

Across the Fence

“Healthy Eating” Recipes – August 2011

Carolyn Peake's Recipes

Fruit Compote Dessert

2 medium tart apples, peeled	2 lemon slices (¼-inch thick)
2 medium fresh peaches, peeled and cubed	3 cinnamon sticks (½-inch)
2 cups unsweetened pineapple chunks	1 medium firm banana, thinly sliced
1¼ cups unsweetened pineapple juice	Whipped cream, optional
¼ cup honey	Maraschino cherries, optional
	Sliced almonds, optional

Cut apples into ¼-inch slices, then in half horizontally. Place in slow cooker. Add peaches, pineapple, juice, honey, lemon, and cinnamon. Cover and cook on low for 3 to 4 hours. Stir in banana slices just before serving. Garnish with whipped cream, cherries and almonds, if desired.

Oven Fried Drumsticks

¼ cup vegetable oil	½ tsp. garlic powder
½ cup low-fat all purpose baking mix	⅛ tsp. black pepper
1 Tbsp. paprika	10 chicken drumsticks
2 tsp. Italian herb seasoning	

Preheat oven to 450°F. Pour the vegetable oil evenly over the bottom of a 15x10-inch baking pan. Combine baking mix, paprika, Italian seasoning, garlic powder, and black pepper in a large bowl. Mix well and pour into a paper bag. Add the chicken, a few at a time, to the bag and shake to coat. Arrange on the prepared baking pan. Bake chicken, turning once, until juices run clear when pierced with the tip of a knife, about 30 minutes. Transfer to a serving dish and serve immediately.

Parmesan Rice and Peas with Bacon

2 slices precooked bacon, chopped	½ cup water
1 medium onion, chopped	1 cup frozen baby sweet peas, thawed
1 cup uncooked long-grain regular rice	¾ cup grated Parmesan cheese
1 can (14 oz.) low-sodium, fat-free chicken broth	⅛ tsp. pepper

Spray 2-quart saucepan with non-stick cooking spray and cook onions for about a minute or until onion is tender. Add chopped bacon slices. Stir in rice, broth and water. Heat to boiling then reduce heat to low. Cover and simmer about 20 minutes or until rice is tender and liquid is absorbed. Gently stir in peas. Cover and cook 1 to 2 minutes, until peas are hot. Remove from heat and stir in cheese and pepper.

Easy Meatless Lasagna

1 container (15 oz.) ricotta cheese
¾ cup grated Parmesan cheese
2 Tbsp. fresh parsley, chopped
1½ tsp. dried oregano leaves

1 jar (1 lb-10 oz.) plus 1 (14 oz.) jar
tomato pasta sauce
8 uncooked lasagna noodles
4 cups (16 oz.) low-fat shredded
mozzarella cheese

Heat oven to 350°F. In medium bowl combine ricotta cheese, ½ cup of the Parmesan cheese, parsley, and oregano. Mix well. In bottom of ungreased 9x13-inch pan, spread 1 cup of the tomato sauce and top with four of the noodles. Spread about 1 cup of the ricotta cheese mixture over the noodles. Spread about 2 cups of the remaining tomato sauce and 2 cups of the mozzarella cheese. Repeat layers with remaining noodles, ricotta cheese mixture, pasta sauce, and mozzarella cheese. Sprinkle remaining ¼ cup Parmesan cheese over the top. Cover and bake for 1 hour. Uncover and bake 10 to 15 minutes longer or until noodles are tender, sauce is hot and bubbly, and cheese is beginning to turn light golden brown. Let stand 15 minutes before serving.

Real Good For You Banana Muffins

1 cup all-purpose flour
¾ cup whole wheat flour
2¼ tsp. baking powder
½ cup shortening
⅔ cup no-calorie sugar
¾ tsp. grated lemon rind
1 - 2 beaten eggs or equivalent
egg substitute

1¼ cups mashed banana
⅓ cup blueberries
⅓ cup raisins or dried cranberries
⅓ cup mini semi-sweet chocolate chips
(if batter needs thinning, add small
amount applesauce)

Preheat oven to 350°F. Cream the shortening, sugar and lemon rind until creamy. Beat in the eggs and banana. Add dry ingredients in about 3 parts, beating batter until smooth each time. Fold in the berries, raisins and chips. Divide batter among 12 muffin cups, coated with non-stick cooking spray. Bake for about 20 minutes or until pick inserted in center comes out clean. This can also be made into a loaf of bread; cook for about an hour or until bread tests done.

Judy Simpson's Recipe Hash Brown Casserole

1 cup sliced green onions
1 cup shredded sharp cheddar
2 Tbsp. margarine, melted
¼ tsp. pepper
1 pkg. (32 oz.) frozen Southern style
hash brown potatoes, thawed

1 carton (16 oz.) fat free sour cream
1 can condensed reduced-fat and salt
cream of mushroom soup, undiluted
Cooking spray
½ tsp. paprika

Preheat oven to 350°F. Combine first 7 ingredients in large bowl and stir well. Spoon mixture into a 13x9-inch baking dish coated with cooking spray. Sprinkle paprika over casserole. Bake at 350°F for one hour, or until bubbly. Reduced fat cheddar cheese can be used in this recipe.

Lyn Jarvis' Recipes

Butterscotch Bliss Layered Dessert

1½ cups graham cracker crumbs
Sugar substitute equivalent to
½ cup sugar, divided
6 Tbsp. butter, melted
16 oz. reduced-fat cream cheese
3 cups cold fat-free milk, divided

2 pkgs. (1.34 oz. each) sugar-free instant
butterscotch pudding mix
1 carton (8 oz.) frozen reduced-fat
whipped topping, thawed
½ tsp. rum extract

In a small bowl, combine the cracker crumbs, ¼ cup sugar substitute and butter. Press into a 13x9-inch dish coated with cooking spray. In a small bowl, beat the cream cheese, ¼ cup milk and remaining sugar substitute until smooth. Spread over crust. In another bowl, whisk remaining milk with the pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Gently spread over cream cheese layer. Combine whipped topping and extract; spread over the top. Refrigerate for at least 4 hours. Nutrition Facts: 1 piece equals 136 calories, 8 g. fat. Diabetic Exchanges: 1 starch, 1 fat.

Caribbean Pot Roast

2 medium sweet potatoes,
cubed
2 large carrots, sliced
¼ cup chopped celery
1 boneless beef chuck
roast (2½ lbs.)
1 Tbsp. canola oil

1 large onion, chopped
2 garlic cloves, minced
1 Tbsp. all-purpose flour
1 Tbsp. sugar
1 Tbsp. brown sugar
1 tsp. ground cumin
¾ tsp. salt

¾ tsp. ground coriander
¾ tsp. chili powder
½ tsp. dried oregano
⅛ tsp. ground cinnamon
¾ tsp. grated orange peel
¾ tsp. baking cocoa
1 can (15 oz.) tomato sauce

Place potatoes, carrots and celery in a 5-qt. slow cooker. In a large skillet, brown meat in oil on all sides. Transfer meat to slow cooker. In the same skillet, sauté onion in drippings until tender. Add garlic; cook 1 minute longer. Combine the flour, sugar, brown sugar, seasonings, orange peel, and cocoa. Stir in tomato sauce; add to skillet and heat through. Pour over beef. Cover and cook on low for 6-8 hours or until beef and vegetables are tender. Nutrition Facts: 278 calories, 12 g. fat. Diabetic Exchanges: 3 lean meat, 1 starch, 1 vegetable, ½ fat.

Reduced-Fat French Onion Dip

2 Tbsp. olive oil
2 cups finely chopped onion
Salt and pepper

1 cup low-fat cottage cheese
¼ cup boiling water
1 cup low-fat sour cream

½ tsp. Worcestershire sauce
¼ tsp. garlic powder

Heat oil in nonstick skillet over medium-high heat until simmering. Add onion, ½ teaspoon salt, and ¼ teaspoon pepper and cook until golden, about 5 minutes. Reduce heat to medium and cook, stirring frequently, until onions are deep golden brown and tender, about 20 minutes. Puree cottage cheese and boiling water in blender until no lumps remain. Add half of caramelized onions and blend until completely smooth. Transfer to medium bowl, then whisk in sour cream, Worcestershire, garlic powder, and remaining caramelized onion. Season with salt and pepper. Refrigerate at least 1 hour or up to 3 days. Serve. Yield: 6 servings. Nutritional Facts: 120 calories, fat: 8 g. saturated fat: 2.5g.

Peanut Butter Jumbles

1½ cups peanut butter	3 eggs	1 cup miniature semisweet chocolate chips
½ cup butter, softened	1 tsp. vanilla extract	1 cup M&M's miniature baking bits
1 cup sugar	4½ cups quick-cooking oats	
1 cup packed brown sugar	2 tsp. baking soda	

In a large mixing bowl, cream peanut butter, butter and sugars. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine oats and baking soda; gradually add to creamed mixture. Stir in chocolate chips and baking bits. Drop by heaping tablespoonfuls 2-inches apart onto ungreased baking sheets. Bake at 350°F for 12 to 14 minutes or until edges are browned. Remove to wire racks. Yield: 6 dozen. Nutrition Facts: 1 cookie equals 76 calories, 4 g fat. Diabetic Exchanges: 1 fat, ½ starch. Note: Reduced-fat or generic brands of peanut butter are not recommended for this recipe.

Frosted Pineapple Lemon Dessert

1 can (20 oz.) crushed pineapple	½ cup sugar
2 pkgs. (3 oz. each) sugar free lemon gelatin	2 Tbsp. all-purpose flour
2 cups boiling water	1 egg, lightly beaten
2 cups ginger ale, chilled	2 Tbsp. butter
2 large firm bananas, sliced	1 cup low-fat whipping cream or topping

Drain pineapple, reserving juice; set pineapple aside. In a bowl, dissolve gelatin in boiling water. Stir in the ginger ale, bananas and reserved pineapple. Transfer to a 11x7x2-inch dish. Refrigerate until firm. For topping, combine sugar and flour in a small saucepan. Gradually whisk in reserved pineapple juice. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from the heat. Stir a small amount into egg; return all to the pan, stirring constantly. Cook and stir until a thermometer reads 160° and mixture is thickened. Remove from the heat; stir in butter. Cool to room temperature. In a small mixing bowl, beat cream on high speed until stiff peaks form. Gently fold into custard. Spread over gelatin. Refrigerate for 1 hour or until chilled. Yield: 12 servings.

Creamy Pasta Salad with Crabmeat

½ cup each light sour cream and light mayonnaise (not fat free)	12 oz. medium shell pasta, uncooked (about 5 cups dry)
1 Tbsp. each freshly squeezed lemon juice, honey mustard, and minced fresh dill	1 lb. lump crabmeat (real or imitation), chopped
½ tsp. salt	½ cup each diced green & red bell peppers (may substitute pimentos)
¼ tsp. black pepper	½ cup chopped green onions

In a small bowl, combine sour cream, mayonnaise, lemon juice, honey mustard, dill, salt, and pepper. Refrigerate dressing until ready to use. Cook shells according to package directions. Drain well. Rinse with cold water and drain again. Transfer pasta to a large bowl. Add crabmeat, bell peppers, onions, and dressing. Mix well. Cover and refrigerate until ready to serve. Nutrition Facts: Per serving: 252 calories, 4.1 g total fat (0.8 g saturated fat).

Viewer's Recipes

Lite Fettuccini Alfredo

Julia Morgan, Berlin Vt.

2 Tbsp. oleo
4 small garlic cloves, minced
2 Tbsp. flour
2 + 2/3 cups fat free milk

4 Tbsp. light cream cheese
2 1/2 cups shredded Parmesan cheese
8 cups cooked pasta

Melt oleo in saucepan; add garlic and sauté 1 minute. Add flour. Gradually add milk, stirring with whisk until blended. Cook 8 minutes or until thick and bubbly, stirring constantly. Add cream cheese and cook 2 minutes, stirring constantly. Add Parmesan cheese stirring until cheese melts. Pour over pasta and mix well. Yield: 8 Servings. Recipe can be halved. Cooked chicken, shrimp and/or broccoli may be added.

Easy-Does-It Chili

Eleanor Newton, Barre, Vt.

1 cup chopped onion, sautéed in oil
3 cans (14 1/2 oz.) red kidney beans
1 can (28 oz.) crushed tomatoes

1 cup chopped green pepper
Chili powder to taste

Mix well. Cover and cook in crock pot, on high; in ovenproof covered dish in 350°F oven, or on stove top over medium heat, stirring occasionally to prevent burning. Cooking time about 1 hour and add water, as needed, whichever cooking method used. For vegetarian chili, add chopped celery, carrots, and other vegetables of your choice. For meat chili add cooked low-fat ground beef or turkey prior to serving, reheat, if necessary. Serve with cooked rice, crushed corn chips, or low-fat cheddar cheese.

Supreme Potato Casserole

Mary Steadman, South Hero, Vt.

3 medium potatoes (about 1 1/2 lbs.)
8 oz. fat-free cottage cheese
1/2 cup reduced-fat sour cream
1 Tbsp. fat-free milk
1 tsp. sugar

1/2 tsp. salt
1/8 tsp. garlic powder
2 Tbsp. sliced green onion
1/2 cup shredded reduced-fat cheddar cheese

Place the potatoes in a large saucepan and cover with water. Cover and bring to a boil. Reduce heat; cook for 10 to 15 minutes or until tender. Drain. Peel potatoes and cut into cubes. In a blender or food processor, combine the cottage cheese, sour cream, milk, sugar, salt, and garlic powder; cover and process until smooth. Transfer to a large bowl; stir in the potatoes and onion. Pour into a 1-qt. baking dish coated with cooking spray. Bake, uncovered, at 350°F for 30 minutes. Sprinkle with cheese. Bake 15 minutes longer or until the cheese is melted. Recipe can be doubled. Nutritional Facts: 1/2 cup equals 158 calories, 3 g. fat. Diabetic Exchange: 1 1/2 starch, 1 lean meat.

Low-Fat Apple Cake

Miriam Herwig, Randolph Center, Vt.

3 apples, cut or chopped fine
1 cup sugar
1 egg, beaten

1 cup flour
1 tsp. soda
1 tsp. cinnamon

Mix apples and sugar, add beaten egg. Sift together the flour, soda, and cinnamon. Add to the apple and sugar mixture. Pour mixture into an ungreased 8x8-inch pan and bake at 350°F for about 30 minutes or until done.

Carrot Cake Sans Oeufs

Ramonia Allaire, Hyde Park, Vt.

¾ cup sugar	1½ cups water
1 cup grated carrot	3 Tbsp. margarine
1 cup raisins	2 cups flour
1 tsp. cinnamon	2 tsp. baking soda
1 tsp. grated nutmeg	¼ tsp. salt
1 tsp. ground cloves	1 cup chopped walnuts

Preheat oven to 325°F. Coat a 13x9-inch baking pan with non-stick cooking spray. In a small saucepan combine sugar, carrot, raisins, cinnamon, nutmeg, cloves, water, and margarine. Bring to a boil. Reduce heat, and simmer for 5 minutes. Pour into a mixing bowl and cool to lukewarm. Add flour, baking soda, and salt. Mix well. Stir in walnuts. Pour into pan and bake for 40 minutes or until toothpick comes out clean. Cut into 24 squares. Nutritional Facts: each square equals 122 calories, 5 g. fat.

Cappuccino Parfaits

Marco Ayala, South Hero, Vt.

4 tsp. instant coffee	½ tsp. ground cinnamon
1 Tbsp. hot water	1 cup thawed light whipped topping
1½ cups cold 1% low-fat milk	3 chocolate wafer cookies, crushed
1 pkg. (1.34 oz.) vanilla or chocolate sugar free instant pudding	

Dissolve coffee in hot water in medium bowl. Add milk, pudding mix, and cinnamon. Beat with wire whisk for 1 to 2 minutes. Let stand 5 minutes or until thickened. Gently stir in whipped topping. Spoon ½ of the pudding mixture into 5 dessert dishes. Sprinkle with crushed cookies. Spoon remaining pudding mixture over crushed cookies. Garnish each serving with additional 1 tablespoon whipped topping, if desired. Refrigerate until ready to serve. Nutritional Facts: 76 calories, 2.4 g. fat.

Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.

Contact us at: atfence@uvm.edu, phone: (802) 656-5059, toll free at: 1-888-283-3430
or visit us online at: www.uvm.edu/extension/atf

University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont.