mixed.

Lyn Jarvis' Recipes

Balsamic Green Bean Salad

2 lbs. fresh green beans, trimmed and cut into 1½-inch pieces	¼ tsp. garlic powder
¼ cup olive oil	¼ tsp. ground mustard
3 Tbsp. lemon juice	⅛ tsp. pepper
3 Tbsp. balsamic vinegar	1 large red onion, chopped
¼ tsp. salt	4 cups cherry tomatoes, halved
	1 cup (4 oz.) crumbled feta cheese

Place beans in a 6-qt. stockpot or Dutch oven; add water to cover. Bring to a boil. Cook covered, 8 to 10 minutes or until crisp-tender. Drain and immediately place into ice water. Drain and pat dry. In a small bowl, whisk oil, lemon juice, vinegar, salt, garlic powder, mustard and pepper. Drizzle over beans. Add onion; toss to coat. Refrigerate, covered, at least 1 hour. Just before serving, stir in tomatoes and cheese. **Note:** Recipe may be halved. This dish serves a crowd. If you end with leftovers mix them with cooked pasta and diced turkey breast for a speedy lunch or dinner. **Nutritional info:** ¾ cup: 77 calories, 5g fat. **Diabetic exchanges:** 1 vegetable, 1 fat. **Yield:** 16 servings.

Soft Orange Custard

2 Tbsp. butter, softened	¼ cup orange juice
⅔ cup sugar	1½ tsp. grated orange zest
2 large eggs, lightly beaten	1 tsp. lemon juice
2 Tbsp. all-purpose flour	1 cup fat-free milk
¼ tsp. salt	

In a small bowl, beat butter and sugar on medium speed for 1 minute. Add the eggs, flour and salt. Beat for about 2 minutes or until thickened. Add the orange juice, orange zest and lemon juice. Stir in milk. Pour into five 6-oz. ramekins or custard cups. Place ramekins in a 13x9-in. baking pan. Add 1 in. of boiling water to pan. Bake, uncovered at 325° for 40 to 60 minutes or until a knife inserted in the center comes out clean. Remove ramekins from water bath. Serve warm or chilled. Refrigerate leftovers. **Nutritional info:** ½ cup: 208 calories, 7g fat. **Diabetic exchanges:** 2 starch, 1 fat. **Yield:** 5 servings.

Black Forest Cake

2 cups cherry juice or blend	2 tsp. baking soda
1¾ cups sugar	1 tsp. salt
½ cup unsweetened applesauce	1½ cups cold fat-free milk
¼ cup canola oil	1 pkg. (1.4 oz.) sugar-free instant chocolate pudding mix
2 eggs	1 can (20 oz.) reduced-sugar cherry pie filling
2 Tbsp. cider vinegar	1½ cups frozen fat-free whipped topping, thawed
3 tsp. vanilla	
3 cups all-purpose flour	
⅓ cup baking cocoa	

In a large bowl, beat the cherry juice, sugar, applesauce, oil, eggs, vinegar and vanilla until well blended. In a large bowl, combine the flour, cocoa, baking soda and salt; gradually beat into cherry juice mixture until blended. Pour into a 13x9-in. baking pan coated with cooking spray. Bake at 350° for 35 to 40 minutes or until a toothpick inserted in the center comes out clean. Cool completely on a wire rack. In a small bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Frost top of cake with pudding. Cover and refrigerate for 15 minutes. Top with pie filling. Chill until serving. Serve with whipped topping. **Nutritional info:** 1 piece: 186 calories, 3g fat. **Yield:** 24 servings.

Beef and Broccoli Stir Fry

1 lb. boneless beef round steak, 1-inch thick, cut into thin strips	1 bag (24 oz.) frozen broccoli & three cheese sauce
1 jar (4.5 oz.) sliced mushrooms, drained	2 Tbsp. vegetable oil
1 Tbsp. cornstarch	1 cup sliced green onions
1 clove garlic, finely chopped	Hot cooked rice, if desired
½ cup teriyaki sauce	

In large bowl, mix beef, mushrooms, cornstarch, garlic and teriyaki sauce. Let stand at room temperature 20 minutes, stirring occasionally. Drain beef and mushrooms well, reserving marinade. Cook frozen broccoli as directed on bag. In 12-inch skillet, heat oil over medium-high heat. Cook beef, mushrooms and green onions in oil 3 to 5 minutes, stirring frequently, until beef is no longer pink. Stir in cooked broccoli. Gradually add reserved marinade. Cook over medium-high heat 2 to 3 minutes, stirring constantly, until mixture thickens. Serve over rice. **Note:** Add soy sauce to taste, if desired. **Nutritional info:** 220 calories, 8g fat. **Diabetic exchanges:** 1 serving equals ½ starch; 1½ vegetable; 2 lean meat, ½ fat. **Yield:** 6 servings.

Mango Cherry Smoothie

1 cup unsweetened almond milk	½ cup frozen mango chunks
¾ cup frozen cherries	1½ Tbsp. peanut butter
½ cup plain 2% fat Greek yogurt	¼ tsp. vanilla

In a blender, puree all ingredients until smooth. Serve immediately, or refrigerate until ready to serve. **Nutritional info:** 387 calories, 18g fat, 20g protein. **Yield:** 1 serving.

Deb Plumley's Recipes

Mom's Creamy Chicken and Broccoli

1 bag (12 oz.) of frozen broccoli florets	½ cup plain fat free Greek yogurt
1 Tbsp. canola oil	¼ cup canola mayonnaise
1 cup onion, chopped	½ tsp. freshly ground black pepper
1 pkg. (8 oz.) fresh mushrooms, sliced	¼ tsp. salt
3 Tbsp. flour	½ cup shredded sharp cheddar cheese
1½ cups fat free milk	¼ cup parmesan cheese, grated
3 cups skinless cooked chicken breast, chopped	

Steam broccoli until just tender. Heat a large ovenproof skillet over medium high heat. Add oil to pan, swirl to coat. Add onions and mushrooms; cook 10 to 12 minutes until mushrooms brown and liquid evaporates, stirring occasionally. Sprinkle mushroom mixture with flour; cook 1 minute. Stir in milk. Bring to a boil and cook until thick and bubbly, about 3 minutes. Add broccoli and chicken, stir well. Remove from heat and add yogurt, mayonnaise, salt and pepper. Top with cheeses, broil 2 minutes under preheated broiler.

Peanut Sauced Chicken Pitas

1 cup shredded skinless, boneless chicken thigh or drumstick meat	1 tsp. chili paste with garlic (optional)
½ cup thinly sliced green onions	1 whole-wheat pita (6-inches), cut in half
2 Tbsp. thinly sliced red bell pepper strips	½ cup fresh mung bean sprouts, rinsed, drained and patted dry
2 Tbsp. peanut satay sauce*	2 Tbsp. diagonally cut carrot
⅛ tsp. kosher salt	2 Tbsp. chopped fresh cilantro

Combine chicken with the onions, bell pepper strips, satay sauce and salt, tossing well to coat. Stir in chili paste, if desired. Fill each pita half with about ½ cup of the chicken mixture, ¼ cup of bean sprouts, 1 tablespoon of carrot and cilantro. **Yield:** 2 servings. **Note:** You may serve this in a wrap or on a bed of lettuce as well.

*Easy Peanut Satay Sauce

2 Tbsp. finely chopped onion	2 Tbsp. sweet chili sauce
1 small clove garlic, finely chopped	1 Tbsp. soy sauce
½ cup peanut butter	Squeeze of lime or lemon juice to taste
½ cup water	

Heat a dash of oil in a small saucepan. Cook the onion and garlic over a low heat until soft. Do not allow to brown. Add peanut butter and water and stir until smooth. Remove from heat and stir in sweet chili sauce, soy sauce and lime juice. **Tip:** Add a little boiling water if the sauce thickens too much.

Homemade Minestrone Soup

1 can (14 oz.) diced tomatoes
8 cups low-sodium chicken stock (or a mixture of stock and water)
½ tsp. dried thyme
½ can (14 to 16 oz.) white beans (aka cannellini), drained
Pesto
Parmesan cheese for grating

1 Tbsp. olive oil
1 medium onion, chopped
2 cloves garlic, minced
8 oz. Yukon gold or red potatoes, cubed
2 medium carrots, peeled and chopped
1 medium zucchini, chopped
8 oz. green beans, ends trimmed, halved
Salt and black pepper to taste

Heat the olive oil in a large pot over medium heat. Add the onion and garlic and cook until the onion is translucent, about 3 minutes. Stir in the potatoes, carrots, zucchini, and green beans. Season with a bit of salt and cook, stirring for 3 to 4 minutes to release the vegetables' aromas. Add the tomatoes, stock, and thyme and turn the heat down to low. Season with salt (if still needed) and pepper to taste. Simmer for at least 15 minutes, and up to 45. Before serving, stir in the white beans and heat through. Serve with a dollop of pesto and a bit of grated Parmesan. **Yield:** 4 servings. **Nutritional info:** 1 serving: 200 calories, 5 g fat.

Classic All-purpose Slow Cooker Chicken

1 whole chicken
½ tsp. salt
½ tsp. pepper

½ tsp. Italian seasoning
½ tsp. coriander

Remove the innards/giblets from the chicken and set aside for chicken stock. Rinse the chicken and pat dry. Place the whole chicken inside a large slow cooker and sprinkle all the seasonings on top. Cover and cook on low for 6 to 8 hours. Shred chicken with 2 forks, or with tongs and a fork.

Slow Cooker Chicken Stock

1 carcass, spine, skin, innards and bones from whole chicken
4 qts. water
1 onion, quartered

2 carrots, peeled and quartered
3 celery ribs, chopped
1 bunch parsley (optional)

Combine all the ingredients, except parsley, in a slow cooker. Cook on low for a full 10 to 12 hours. 10 minutes before finishing the stock, add parsley (if desired). Turn off slow cooker and skim any particles that have floated to the top. Allow to cool. Strain chicken parts and store in a freezer-safe bag for future stock. Discard vegetables. Chicken stock can be stored in the fridge for up to 5 days, or in the freezer for several months.

Viewer's Recipes

Lemon Yogurt Dessert - Rachel Pattee – Enosburg Falls, Vt.

1 small pkg. sugar-free lemon gelatin
1 cup low-fat lemon yogurt
1 cup crushed pineapple, drained

Combine gelatin with ¾ cup boiling water, stir until dissolved. Then add 6 ice cubes until gelatin starts to mold. Remove unmelted ice cubes. Put gelatin and yogurt in blender and blend for 30 seconds. Remove and add drained pineapple and pour into a mold. **Nutritional info:** 297 calories per recipe. **Yield:** 4 servings.

Chocolate Chip Cream Cheese Bars
Trudi Jackson – Brattleboro, Vt.

1 pkg. (15.25 oz.) German chocolate
cake mix
1/3 cup canola oil
1 egg

Filling:
1 pkg. (8 oz.) reduced-fat cream cheese
1/3 cup sugar
1 egg
1 cup miniature semisweet chocolate chips

In a large bowl, combine the cake mix, oil and egg. Set aside one cup for topping. Press remaining crumb mixture into a 13x9x2-inch baking dish coated with cooking spray. Bake at 350°F for 10 to 12 minutes or until set. **For filling:** In a large bowl, beat cream cheese and sugar until smooth. Add egg; beat well. Spread over crust. Sprinkle with chocolate chips and preserved crumb mixture. Bake for 18 to 20 minutes or until set. Cool on a wire rack. Cut into bars. Store in the refrigerator. **Nutritional info:** 1 bar: 187 calories, 9g fat. **Diabetic exchanges:** 1½ starch, 1½ fat. **Yield:** 24 bars.

Low-Fat Strawberry Muffins
Amanda Denton – Barre, Vt.

1¾ cups all-purpose flour
¾ cup sugar
1 tsp. baking soda
¼ tsp. ground nutmeg
2 eggs, lightly beaten

½ cup fat-free plain yogurt
¼ cup butter, melted and cooled
1 tsp. vanilla
1¼ cups coarsely chopped fresh or frozen
unsweetened strawberries

In a small bowl, combine the first four ingredients. In another bowl, whisk the eggs, yogurt, butter and vanilla. Stir into the dry ingredients just until moistened. Fold in strawberries. Fill muffin cups coated with cooking spray or lined with paper liners two-thirds full. Bake at 375°F for 15 to 18 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm. **Note:** Remove juice if using frozen strawberries or muffins will be too moist. **Nutritional info:** 1 muffin equals 173 calories, 5g fat. **Diabetic exchanges:** 1 starch, 1 fruit, 1 fat. **Yield:** 1 dozen.

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