

Across the Fence

Tasty Low Calorie Recipes – August 2010

Lyn Jarvis' Recipes Zucchini Pizza Soup

½ lb. Italian turkey sausage links,
casings removed
1 medium zucchini, sliced
1 cup sliced fresh mushrooms
1 small onion, chopped
1 can (14.5 oz.) no-salt-added
diced tomatoes

1 cup water
1 cup reduced-sodium chicken broth
1 tsp. dried basil
¼ tsp. pepper
Minced fresh basil and crushed red
pepper flakes (optional)

In a large saucepan, cook the sausage, zucchini, mushrooms, and onion over medium heat until meat is no longer pink; drain. Add the tomatoes, water, broth, dried basil and pepper. Bring to a boil. Reduce heat; simmer uncovered for 15 minutes. Sprinkle with fresh basil and pepper flakes if desired. Nutrition Facts: 1 cup equals 128 calories, 5 g carbohydrate. Diabetic Exchanges: 2 vegetable, 1 medium-fat meat.

Chocolate Orange Cake

2 tsp. plus ⅓ cup baking cocoa, divided
⅓ cup quick-cooking oats
⅔ cup reduced-fat sour cream
⅓ cup sugar, or sugar blend
2 eggs
3 Tbsp. orange juice
2 Tbsp. butter, melted
5 tsp. oil
1 tsp. vanilla extract
⅔ cup all-purpose flour
1 tsp. baking powder

½ tsp. baking soda
¼ tsp. salt
¼ cup miniature semisweet
chocolate chips
2 tsp. grated orange peel

Frosting:

4 oz. reduced-fat cream cheese
¼ cup confectioners' sugar
2 tsp. grated orange peel
2 tsp. orange juice

Coat an 8-inch square baking dish with cooking spray and sprinkle with 2 tsp. cocoa; set aside. Place oats in a small food processor; cover and process until ground. Set aside. In a large bowl, beat the sour cream, sugar blend, eggs, orange juice, butter, oil, and vanilla until well blended. Combine the flour, baking powder, baking soda, salt, ground oats, and remaining cocoa; gradually beat into sour cream mixture until blended. Stir in chocolate chips and orange peel. Transfer to reserved dish. Bake at 350°F for 20 to 25 minutes or until a toothpick inserted near the center comes out clean. Cool completely on a wire rack. **For frosting:** In a small bowl, beat cream cheese until fluffy. Add the confectioners' sugar, orange peel, and juice; beat until smooth. Frost top of cake. (I added extra juice and pulp for more orange flavor.) Refrigerate leftovers. Nutrition Facts: 1 piece equals 192 calories, 9 g fat, 22 g carbohydrate. Diabetic Exchanges: 2 fat, 1½ starch.

Blueberry Walnut Bars

2/3 cup ground walnuts
1/2 cup graham cracker crumbs
2 Tbsp. plus 1/3 cup sugar, divided
1/3 cup old-fashioned oats
3 Tbsp. reduced fat butter, melted
1 pkg. (8 oz.) reduced fat cream cheese

1 Tbsp. orange juice
1/2 tsp. vanilla extract
1/2 cup reduced-fat whipped topping
2 Tbsp. blueberry preserves
1 1/2 cups fresh blueberries

Combine the walnuts, cracker crumbs, 2 Tbsp. sugar, oats, and butter. Press into the bottom of an 8-inch square baking dish coated with cooking spray. Bake at 350°F for 9 to 11 minutes or until set and edges are lightly browned. Cool on a wire rack. In a large bowl, beat cream cheese and remaining sugar until smooth. Beat in orange juice and vanilla. Fold in whipped topping. Spread over crust. In a microwave-safe bowl, heat preserves on high for 15 to 20 seconds or until warmed; gently stir in blueberries. Spoon over filling. Refrigerate until ready to serve. Nutrition Facts: 1 bar equals 167 calories, 9 g fat, 19 g carbohydrate. Diabetic Exchanges: 2 fat, 1 starch.

Spinach Blackberry Salad

6 cups fresh baby spinach
1 cup fresh blackberries
1 cup cherry tomatoes, halved
1 green onion, sliced
2 Tbsp. chopped walnuts, toasted
2 Tbsp. olive oil
1 Tbsp. balsamic vinegar

2 1/2 tsp. honey
1 garlic clove, minced
1 tsp. Dijon mustard
1/4 tsp. salt
1/4 tsp. pepper
2/3 cup crumbled feta cheese

In a large salad bowl, combine the spinach, blackberries, tomatoes, onion, and walnuts. In a small bowl, whisk the oil, vinegar, honey, garlic, mustard, salt, and pepper. Drizzle over salad and toss to coat. Sprinkle with cheese. Serve immediately. Nutrition Facts: 1 cup equals 116 calories, 8 g fat, 9 g carbohydrate. Diabetic Exchanges: 1 vegetable, 1 fat, 1/2 lean meat.

Baked Chicken Cordon-Bleu

4 boneless, skinless chicken breast
halves (6 oz. each)
Salt and pepper to taste
Sage or rosemary to taste

4 thin slices prosciutto or deli ham
1/2 cup shredded Asiago cheese
1/4 cup seasoned bread crumbs

Flatten chicken to 1/4-inch thickness; sprinkle with salt, pepper and herbs. Top each with prosciutto and cheese. Roll up and tuck in ends; secure with toothpicks. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with bread crumbs. Bake, uncovered, at 350°F for 35 to 45 minutes or until juices run clear. Nutrition Facts: 1 serving equals 291 calories, 10 g fat, 6 g carbohydrate. Diabetic Exchanges: 6 lean meat, 1/2 fat.

Light Lemon Muffins

¼ cup butter, softened
¾ cup sugar
2 egg yolks, save whites
1 tsp. grated lemon peel
1 cup cake flour
1 cup all-purpose flour
1 tsp. baking powder
½ tsp. salt
¼ tsp. baking soda
½ cup lemon juice

½ cup reduced-fat lemon yogurt
4 egg whites

Streusel:

2 Tbsp. all-purpose flour
2 Tbsp. brown sugar
¼ tsp. ground nutmeg
1 Tbsp. cold butter
¼ cup chopped walnuts

In a large bowl, beat butter and sugar until crumbly. Beat in egg yolks and lemon peel. Combine the flours, baking powder, salt, and baking soda; add to the butter mixture alternately with lemon juice and yogurt. In a small bowl with clean beaters that have been chilled, beat egg whites until stiff peaks form. Fold into batter. Coat muffin cups with cooking spray or use paper liners; fill two-thirds full with batter. **For streusel:** Combine the flour, brown sugar, and nutmeg; cut in butter until crumbly. Stir in walnuts. Sprinkle over muffins. Bake at 375°F for 15 to 20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Nutrition Facts: 1 muffin equals 226 calories, 7 g fat, 36 g carbohydrate.

Marinated Beef Stir-Fry

½ cup dry red wine or beef broth
6 Tbsp. olive oil, divided
1 tsp. chili powder
1 tsp. minced garlic
½ tsp. ground cumin
¼ tsp. salt
¼ tsp. ground ginger
¼ tsp. pepper

½ lb. beef flank steak, cut
into ⅛-inch strips
1 medium onion, cut into thin strips
½ cup julienned zucchini
½ cup julienned carrot
½ cup each julienned green and
sweet red peppers

In a large resealable plastic bag, combine the wine or broth, 4 tablespoons oil, chili powder, garlic, cumin, salt, ginger, and pepper; add beef. Seal bag and turn to coat; refrigerate for at least 12 hours. In a large skillet or wok, stir-fry the onion, zucchini, carrot, and peppers in remaining oil for 4 to 5 minutes or until crisp-tender. Remove and keep warm. Drain and discard marinade. Stir-fry beef for 5 to 6 minutes or until no longer pink; drain. Return vegetables to the pan; stir-fry for 2 to 3 minutes or until heated through. Yield: 3 servings. Nutrition Facts: 1 cup (prepared with reduced-sodium broth) equals 268 calories, 20 g fat. Diabetic Exchanges: 2 lean meat, 2 vegetable, 2 fat.

Apple Rice Betty

2 cups apple juice
1½ cups chopped peeled tart
apples (about 2 medium)
1 cup uncooked instant rice

½ cup raisins
½ tsp. cinnamon
⅛ tsp. salt
⅓ cup sugar substitute
6 Tbsp. reduced-fat whipped topping

In a large saucepan, combine the first six ingredients. Bring to a boil. Reduce heat; cook and stir for 6 to 7 minutes or until most of the liquid is absorbed and rice is tender. Remove from the heat; stir in sugar substitute. Refrigerate for 1 hour. Garnish each serving with 1 tablespoon whipped topping. Yield: 6 servings. Nutrition Facts: 1 serving (½ cup) equals 177 calories, 1 g fat, 42 g carbohydrate. Diabetic Exchanges: 2 fruit, ½ starch.

Heather Fischer's Recipes

Zucchini Lemon Bread

1½ cups unbleached flour	¼ tsp. baking powder
1 cup granulated sugar	1 cup zucchini, unpeeled and grated
2 tsp. cinnamon	¼ cup fat-free sour cream
½ tsp. baking soda	1 egg white, whipped
½ tsp. nutmeg	1 tsp. lemon peel, grated

Preheat oven at 350°F. Coat an 8x4x2-inch loaf pan with cooking spray and flour; set aside. In a mixing bowl, combine flour, sugar, cinnamon, baking soda, nutmeg, and baking powder. In another mixing bowl, combine zucchini, sour cream, egg white, and lemon peel. Mix dry ingredients with wet ingredients just until moistened. Pour batter into prepared pan. Bake for 60 minutes. Yield: 16 servings. Nutrition Facts: 1 serving equals 92 calories, 1 g fat, 22 g carbohydrate

Cabbage Casserole

4 tsp. olive oil	2 cups cooked brown rice
4 cups cabbage, chopped	2 cans (14 oz.) diced tomatoes
1 cup onion	1 clove garlic
1 lb. ground turkey	

Brown turkey and onion in olive oil. Season with salt, pepper, and garlic. You may add green pepper for a different taste. Add cooked rice to turkey. In a casserole dish, layer the chopped cabbage, turkey mixture, and then top with diced tomatoes. Cover casserole and bake at 350°F for 1 hour. If you prefer your cabbage less crunchy, cook in ¼ to ½ cup water for 5 minutes before adding to casserole.

Cucumber Salad

2 fresh garden cucumbers (2 lbs.)	1 Tbsp. plus 1 tsp. white wine vinegar
1 small red onion	1 tsp. sugar
1½ Tbsp. salt	2 tsp. dried dill or 2 Tbsp. fresh

Slice the cucumbers lengthwise, remove the seeds, and slice thinly. Thinly slice the onion. In a colander, toss the cucumber and onion with the salt and let it sit and drain for 20 minutes. Press the liquid out of the vegetables and rinse well with cold water. In a medium bowl combine the vinegar and sugar and stir well. Add the cucumber mixture and toss to coat. Stir in the dill.

Nutty Carrot Cake Bars

¾ cup all-purpose flour
¼ cup whole wheat flour
½ cup sugar
1½ tsp. pumpkin pie spice
1 tsp. baking powder
⅛ tsp. salt
1 cup finely shredded carrot
¾ cup chopped walnuts or pecans,
toasted

3 egg whites, lightly beaten
¼ cup cooking oil
¼ cup fat-free milk

Fluffy cream cheese frosting:

½ cup frozen light whipped
topping, thawed
4 oz. reduced fat cream cheese
¼ cup vanilla low-fat yogurt.

Preheat oven to 350° F. Line a 9x9x2-inch baking pan with foil, extending foil over the edges of the pan. Lightly coat foil with nonstick cooking spray. Set aside. In a medium bowl, combine all-purpose flour, whole wheat flour, sugar, pumpkin pie spice, baking powder, and salt. Add carrot, ½ cup of the nuts, eggs, oil, and milk. Stir just until combined. Spread mixture evenly in the prepared pan. Bake for 15 to 18 minutes or until a toothpick inserted near center comes out clean. Cool bars in pan on a wire rack. Using the edges of the foil, lift the uncut bars out of the pan. **Fluffy cream cheese frosting:** In a medium bowl, beat 4 oz. reduced-fat cream cheese (Neufchatel), softened, with an electric mixer on medium speed until smooth. Beat in vanilla low-fat yogurt until smooth. Fold whipped topping into cream cheese mixture. Spread top evenly with frosting. Sprinkle with the remaining ¼ cup nuts. Cut into 20 bars. Makes 20 bars. Nutrition Facts: 1 serving equals 121 calories, 7g total fat.

Judy Simpson's Recipe Summer Casserole

2 medium zucchini
2 medium summer squash
1 large tomato
1 garlic clove, finely chopped

1 cup low-fat shredded Mozzarella
cheese, divided
Bread crumbs (to taste)

Slice zucchini and summer squash ¼-inch thick. Sauté in olive oil along with the garlic. Add some salt and pepper. Layer half of the mixture in oven proof dish, top with sliced tomato and half the cheese; layer the rest of the mixture, then top with the other half of the cheese. Sprinkle bread crumbs on top. Bake at 350°F for 20 minutes

Viewer's Recipes

Fresh Tomato Gratin, Mary Derouchie, Williston, Vt.

1 clove garlic, cut in half
3 Tbsp. extra-virgin olive oil (divided)
1 large Vidalia onion, chopped
½ tsp. grated orange zest
3 Tbsp. orange juice
2 tsp. honey

1 Tbsp. fresh thyme, chopped (divided)
4 lbs. tomatoes thickly sliced, a mix of
red and yellow work well
½ tsp. each salt and pepper
2 cups fresh bread crumbs
¼ cup grated Pecorino Romano cheese

Heat oven to 425°F. You'll need a shallow 2- to 2½-qt. baking or gratin dish. Vigorously rub inside of dish with garlic; discard garlic. Brush dish with 1 Tbsp. oil to coat. Heat 1½ Tbsp. oil in a large skillet over medium-low heat. Add onion and cook 15 minutes, stirring often, just until translucent and tender, but not browned. Remove from heat; stir in orange zest and juice, honey, and 1½ tsp. thyme. Scatter half over bottom of prepared dish; top with half the tomatoes and season with half the salt and pepper. Top with remaining onion mixture, tomatoes, salt, and pepper; overlapping tomato slices to fit. Mix bread crumbs, cheese and remaining ½ Tbsp. oil and 1½ tsp. thyme until crumbs are evenly moistened. Sprinkle over tomatoes. Bake 20 to 24 minutes until crumbs are golden and juices bubble. Serve hot or warm. Nutrition Facts: 1 serving equals 130 calories, 7 g fat, 16 g carbohydrates.

Strawberry Dessert, Ruth Clough, Dorset, Vt.

2 pkgs. (3 oz.) strawberry low-sugar gelatin	1 small angel food cake
2 cups boiling water	1 box (12 oz.) frozen strawberries, thawed
1½ cups cold water	1 pkg. (12 oz.) light whipped topping

Prepare gelatin with 2 cups boiling water and 1½ cold water. Refrigerate until thick but not set. Cut up angel food cake. When gelatin is thick, whip with electric mixer. Then fold in whipped topping, angel food cake, and strawberries. Refrigerate until ready to serve.

Bow Tie Seafood Pasta, Marco Ayala, South Hero, Vt.

3 lbs. uncooked bow tie pasta	4 cups mayonnaise
1-½ lbs. imitation crabmeat, chopped	¼ cup dill pickle relish
1 lb. frozen cooked salad shrimp, thawed	¼ cup Dijon mustard
4 celery ribs, chopped	1 Tbsp. salt
1 cup finely chopped green onions	1 Tbsp. dill weed
1 medium green pepper, diced	¾ tsp. pepper

Cook pasta according to package directions; drain and rinse in cold water. Place in a large bowl; add the crab, shrimp, celery, onions and green pepper. In another bowl, whisk the mayonnaise, pickle relish, mustard, salt, dill, and pepper. Pour over pasta mixture and toss to coat. Cover and refrigerate for at least 2 hours before serving. Yield: 32 (1 cup) servings. Nutrition Facts: 1 cup (prepared with fat free mayonnaise) equals 217 calories, 2 g fat, 39 g carbohydrate. Diabetic exchanges: 2 starch, 2 vegetable, ½ very lean meat.

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