

Across the Fence Eating Light Recipes – July 2016

Deb Plumley's Recipes

Baked Ziti Cups

1 box whole grain penne, ziti, or rigatoni	1 egg white
1¼ lb. lean ground turkey (90% lean)	½ tsp. dried basil
1 tsp. onion powder	½ tsp. dried oregano
1 tsp. garlic powder	1½ cups shredded part-skim mozzarella cheese, divided
1 pkg. (10 oz.) frozen, chopped spinach, thawed and well-drained	1 jar (24 oz.) marinara sauce
1 egg	½ cup grated Parmesan cheese

Preheat the oven to 350°F. Liberally coat 24 muffin tins with nonstick oil spray. Cook pasta to al dente, according to package instructions. Reserve ½ cup of pasta water. In a large pan, cook the ground turkey, using a wooden spoon to break the meat into crumbles. Add onion powder and garlic powder. Stir frequently, pouring small amounts of pasta water into the pan to help incorporate browned bits from bottom. Once browned, remove from the stove. In a separate bowl, blend spinach, egg, egg white, basil and oregano. Add to the ground turkey mixture and combine. Add 1 cup of the mozzarella, marinara sauce and cooked ziti. Mix to combine. Season with salt and pepper to taste. Spoon ziti mixture into each muffin tin (using about ½ cup per muffin tin, pack it down with spoon or fingers). Cover pan loosely with foil and place in oven for 20 minutes. Remove from oven and divide remaining ½ cup mozzarella cheese and Parmesan cheese evenly over each. Place back in the oven for 5 to 10 minutes until cheese is golden brown. Remove from oven, and let muffins sit for 5 minutes before scooping out of the pan. **Note:** You can swap frozen spinach for chopped, fresh baby spinach leaves. If you prefer crunchy muffin tops, simply keep pan uncovered the entire time while baking in oven.

Fudgy Brownies

1 cup all-purpose flour	¼ cup 1% low-fat milk
½ cup unsweetened cocoa	1 tsp. vanilla
¼ tsp. salt	2 large egg yolks
⅓ cup butter	1 large egg
2 oz. dark chocolate, chopped	Cooking spray
1 cup sugar	

Preheat oven to 350°F. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cocoa, and salt in a medium bowl; stir with a whisk. Place butter and chocolate in a medium microwave-safe bowl, and microwave at HIGH for 45 seconds, stirring every 15 seconds. Stir until smooth, and set aside. Cool slightly. Add 1 cup sugar, milk, 1 teaspoon vanilla, egg yolks, and egg; stir with a whisk to combine. Add butter mixture to flour mixture, stirring just until combined. Pour batter into an 8-inch square metal baking pan lined with foil (leave overhang to lift brownies out of pan (coated with cooking spray)). Bake for 20 minutes or until a wooden pick inserted in center comes out almost clean.

Dilly Green Bean and Tomato Salad

¾ lb. green beans	1 medium lemon, juiced
2 large tomatoes	¼ tsp. Kosher salt
1 Tbsp. olive oil	¼ tsp. black pepper
1 Tbsp. fresh chopped dill weed	

Snap ends off green beans and cook in boiling water for 2 minutes; drain and chill in a bowl of ice water. Cut tomatoes into wedges. In a large bowl, whisk together lemon juice, olive oil, dill, kosher salt, and pepper. Add the green beans and tomatoes and toss in the dressing; serve immediately.

Lyn Jarvis' Recipes Lemon Pound Cake

¼ cup butter, softened	1 tsp. vanilla
¾ cup sugar	2 Tbsp. poppy seeds, optional
3 large eggs	1½ cups all-purpose flour
2 Tbsp. canola oil	2½ tsp. baking powder
2 Tbsp. lemon juice	1 tsp. salt
2 tsp. grated lemon peel	1 cup fat-free vanilla Greek yogurt

Preheat oven to 350°F. Coat a 9x5-inch loaf pan with cooking spray. In a bowl, beat butter and sugar until crumbly. Add eggs, one at a time, beating after each addition. Beat in oil, juice, peel, vanilla and, if desired, poppy seeds. In another bowl, whisk flour, baking powder and salt; add to creamed mixture alternately with yogurt, beating just until combined. Transfer to prepared pan. Bake 50 to 60 minutes or until a toothpick inserted in center comes out clean. Cool in pan 10 minutes; remove to a wire rack to cool completely. Top with candied lemon slices if desired. **Candied Lemon Slices:** Bring ¾ cup sugar and ¾ cup water to a boil; stir until dissolved. Add one thinly sliced lemon and simmer 5 minutes or until tender. Drain; cool slices on a wire rack. **Calories:** 145 per slice, 6 g fat (2 g sat. fat) (without lemon slices). **Diabetic Exchanges:** 1 starch, 1 fat.

Corn and Broccoli in Cheese Sauce

1 pkg. (16 oz.) frozen corn, thawed	½ cup shredded Cheddar cheese
1 pkg. (16 oz.) frozen broccoli florets, thawed	1 can (10¼ oz.) reduced-fat, reduced-sodium, condensed cream of chicken soup, undiluted
4 oz. reduced-fat process cheese (Velveeta®), cubed	¼ cup fat-free milk

In a 4 quart slow cooker, combine the corn, broccoli and cheeses. In a small bowl, combine soup and milk; pour over vegetable mixture. Cover and cook on LOW for 3 to 4 hours or until heated through. Stir before serving. **Yield:** 8 servings. **Calories:** 148 calories per ¾ cup, 5g fat (3g saturated fat). **Diabetic Exchanges:** 1 starch, 1 lean meat, ½ fat.

Scrumptious Blueberry-Lemon Bread

1½ cups all-purpose flour
⅔ cup whole wheat flour
⅔ cup sugar
2 tsp. baking powder
½ tsp. salt
1 egg
1 egg white
½ cup unsweetened applesauce

½ cup fat-free milk
3 Tbsp. butter, melted
1 cup fresh or frozen blueberries
2 tsp. grated lemon peel

Glaze:

⅓ cup confectioner's sugar
2 Tbsp. lemon juice

In a large bowl, combine the flours, sugar, baking powder and salt. In a small bowl, beat the egg, egg white, applesauce, milk and butter. Stir into dry ingredients just until moistened. Fold in blueberries and lemon peel. Transfer to an 8x4-inch loaf pan coated with cooking spray. Bake at 350° for 60 to 65 minutes or until a toothpick inserted near the center comes out clean. Combine the glaze ingredients; pour over warm loaf. Cool for 10 minutes before removing from pan to a wire rack to cool completely. **Yield:** 1 loaf (12 slices). **Note:** If using frozen blueberries, use without thawing to avoid discoloring the batter. **Calories:** 180 calories per slice, 4g fat (2g saturated fat). **Diabetic Exchanges:** 2 starch, ½ fat.

Coconut Cream Pie

1 cup sugar, divided
⅓ cup all-purpose flour
Dash salt
3 cups fat-free milk
2 egg yolks, lightly beaten
1¼ cups flaked coconut, divided
1 tsp. vanilla extract

½ tsp. coconut extract
1 reduced-fat graham cracker crust
(8-inches)
1 Tbsp. cornstarch
½ cup water
3 egg whites

In a large saucepan, combine ⅔ cup sugar, flour and salt. Stir in milk until smooth. Cook and stir over medium-high heat until thickened and bubbly. Remove from heat. Stir a small amount of hot filling into egg yolks; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir for 2 minutes. Remove from heat; stir in ¾ cup coconut and extracts. Place crust on a baking sheet; add filling and set aside. **For meringue:** Combine cornstarch and remaining sugar in a small saucepan. Stir in water until smooth. Bring to a boil over medium heat, stirring constantly. Cook and stir for 2 minutes or until thickened and clear. In a bowl, beat egg whites until soft peaks form. Pour hot sugar mixture in a slow, steady stream into egg whites, beating constantly until stiff peaks form. Spread meringue over hot filling, sealing edges to crust. Sprinkle with remaining coconut. Bake at 350°F for 15 to 20 minutes or until meringue is golden brown. Cool on a wire rack. Refrigerate until chilled. **Yield:** 8 servings. **Calories:** 350 per piece. 9g fat (6g saturated fat).

Quick Chicken Stir-Fry

1 can (14-oz.) low-sodium chicken broth	1 Tbsp. brown sugar
¼ cup lite soy sauce	1 tsp. ground ginger
1 to 2 Tbsp. minced garlic	2 Tbsp. dark sesame oil
2 Tbsp. cornstarch	3 cups shredded rotisserie chicken
	1 pkg. (16 oz.) frozen stir fry vegetables

Whisk together soy sauce, minced garlic, cornstarch, brown sugar, and ginger. Set aside. Heat 2 tablespoons dark sesame oil in a large skillet or wok over medium-high heat 2 minutes. Add 3 cups shredded chicken and frozen stir-fry vegetables; stir-fry 1 to 2 minutes. Add broth, and cook until sauce thickens and vegetables are tender, about 10 to 12 minutes. Serve with steamed rice. **Yield:** 4 to 6 servings. **Calories:** 185 per serving.

Carolyn Peake's Recipes

Skinny Crustless Quiche

1 cup low-fat cottage cheese
2 cups liquid egg whites
½ cup broccoli, cooked and chopped
½ cup extra-lean ham, diced
½ cup reduced fat sharp cheddar cheese, shredded
Salt and pepper to taste

Preheat oven to 375°F. Mix all ingredients in a large bowl. Spray 9½-inch pie plate with non-stick cooking spray and pour ingredients into pie plate. Bake for 45 to 50 minutes or until center is set. **Yield:** 6 servings. **Calories:** 111 per slice.

Lemon - Cranberry Muffins

½ cup plus 2 Tbsp. sugar, divided	1½ cups white whole-wheat flour
¾ cup non-fat plain yogurt	½ cup cornmeal, medium or fine stone-ground
½ cup canola oil	2 tsp. baking powder
1 large egg	1 tsp. baking soda
3 tsp. freshly grated lemon zest, divided	1½ cups cranberries, fresh or frozen (thawed), coarsely chopped
2 Tbsp. lemon juice	
1 tsp. vanilla	

Preheat oven to 400°F. Coat 12 muffin cups with non-stick cooking spray. Whisk ½ cup of sugar, yogurt, oil, egg, 2 tsp. lemon zest, lemon juice, and vanilla in a medium bowl. Whisk flour, cornmeal, baking powder, and baking soda in a large bowl. Add the yogurt mixture and fold until almost blended. Gently fold in cranberries. Divide the batter among the muffin cups. Combine the remaining 2 Tbsp. sugar and 1 tsp. lemon zest in a small bowl. Sprinkle evenly over the tops of the muffins. Bake muffins 20 to 25 minutes, or until golden brown and they spring back lightly to touch. Let cool in the pan for 10 minutes, then transfer to a wire rack and cool another 5 minutes before serving. **Yield:** 12 muffins. **Calories:** 187 per muffin.

Turkey Veggie Meatloaf Cups

2 cups coarsely chopped zucchini
1½ cups coarsely chopped onion
1 red pepper, coarsely chopped
1 lb. extra lean ground turkey
½ cup uncooked couscous

1 egg
2 Tbsp. Worcestershire sauce
1 Tbsp. Dijon mustard
½ cup barbecue sauce, or as needed

Preheat the oven to 400°F. Spray 20 muffin cups with non-stick cooking spray. Place zucchini, onion and red pepper into a food processor and pulse several times until finely chopped but not liquefied. Put the vegetables into a bowl and mix in the turkey, couscous, egg, Worcestershire sauce and Dijon mustard until thoroughly combined. Fill each muffin cup about ¾ full. Top each with about 1 tsp. barbecue sauce. Bake about 25 minutes or until the internal temp is 160°F measured by an instant-read meat thermometer. Let stand 5 minutes before serving.

Berry - Oatmeal Bake

Oatmeal:

2 tsp. unsalted butter
1¼ cups old-fashioned rolled oats
3 Tbsp. light brown sugar
1⅔ cup plain unsweetened almond milk
1 large egg
1 tsp. vanilla
½ tsp. almond extract

Topping:

⅓ cup skin-on sliced almonds
⅓ cup old-fashioned rolled oats
⅓ cup light brown sugar
2 Tbsp. unsalted butter, melted
1 Tbsp. whole wheat pastry flour or unbleached all-purpose flour
⅛ tsp. ground cinnamon
12 oz. frozen mixed berries, thawed*
2% Greek yogurt or low-fat milk for serving, optional

Preheat oven to 350°F. Grease a 2 quart baking dish or 8-inch square baking pan with the butter (or spray with non-stick cooking spray). **For the oatmeal:** Stir together the oats and sugar in a large bowl. Whisk together the almond milk, egg, vanilla and almond extracts in a medium bowl and stir well to combine. **For the topping:** Stir together the almonds, oats, sugar, butter, flour, and cinnamon until evenly combined. **To assemble:** Pour the oatmeal into the prepared baking dish. Arrange the berries (including any juices) over the oatmeal. Sprinkle with the topping mix. Bake until lightly browned and just set, about 50 minutes. Let cool on a rack for 10 to 15 minutes and serve warm (with a dollop of yogurt or bit of milk if desired). ***Note:** 12 oz. berries equals about 2½ cups frozen or 1½ cups thawed.

Viewer's Recipes

Rice & Pork Chop Casserole

Doris Morin, Eden, Vt.

1 cup rice
6 boneless pork chops
1 can (10½ oz.) French onion soup

1 can (10½ oz.) cream of mushroom soup
2 cans water (use soup cans)

Layer uncooked rice in bottom of 7x11-inch dish. Follow with chops, onion soup and mushroom soup. Add two cans water. Bake at 350°F for 2 hours in a covered casserole dish. Use foil if cover not available.

Summer Fruit Cake

Nancy Rivers, Moretown, Vt.

2 Tbsp. shortening	3 eggs
1 cup sugar	2 cups flour
1 tsp. salt	½ cup sweet cherries, cut up
1 cup milk	½ cup walnuts, chopped
2 tsp. baking powder	1 cup golden raisins
1½ Tbsp. lemon extract	

Mix together first 6 ingredients and beat in eggs, one at a time. Combine last four ingredients and mix into batter. Pour into greased large loaf pan or three small (3x6-inch) pans. Bake for 2 hours at 300°F or until pick inserted in center comes out clean. Small pans take shorter baking time. When cool, frost with confectionary sugar mixture with a couple drops lemon or almond extract.

Coleslaw In A Bag

Virginia Longe, Sheldon, Vt.

2 large carrots, shredded	1 medium green pepper, chopped
1 small head cabbage, shredded	1 small onion, chopped

Dressing:

1 cup (8 oz.) sour cream	½ tsp. lemon juice
½ cup mayonnaise	¼ tsp. lemon peel, grated
2 Tbsp. vinegar	¼ tsp. salt
2 Tbsp. sugar	⅛ tsp. pepper
2 tsp. celery seed	

In a large plastic zip-top bag, toss the carrots, cabbage, green pepper, and onion. In a bowl, combine all dressing ingredients. Pour into bag; toss. Chill until ready to serve. Great for picnics. **Yield:** 15 servings.

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