

Across the Fence

‘Cooking Light’ Recipes – August 2013

Lyn Jarvis' Recipes

Cottage Cheese Meat Loaf

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| 1 lb. lean ground beef | 2 tsp. mustard |
| 1 cup low-fat creamed cottage cheese | 4 Tbsp. chopped onion |
| ½ cup quick-cooking rolled oats | 1 tsp. salt |
| 1 egg | Black pepper to taste |
| ¼ cup ketchup | ⅓ cup grated Parmesan cheese |

Preheat oven to 350°F. Thoroughly mix all ingredients, except Parmesan cheese. Lightly pack mixture into an 8-inch square pan. Bake for 20 minutes. Sprinkle cheese on top. Bake for 10 minutes or until meatloaf bubbles. Let stand 5 minutes; cut into squares. **Yield:** 9 servings.

Nutritional Info: approx. 138 calories.

Blueberry-Orange Cornmeal Muffins

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| 1 cup plus 1 Tbsp. all-purpose flour (spooned and leveled) | 3 Tbsp. unsalted butter, melted and cooled |
| 1 cup fine yellow cornmeal | 1 tsp. vanilla |
| ⅓ cup sugar | 2 tsp. finely grated orange zest, plus |
| 1 Tbsp. baking powder | 2 tsp. orange juice |
| ½ tsp. salt | 1¼ cups blueberries |
| 1 cup low-fat plain yogurt | ⅓ cup confectioners' sugar |

Preheat oven to 400°. Line 12 standard muffin cups with paper liners. In a large bowl, whisk together 1 cup flour, cornmeal, granulated sugar, baking powder, and salt. In a small bowl, whisk together yogurt, butter, vanilla, and orange zest. Add to flour mixture, stirring until combined (do not overmix). In a medium bowl, toss blueberries with 1 tablespoon flour to coat, then fold into batter. Divide batter among muffin cups. Bake until puffed and set, about 20 minutes, rotating pan halfway through. Let muffins cool in pan on a wire rack. Stir together orange juice and confectioners' sugar. Drizzle over muffins and let glaze set, about 10 minutes, before serving. (Store in an airtight container, up to 2 days.) **Yield:** 12 muffins.

Nutritional Info: per muffin: 156 cal; 4 g fat (2 g sat fat); 3 g protein; 29 g carb; 1 g fiber.

Slow Cooker Creamed Corn

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| 2 pkgs. (16 oz. each) frozen corn | ½ tsp. garlic powder |
| 8 oz. cream cheese, cubed | ½ tsp. salt |
| ⅓ cup butter | ¼ tsp. pepper |

In a slow cooker, combine all ingredients. Cover and cook on low for 4 hours or until heated through and cheese is melted. Milk can be added for a creamier texture. Stir well before serving.

Yield: 6 servings.

Creamy Zucchini Casserole

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| 6 Tbsp. butter | 1 can (10 ³ / ₄ oz.) cream of chicken soup |
| 1 small onion, diced | ¹ / ₂ cup sour cream |
| 3 medium zucchini, cut into ¹ / ₄ -inch-thick slices | 1 bag (8 oz.) herb-seasoned stuffing mix, coarsely crushed |
| 2 medium carrots, peeled and shredded | |

Preheat oven to 350°F. Grease 13x9x2-inch glass baking dish. In 12-inch skillet, melt butter over medium heat. Add onion and cook until tender but not browned, about 5 minutes, stirring occasionally. Add zucchini and carrots; cook until zucchini is tender, about 8 minutes. Remove skillet from heat; stir in undiluted cream of chicken soup and sour cream until evenly mixed. Sprinkle half of stuffing mix in baking dish. Spoon zucchini mixture on top, then remaining stuffing mix. Bake for 25 to 30 minutes until hot and bubbly. **Yield:** 16 servings. **Nutritional Info:** 140 calories, 3 g protein, 16 g carbohydrate, 8 g total fat (2 g saturated), 5 mg cholesterol, 405 mg sodium.

Baked Shrimp in Tomato Feta Sauce

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| 1 Tbsp. olive oil | 1 to 1 ¹ / ₄ lbs. medium sized raw shrimp, peeled and deveined, thawed if frozen |
| 1 medium onion, chopped | Salt and pepper to taste |
| 2 cloves garlic, minced | 3 oz. feta cheese, crumbled (about ² / ₃ cup) |
| 2 cans (14.5 oz.) diced tomatoes | |
| ¹ / ₄ cup minced fresh parsley | |
| 1 Tbsp. minced dill (or 1 tsp. dried dill) | |

Preheat oven to 425°F. Heat oil in a large, oven-proof skillet on medium high heat. Add the onions and cook until softened, 3 to 5 minutes. Add the garlic and cook until fragrant, about 30 seconds more. Add the tomatoes and bring to a simmer, reduce heat and let simmer for 5 to 10 minutes, until the juices thicken a bit. Remove from heat. Stir in the herbs, shrimp, feta cheese, and salt and pepper to taste. Place pan in oven and bake, uncovered, until shrimp are cooked through, about 10 to 12 minutes (I transferred mixture to baking dish for oven cooking). Serve immediately. Serving suggestion: serve with your favorite cooked rice. **Yield:** Serves 4. **Nutritional Info:** Gluten free.

Lemony Almond Macaroons

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| 1 pkg. sweetened shredded coconut | 1 tsp. grated lemon zest |
| 1 cup sliced almonds | ¹ / ₄ tsp. salt |
| ³ / ₄ cup sugar | 4 large egg whites |

Heat oven to 325° F. In a large bowl, combine the coconut, almonds, sugar, lemon zest, and salt. Mix in the egg whites. Drop mounds of the mixture (each equal to 1 large tablespoonful) onto 2 parchment-lined baking sheets spacing them 1¹/₂-inches apart. Bake, switching the baking sheets halfway through, until the edges begin to brown, 20 to 25 minutes. Cool slightly on baking sheets, then transfer to wire racks to cool completely. Store in an airtight container at room temperature for up to 1 week. **Yield:** 24 cookies. **Nutritional Info:** Gluten free.

Carolyn Peake's Recipes
Special Summer Berry Medley

1 cup sparkling wine or white
grape juice
½ cup sugar
1 Tbsp. lemon juice
1½ tsp. grated lemon peel
½ tsp. vanilla

3 cups sliced fresh strawberries
2 cups fresh blueberries
1 cup fresh raspberries
1 cup fresh blackberries
1 Tbsp. minced fresh mint

In a small heavy saucepan, bring wine or grape juice to a boil. Cook, uncovered, for about 15 minutes or until reduced to about ½ cup, stirring occasionally. Cool slightly, then stir in the sugar, lemon juice, lemon peel, and vanilla. In a large bowl, combine, berries and mint. Add syrup and toss gently to coat. Cover and refrigerate until serving. **Yield:** 12 servings. **Nutritional Info:** ½ cup serving equals about 85 calories.

Cranberry BBQ Turkey Sandwiches

1 can (14 oz.) jellied cranberry sauce
1 cup reduced-sodium beef broth
¼ cup sugar
½ cup ketchup
2 Tbsp. cider vinegar
1 Tbsp. Worcestershire sauce

1 tsp. yellow mustard
¼ tsp. garlic powder
⅛ tsp. paprika
6 cups shredded cooked turkey breast
12 sandwich buns, split

In a large saucepan, combine the first 9 ingredients. Bring to a boil, then reduce heat and simmer, uncovered, for 20 minutes or until sauce is thickened. Stir in turkey and simmer for 4 to 5 minutes longer or until heated through. Spoon ½ cup onto each bun. This can be kept warm in a slow cooker when being used at a large gathering. **Yield:** 12 servings. **Nutritional Info:** 1 sandwich equals about 296 calories.

Slow-Cooked Mac 'n' Cheese

2 cups uncooked elbow macaroni
1 can (12 oz.) reduced-fat evaporated
milk
1½ cups fat-free milk
⅓ cup egg substitute

1 Tbsp. butter, melted
8 oz. reduced-fat processed cheese
(Velveeta®), cubed
2 cups (8 oz.) shredded sharp cheddar
cheese, divided

Cook macaroni according to package directions, then drain and rinse in cold water. In a large bowl, combine the evaporated milk, milk, egg substitute and butter. Stir in the processed cheese, 1½ cups sharp cheddar cheese and the macaroni. Transfer to a 3-qt. slow cooker coated with cooking spray. Cover and cook on low for 2¾ to 3 hours or until center is set, stirring once. Sprinkle with remaining sharp cheddar. **Yield:** 9 servings. **Nutritional Info:** ¾ cup equals about 300 calories.

Broccoli with Lemon Sauce

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| 3 lbs. fresh broccoli spears | ¼ cup cold water |
| 1 cup chicken broth | 2 egg yolks, lightly beaten |
| 1 Tbsp. butter | 3 Tbsp. lemon juice |
| 4½ tsp. cornstarch | 2 Tbsp. grated lemon peel |

Place broccoli in a large saucepan and add 1-inch of water. Bring to a boil, reduce heat, cover and cook for 5 to 8 minutes or until crisp-tender. Meanwhile, in a small heavy saucepan, heat broth and butter until the butter is melted. Combine cornstarch and water until smooth. Bring to a boil and cook and stir for 2 minutes or until thickened and bubbly. Remove from heat. Stir a small amount of hot mixture into egg yolks, return all to pan, stirring constantly. Bring to a gentle boil, cooking and stirring for 2 minutes longer. Remove from heat and gently stir in lemon juice and peel. Drain broccoli and serve with sauce. **Yield:** 10 servings. **Nutritional Info:** Serving: ¾ cup broccoli with 2 Tbsp. sauce = 76 calories.

Raisin Pound Cake

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| 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 first 8 ingredients. Beat on medium speed for 2 minutes. Add raisins and mix thoroughly. Pour into two greased 8x4-inch loaf pans. Bake at 350°F for 45 to 50 minutes or until a toothpick inserted near center comes out clean. Cool for 5 to 10 minutes before removing from pans to wire racks. **Yield:** 2 loaves. **Nutritional Info:** 1 slice equals about 100 calories. This can be topped with fresh fruit.

Marco Ayala's Recipes

Chicken Quesadillas

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| 1½ cups chopped skinless, boneless chicken breast | 8 flour tortillas (6-inch) |
| ½ cup salsa | 1 cup shredded reduced-fat Monterey Jack cheese |
| ½ cup canned no-salt-added black beans, rinsed and drained | Cooking spray |
| ⅓ cup frozen whole-kernel corn, thawed | ¼ cup reduced-fat sour cream |

Combine first 4 ingredients in a medium bowl. Divide chicken mixture evenly over 8 tortillas. Sprinkle quesadillas evenly with cheese and fold tortillas in half. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add 2 quesadillas to pan; cook 1 minute on each side or until golden. Remove from pan, and repeat with remaining quesadillas. Serve with sour cream. **Yield:** 8 quesadillas. **Nutritional Info:** Calories: 372, Fat: 14.1g, Saturated fat: 6.2g, Carbohydrate: 36.7g, Protein: 24.2g.

Pineapple Empanadas

1 cup whole-wheat pastry flour
½ cup cornmeal
¼ cup granulated sugar
1½ tsp. baking powder
½ tsp. salt
2 Tbsp. reduced-fat cream cheese
(Neufchatel), cut into small pieces

2 Tbsp. canola oil
4 Tbsp. low-fat milk
1½ cups canned pineapple, drained, diced
⅓ cup pineapple or apricot preserves
2 Tbsp. plain dry breadcrumbs
¼ tsp. ground cinnamon

Whisk flour, cornmeal, sugar, baking powder and salt in a large bowl. Add cream cheese and oil and blend with your fingers until crumbly. Sprinkle the mixture with milk, 1 tablespoon at a time, and stir with a fork until the dough just comes together the mixture will still be a little crumbly. Knead a few times in the bowl, then turn out onto a lightly floured surface and knead a few more times until the dough comes together. Divide in half and shape into 2 discs. Wrap in plastic and refrigerate until chilled, at least 30 minutes. Combine pineapple and preserves in a small bowl, and stir in breadcrumbs and cinnamon. Preheat oven to 350°F. Coat a baking sheet with cooking spray. On a well-floured surface, roll out one disc of dough at a time into a ⅛-inch-thick circle. Cut circles of dough using a 3-inch round cookie cutter. Repeat with the remaining dough, re-rolling scraps as necessary, to make 24 circles. Place 1 teaspoon pineapple filling in the center of each circle. Fold in half, press edges together and crimp with a fork. Place on the prepared baking sheet. Bake until golden, 12 to 15 minutes. Transfer to a wire rack and let cool slightly. Serve warm or at room temperature, dusted with confectioners' sugar, if desired.

Yield: 24 servings. **Nutritional Info:** 64 calories, Fat 2g, Carbohydrates, 12 g, Protein 1 g.

Judy Simpson's Recipes

Tzatziki

2 small plain Greek yogurts
½ English cucumber, shredded with skin on,
squeezed on paper towels
1 Tbsp. fresh dill, cut finely

Dash of salt
½ tsp. white vinegar
2 Tbsp. extra virgin olive oil
1 large garlic clove (or 2 small), crushed

Mix all together and let stand for several hours or overnight, in the refrigerator. Serve with vegetables of your choice.

Viewer Recipes

Soft Molasses Cookies, Dorothy Pearson, St. Johnsbury, Vt.

1 cup hot water
1 cup cooking oil
1 cup sugar
1 cup molasses

1 tsp. baking soda
2 tsp. ginger, heaping
6 cups flour

Mix all together, and then add enough flour to make a dough that you can roll out about ½-inch thick. Cut into circles or squares and bake at 350°F for 12 to 15 minutes. Serve with a glass of cold milk.

Blueberry Custard Pie

Awilda Stowe, Colchester, Vt.

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| 9-inch baked pastry single crust pie | ½ cup sugar | 3 Tbsp. cornstarch |
| ⅛ tsp. cinnamon | 3 cups blueberries | ¼ cup orange juice |

Custard:

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| ¼ to ½ cup sugar | 2 Tbsp. cornstarch | ⅛ tsp. salt |
| 1¼ cups milk | 3 egg yolks | |

Meringue:

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| 3 egg whites | ½ tsp. cream of tartar | 4 Tbsp. sugar |
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In a large pan combine sugar, cornstarch and cinnamon. Stir in blueberries and orange juice. Bring to a boil, stir for about 2 minutes or until thickened. Remove from heat, cover and set aside. **Custard:** In another saucepan combine sugar, cornstarch and salt. Stir in milk until smooth. Cook over medium-high heat stirring constantly until thick and bubbly. Reduce heat and cook and stir for 2 minutes. Remove from heat and stir in egg yolks. Bring to a boil 2 minutes longer. Remove from heat, cover and set aside. **Meringue:** In a large bowl beat egg whites and cream of tartar on medium speed until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time on high speed until sugar dissolves and stiff peaks form. Pour blueberry mixture into pie shell, top with custard. Spread meringue evenly over hot custard, sealing edges to crust. bake at 350°F for 12 to 15 minutes or until golden brown. Remove from oven and cool on wire rack. **Yield:** 8 servings.

Note: Fresh or frozen blueberries can be used.

Blueberry Streusel Coffee Cake

Georgiana Chaffee, Glover, Vt.

Cake:

¾ cup sugar
½ cup shortening
1 egg
2 cups flour
2½ tsp. baking powder

¼ tsp. salt
½ cup milk
3 cups blueberries,
divided

Streusel:

1 cup sugar
1 cup flour
1 tsp. cinnamon
½ cup butter, chilled

Heat oven to 350°F. Grease and flour 10-inch tube pan. In a large bowl beat ¾ cup sugar and shortening at medium speed for 3 minutes or until smooth and creamy. Add egg and beat one more minute. In medium bowl whisk together 2 cups flour, baking powder and salt. Beat into sugar mixture, alternately with milk, beginning and ending with flour mixture. Spoon half of the batter into the tube pan. In medium bowl, stir together streusel ingredients, except butter with pastry blender or two knives. Cut in butter until mixture is crumbly. Top batter with half the blueberries and half of the streusel. With back of teaspoon, press berries into the batter. Repeat with the remaining batter, blueberries, and streusel. Bake 45 to 60 minutes or until pick inserted in center comes out with moist crumbs attached and top is golden brown. Cool on wire rack 20 minutes. Invert cake onto a plate. Remove pan. Put another plate on cake and turn right side up. Serve warm or at room temperature.

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