

Across the Fence

Cooking Light Recipes – May 2019

Carolyn Peake's Recipes

Healthy Chocolate Peanut Butter Chip Muffins

3 ripe bananas, mashed
½ cup vanilla Greek yogurt
½ cup honey
1 tsp. vanilla
2 Tbsp. creamy peanut butter
1 egg

1½ cups all-purpose or whole wheat flour
¼ cup cocoa powder
1 tsp. baking soda
⅓ cup peanut butter chips coated with a small amount of flour

Preheat oven to 350°F. Line muffin pan with 12 liners. In a mixing bowl, combine the bananas, yogurt, honey, vanilla, and peanut butter. Mix until smooth, about 1 to 2 minutes. Add the flour, cocoa powder and baking soda and mix until combined. Mix in the peanut butter chips. Evenly divide the batter among the muffin cups and sprinkle with extra peanut butter chips if desired. Bake for 17 to 22 minutes or until a toothpick inserted in center comes out clean. Cool in pan for 8 to 10 minutes before removing from pan.

Chicken Noodle Casserole

12 oz. uncooked wide egg noodles
¼ cup butter, divided
1 cup finely chopped celery
1 cup finely chopped onions
1 cup finely chopped carrots
2 cloves garlic, finely chopped
3 cups chicken broth
1 tsp. dried thyme leaves

½ tsp. pepper
¼ cup all-purpose flour
¼ cup heavy whipping cream
3 cups shredded cooked chicken
½ cup Italian style panko crispy bread crumbs
2 Tbsp. grated Parmesan cheese

Preheat oven to 350°F. Spray bottom and sides of a 9x13x2 inch glass baking dish with non-cook cooking spray. Cook and drain the noodles as directed on the package. Melt 2 tablespoons of the butter in a 12-inch nonstick skillet over medium-high heat. Cook the celery, onions, carrots and garlic for 6 to 7 minutes or until tender. Add 2½ cups of the chicken broth along with the thyme and pepper to the pan and bring it to boiling. In a small bowl, combine the remaining ½ cup of broth to the flour and whisk until smooth. Stir into the hot broth in the pan. Simmer and stir for 1 to 2 minutes or until the mixture thickens slightly. Remove from heat and stir in the cream and chicken. Combine the noodles and the chicken mixture until well mixed and place in the baking dish. Cover and bake 30 to 35 minutes or until casserole is heated through. While it is cooking, melt the remaining two tablespoons of butter in an 8-inch non-stick skillet. Add the bread crumbs and stir frequently until golden brown. Remove from heat and stir in the Parmesan cheese. Sprinkle over baked casserole. **Yield:** 8 servings. **Calories:** 390 per serving.

Makeover Lemon Pound Cake

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

Preheat the oven to 350°F and coat a loaf pan (9x5-inch) with non-stick cooking spray. Beat butter and sugar in a large bowl until crumbly. Add the eggs, one at a time, beating well after each addition. Beat in the oil, lemon juice, zest, vanilla and poppy seeds. In another bowl, combine the flour, baking powder and salt, whisking it together. Add to the egg mixture alternately with the yogurt, beating after each addition just until combined. Pour into the prepared pan. Bake 50 to 60 minutes or until a toothpick inserted in center comes out clean. Cool in pan for 10 minutes, remove from pan to a wire rack to cool completely. If desired, top with candied lemon slices.

Candied Lemon Slices:

Bring ¾ cup water and ¾ cup sugar to a boil for about 3 minutes, or until sugar is dissolved. Add 1 thinly sliced lemon and simmer 5 to 7 minutes or until tender. Drain and cool the slices completely on a wire rack. **Yield:** 16 slices. **Calories:** 145 per slice.

Marco Avala's Recipes

Chili-Lime Brussels Sprout Chips

1 lb. large Brussels sprouts	¼ tsp. pepper
1 Tbsp. extra-virgin olive oil	⅛ tsp. salt
½ tsp. chili powder	1 tsp. lime juice
½ tsp. grated lime zest	

Preheat oven to 400°F. Remove enough outer leaves from Brussels sprouts to make 4 cups (reserve the remaining Brussels sprouts for another use). Place in a large bowl along with oil, chili powder, lime zest, pepper and salt. With clean hands, gently massage the leaves until coated. Spread in a single layer on a large rimmed baking sheet. Roast until the leaves are browned and crispy, about 10 minutes. Toss with lime juice and serve hot.

Bananas Foster Upside-Down Cake

3 Tbsp. unsalted butter	1 tsp. baking powder
¼ cup packed dark brown sugar	½ tsp. salt
2 Tbsp. dark rum	¼ tsp. cinnamon
4 very ripe medium bananas, cut in half lengthwise, then cut into 4-inch-long pieces	1 large egg, lightly beaten
¼ cup toasted chopped pecans	⅓ cup sugar
⅓ cup all-purpose flour	⅓ cup whole-milk plain Greek yogurt
⅓ cup white whole-wheat flour	¼ cup canola oil
	½ tsp. vanilla

Preheat oven to 350°F. Melt butter in a 9-inch cast-iron skillet over medium heat. Remove from heat and stir in brown sugar and rum. Return to medium heat and bring to a simmer. Cook, stirring often, for 2 minutes. Remove from heat. Arrange banana pieces, cut-side down, over the brown sugar mixture and sprinkle with pecans. Combine all-purpose flour, whole-wheat flour, baking powder, salt and cinnamon in a large bowl. Whisk egg, granulated sugar, yogurt, oil and vanilla in a medium bowl. Gradually add the wet mixture to the dry ingredients, whisking until just combined (the batter will be lumpy). Carefully spread the batter over the bananas. Bake until a skewer inserted in the center comes out clean, about 20 minutes. Cool in the pan on a wire rack for 10 minutes. Run a knife around the edges to loosen. Invert the cake onto a serving plate, spooning any toppings left in the pan over the cake. **Yield:** 8 servings. **Calories:** 229 per serving.

Cherry Tomato & Garlic Pasta

8 oz. whole-wheat penne pasta
2 Tbsp. extra-virgin olive oil
6 cloves garlic, peeled
1 small onion, thinly sliced
2 cups cherry tomatoes
1 medium yellow squash, halved and sliced ¼ inch thick
¾ tsp. salt
¾ tsp. pepper
1 cup chopped fresh basil
1 cup pearl-size or mini mozzarella balls (about 4 oz.)
¼ cup finely grated Parmesan cheese

Bring a large pot of water to a boil. Add pasta and cook according to package directions. Reserve ¼ cup cooking water, drain the pasta and cover to keep warm. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add garlic and onions, reduce heat to medium and cook, stirring, until it begins to soften and turn light golden, about 3 minutes. Lightly mash the garlic with the back of a spoon. Remove from heat. Add tomatoes, squash, salt and pepper; cook, stirring occasionally, until the squash softens and the tomatoes begin to burst, 4 to 5 minutes. Add the pasta and reserved cooking water to the pan along with basil and mozzarella; toss to combine. Serve topped with Parmesan cheese. **Yield:** 4 servings. **Calories:** 385 per serving.

Strawberry Oat Streusel Bars

1½ cups old-fashioned rolled oats
½ cup packed light brown sugar
6 Tbsp. all-purpose flour
6 Tbsp. white whole-wheat flour
¼ tsp. baking soda
¼ tsp. ground

¼ tsp. salt
⅓ cup unsalted butter, melted
1⅓ cups finely chopped fresh strawberries
3 Tbsp. strawberry preserves
2 Tbsp. sugar
½ tsp. cornstarch

Preheat oven to 350°F. Line an 8-inch-square baking pan with parchment paper, leaving a 2-inch overhang on two sides. Coat with cooking spray. Combine oats, brown sugar, all-purpose flour, whole-wheat flour, baking soda, cinnamon and salt in a large bowl. Stir in melted butter. Firmly press 2 cups of the oat mixture into the bottom of the prepared pan. (Reserve the rest for the topping.) Bake until fragrant and set, about 20 minutes. Transfer to a wire rack. Combine strawberries, preserves, granulated sugar and cornstarch in a medium bowl. Spread the mixture evenly over the crust. Sprinkle with the reserved oat mixture. Bake until the topping is golden and the filling is bubbling, about 35 minutes. Let cool in the pan for 5 minutes. Using the overhanging parchment, carefully lift the bars out of the pan. Transfer to a wire rack to cool completely, about 1 hour. Cut into 12 bars. Yield: 12 servings. Calories: 167 per bar.

Cooking Tips

Reduce, Reuse, Regrow. Some vegetables can be regrown from scraps, here are a few examples:

Romaine Lettuce: Place the base of the head in a small dish of water, leaf-end up. Change the water daily. After a week, you should see small leaves growing out of the top. Trim-and eat-the growth and repeat several times until roots form, about 3 weeks. Then plant the lettuce, covering the roots and a couple inches of the base, in a pot or directly into the ground. Rather than harvest the whole head at once, pick leaves as you want to eat them, leaving about half of the existing leaves to encourage more growth.

Onion: Place the root end in a shallow bowl with enough water to just cover the roots. Change the water daily. You should see some growth in a few days. After about a week, plant the onion in a pot or in the ground with the roots buried and the remaining bulb exposed. Trim the green shoots as they appear (yes, you can eat these), leaving some of the growth-this helps the bulb grow bigger and faster. In 3 to 4 months, you'll have a mature onion.

Sweet Potato: Did you let your sweet potato sit too long and now it's got eyes? Let them keep growing, rather than toss the spud. Once the purple sprouts, known as slips, are at least 3 to 4-inches long, gently pull them off the potato and place them in water. (We recommend using a bud vase to keep them upright.) Change the water daily. After several weeks, roots will emerge. When they're an inch long, plant the slips just deep enough to cover the roots, 18 to 24 inches apart. The sweet potatoes will be mature in 3 to 6 months.

Strawberry Tarragon Chicken Salad

½ cup mayonnaise	2 cups quartered fresh strawberries
2 tsp. sugar	1 cup fresh shelled peas or frozen peas, thawed
2 tsp. minced fresh tarragon or 1 teaspoon dried tarragon	½ cup chopped celery
¼ tsp. salt	2 Tbsp. chopped sweet onion
⅛ tsp. pepper	torn mixed salad greens
2½ cups cubed cooked chicken breast	½ cup chopped pecans, toasted

In a large bowl, whisk the first 5 ingredients until blended. Stir in the chicken, strawberries, peas, celery and onion. Serve over salad greens; sprinkle with pecans. **Yield:** 5 servings. **Calories:** 378 per serving.

Radish & Carrot Slaw with Toasted Sesame Dressing

3 Tbsp. rice vinegar	1 cup matchstick-cut carrots
2 Tbsp. toasted sesame oil	2 Tbsp. chopped fresh cilantro, plus more for garnish
2 Tbsp. reduced-sodium tamari	2 tsp. toasted sesame seeds
½ tsp. sugar	
2 cups thinly sliced radishes (8 oz.)	

Whisk vinegar, oil, tamari and sugar in a medium bowl. Add radishes, carrots and cilantro and toss to coat. Let stand for 10 minutes. Use tongs or a slotted spoon to transfer the mixture to a serving bowl. Serve topped with sesame seeds and more cilantro, if desired. **Yield:** 4 servings. **Calories:** 99 per serving.

Shrimp Stir Fry with Green Pepper, Pineapple and Bacon

2 tablespoons sweet chili sauce	12 ounces peeled and deveined raw shrimp (21-25 count)
2 tablespoons Shaoxing rice wine (see Tip) or dry sherry	1 bunch scallions, cut into 1-inch pieces
2 tablespoons reduced-sodium tamari	1 tablespoon minced peeled fresh ginger
2 tablespoons water	¼ teaspoon crushed red pepper
2 teaspoons cornstarch	1½ cups chopped fresh pineapple (1-inch pieces)
2 ounces thick-cut bacon, cut into ½-inch pieces	
1 large green bell pepper, chopped	

Combine chili sauce, rice wine (or sherry), tamari, water and cornstarch in a small bowl. Set next to the stove. Cook bacon in a large flat-bottom wok or large skillet over medium-high heat, stirring, until crisp, about 5 minutes. Using a slotted spoon, transfer the bacon to a plate. Add bell pepper to the drippings in the pan and cook, stirring, for 1 minute. Add shrimp, scallions, ginger and crushed red pepper; cook, stirring, until the shrimp are cooked through, about 2 minutes. Stir the reserved sauce and add to the pan along with pineapple and the bacon. Cook, stirring, until the sauce thickens slightly, about 1 minute more. Tip: Shaoxing rice wine is a nutty Chinese spirit made from glutinous rice that adds complex flavor to simple stir-fries and braised meat. Look for it in Asian food markets or in the international aisle of large grocery stores. **Yield:** 4 servings. **Calories:** 180 per serving.

Citrus Lemonade

5 lemons
5 limes
5 oranges

3 quarts water
1½ to 2 cups sugar

Squeeze the juice from 4 each of the lemons, limes and oranges; pour into a gallon container. Thinly slice the remaining fruit and set aside for garnish. Add water and sugar to the juices; mix well. Store in the refrigerator. Serve over ice with fruit slices.

Lemon Icebox Pie with Coconut-Graham Cracker Crust

1 cup graham cracker crumbs (9 whole graham crackers)
⅓ cup unsweetened shredded coconut
¼ cup coconut oil, melted
¼ tsp. salt
8 large egg yolks

1 Tbsp. lemon zest
1¾ cups nonfat sweetened condensed milk (from two 14 oz. cans)
1 cup lemon juice
toasted unsweetened coconut flakes (*optional*)
lemon slices for garnish (*optional*)

Preheat oven to 325°F. Lightly coat a 9-inch pie pan with cooking spray. Mix graham cracker crumbs, coconut, oil and salt in a medium bowl. Press the mixture evenly into the bottom and up the sides of the prepared pan. Bake until the crust is set, but not browned, about 5 minutes. Transfer to a wire rack. Beat egg yolks and zest in a medium bowl with an electric mixer until pale and foamy, about 4 minutes. Whisk condensed milk and lemon juice in another bowl until combined. Whisk the milk mixture into the egg mixture until blended. Pour into the crust. Bake the pie until the center jiggles slightly, 20 to 25 minutes. Let cool on a wire rack for 1 hour. Cover with plastic wrap and chill for at least 2 hours or overnight. Garnish with coconut flakes and lemon slices, if desired. To make ahead: Refrigerate for up to 1 day. **Yield:** 10 servings. **Calories:** 291 per serving.

You can subscribe to *Across the Fence Recipes* by sending self-addressed and stamped business sized envelopes (up to 12) and a check made out to Marco Ayala for as many recipes you are ordering (\$2 each) and we will mail them to you as soon as they become available each month!

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.