

Recipes with UVM Students in Dietetics Program

Across the Fence Program of 5/23/11

Goat Cheese and Olive Stuffed Chicken Breasts

1 Tbsp creamy goat cheese
½ Tbsp chopped black olives
Freshly ground pepper to taste
2 boneless, skinless chicken breast halves
1 large egg white
¼ cup plain dry breadcrumbs
1 tsp extra-virgin olive oil

Preheat oven to 400°F. Coat a rimmed baking sheet with cooking spray.

Combine goat cheese, olives, and pepper in a small bowl with a fork.

Cut a horizontal slit along the thin, long edge of a chicken breast half, nearly through to the opposite side. Open up each breast and place half of the filling in the center. Close the breast over the filling, pressing the edges firmly together to seal. Repeat.

Lightly beat egg white with a fork in a medium bowl. Place breadcrumbs in a shallow glass dish. Hold the chicken breast together and dip in egg white, then dredge in the breadcrumbs. (Discard leftovers.)

Heat oil in a large nonstick skillet over medium-high heat. Add chicken breasts; cook until browned on one side, about 2 minutes. Place the chicken, browned side up, on the prepared baking sheet. Bake until the chicken is no longer pink in the center or until an instant-read thermometer registers 170°F, about 20 minutes.

Shredded Beet and Carrot Salad with Maple Raspberry Vinaigrette

1 cup arugula or other greens
1 small beet, peeled and shredded
1 medium carrot, peeled and shredded
½ cup extra virgin olive oil
2/3 Tbsp strong mustard
1/3 cup raspberry vinegar
1 Tbsp amber maple syrup
¼ tsp sea salt
¼ tsp ground pepper

1. Arrange beets and carrots over bed of arugula or other greens.
2. Mix remaining ingredients in a mixing bowl with whisk or beat with an electric mixer to form an emulsion.
3. Drizzle ¼ cup dressing over salad and refrigerate remaining dressing.

Sautéed Fiddleheads

½ Tbsp salt, plus more to taste
½ lb fiddlehead ferns
1 tsp olive oil
1 clove garlic, thinly sliced
1/8 tsp red pepper flakes

1. Trim and rinse fiddleheads, removing any brown ends or mushy parts.
2. In a large pot, bring 2 quarts water to a boil. Add salt and fiddleheads. Cook 1 minute. Drain and rinse with cold water.
3. In a large frying pan, heat oil over medium-high heat. Add fiddleheads. Cook, stirring until they start to brown, about 5 minutes. Add garlic and red pepper flakes, and cook, stirring, until garlic is fragrant and just starting to color, about 1 minute. Salt to taste. Serve immediately.

Local Maple Winter Squash Custard

¾ cup pureed winter squash
½ tsp cinnamon
¼ tsp ground ginger
1/8 tsp nutmeg
Pinch ground cloves
1-¼ cups low fat milk
1/3 cup maple syrup
2 egg whites, 1 whole egg, beaten

1. Preheat oven to 350° F.
2. Mix together pureed squash and spices.
3. Whisk in milk, maple syrup, and eggs, blending well.
4. Pour mixture into a 1 or 1 ½ quart baking dish.
5. Put dish in roasting pan and pour hot or boiling water in roasting pan so it reaches halfway up the dish.
6. Place in oven and bake for 1 or 1 ¼ hours, until a toothpick inserted in the center comes out clean. Serve warm or chilled.

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