In the Kitchen with VHFA
# Table of Contents

## Soups, salads, salsas
- Beef Barley Soup ........................................ 1
- Black Bean Salad ........................................ 2
- Black Bean Salsa ......................................... 3
- Hummus .................................................... 4
- Spinach Salad ............................................. 5
- Strawberry Yogurt Salad or Dessert ................... 6

## Pasta/vegetarian
- Acini de Pepe ............................................. 7
- Mediterranean Pasta ..................................... 8
- Mushroom and Wild Rice Slow-Cooker Stew ........... 9
- Roasted Veggie Lasagna ................................ 10

## Meats/seafood
- Chicken with Cashews & Mango ....................... 11
- Chinese Barbecued Pork Tenderloin .................. 12
- Stir-Fried Pork with Cabbage ......................... 13
- Sweet & Sour Stir-Fried Shrimp ....................... 14
- Turkey Enchilada Pie ................................... 15

## Beverages
- Fruit Smoothies ......................................... 16
- Sweetish Iced Tea ....................................... 17

## Baked goods
- Carmel Pumpkin Pudding Cupcakes .................... 18
- Great Aunt Fernie’s Health Bread ..................... 19
- Pancakes ................................................... 20
Beef Barley Soup

Submitted by Sam Falzone

This will approximate the beef barley soup from the Red Onion that Sam and Roger like so much.

Ingredients

½ c. pearl barley
5½ c. water or beef stock
1 Tbsp. salt
2 tsp. light soy sauce
¼ c. cooking sherry
3 Tbsp. butter
Olive oil, drizzle
1 c. chopped onion
3 cloves garlic, minced
1 lb. ground beef
2 carrots, sliced
Plenty of fresh ground pepper
A few fresh basil leaves

Preparation

Cook barley in 1½ cups of the water/stock until tender. Add remaining liquid to soup pot with salt, soy sauce and sherry. Sauté onions and garlic in butter and olive oil until soft and clear. Add the sliced carrot and basil. When everything is tender add to the soup pot.

Using same frying pan, cook the ground beef thoroughly and break into thumbnail size chunks. When done, add to the soup pot along with the cooked barley.

To get really fancy, pour off the fat and deglaze the pan using the sherry instead of adding above with the soy sauce. Pour these juices into the soup. Simmer and add lots of fresh ground pepper. Taste and adjust seasoning as desired using more soy sauce, sherry, pepper and garlic powder.
Black Bean Salad

Submitted by Nina McDonnell
Adapted from a Gourmet Magazine recipe

Servings
Recipe can be halved

Ingredients
2 cans black beans, drained (You can also use dry beans and pre-cook them to use)
1 c. frozen corn (Canned in a pinch)
2-3 tomatoes (Unless using cherry tomatoes, then obviously more), chopped — approximately 1-1 ¼ cups
¼ c. cilantro, chopped (More or less to taste)
4 scallions, chopped
½ c. extra virgin olive oil (Or slightly less)
½ c. lemon juice (You can use fresh squeezed or bottled juice)
Lime juice can also be substituted
Salt and pepper, to taste

Preparation
Mix all ingredients together in a glass or ceramic bowl. Allow to sit at room temperature for a couple of hours for tastes to mix. Either use then or refrigerate. If refrigerating, please take out approx. ½ hour before eating for olive oil to clarify.
Black Bean Salsa

Submitted by Sam Falzone
Created by Sally Rushman from Cabot, Vt.

Ingredients
1 can black beans, rinsed
1 c. corn, fresh or frozen
1 bunch scallions, chopped
¼ c. olive oil
½ c. garlic-flavored wine vinegar
3 tomatoes
1 large avocado
Salt, pepper and tabasco, to taste

Preparation
Combine beans, corn, scallions, oil and vinegar. Add salt, pepper and tabasco, to taste. Chop up tomatoes and avocado and add before serving. Break out the chips, put on some Mexican music and go crazy!
Hummus

Submitted by Cindy Reid

Servings
Makes about three cups.

Ingredients
4 garlic cloves, minced and then mashed
2 15-oz cans of garbanzo beans (chickpeas), drained and rinsed
⅔ c. of tahini (roasted, not raw)
⅓ c. freshly squeezed lemon juice
¼–½ c. water
¼ c. olive oil
½ tsp. salt (or ¼ tsp. soy sauce)
Pine nuts (toasted) and parsley (chopped) for garnish

Preparation
In a food processor, combine the mashed garlic, garbanzo beans, tahini, lemon juice, ½ cup water, and olive oil. Process until fairly smooth. Add salt, starting at a half a teaspoon, to taste.

Spoon into serving dish and sprinkle with toasted pine nuts and chopped parsley.

Serve with crackers, raw dip vegetables such as carrots or celery, or with pita bread. You can cut the pita bread into thin triangles, brush with olive oil and toast for 10 minutes in a 400°F oven to make pita chips with which to serve the hummus.
Spinach Salad

Submitted by Martha Panton

Ingredients

Salad:
1 large bag baby spinach
1 small bag coleslaw salad mix (Not dressing)
6 chopped chives
1 package raw Ramen Noodles, crushed into small pieces (Do not use the flavor packet)
2 Tbsp. sesame seeds
¼ c. slivered almonds

Dressing:
½ c. rice vinegar
½ c. olive oil (Or other oil for taste)
3 Tbsp. sugar
1 Tbsp. Mrs. Dash (Any flavor for taste)
1 tsp. fresh crushed pepper

Preparation

Combine spinach, coleslaw mix, and chives in a large bowl and set aside.

In a small skillet toast the slivered almonds and sesame seeds until golden brown. Then combine with Ramen Noodles. Do not put these on the salad until ready to serve.

Combine all dressing ingredients to taste. Pour over salad when ready to serve.
Strawberry Yogurt Salad or Dessert

Submitted by Pat Lafond

Ingredients
32-oz container vanilla or plain low-fat or fat-free Cool Whip
32-oz container vanilla or plain low-fat or fat-free yogurt
1 package Jell-O instant pudding vanilla (Cheesecake is good)
1 pint fresh or frozen strawberries (Or any other berry)

Preparation
Allow Cool whip to thaw and mix with yogurt, add instant pudding (straight from the box) and stir in berries.
Acini de Pepe

Submitted by Sam Falzone

Servings
Four good-sized portions

Ingredients
3 medium onions
5 cloves garlic
5 leaves fresh basil (Or ½ tsp. dried)
⅛ c. olive oil
½ green, red sweet or jarred roasted pepper
2½ c. chicken broth (2 cans)
1½ c. acini de pepe (A pasta product sold by the box in grocery stores)
3 medium carrots, grated
Salt
Pepper
Cayenne pepper, optional
Curry powder or tarragon, optional

Preparation
In a large iron skillet or frying pan, chop and sauté over medium heat, onions, garlic, basil in olive oil. After this has softened up and is glistening, add pepper along with a little red cayenne pepper and if you are adventuresome, either curry powder or tarragon. Add salt and pepper to taste. Once this mixture is steaming and smelling good, add chicken broth.

Turn up heat until boiling and then add acini de pepe. Stir and reduce heat to low until simmering lightly.

After about 10 minutes, grate carrots using the large holes on a cheese grater and add to skillet stirring again. Continue simmering for another 10 to 15 minutes or until pasta is at desired tenderness. Stir occasionally and be prepared to add more broth if needed. Should be ready to serve and enjoy!
Mediterranean Pasta

Submitted by Carolynn Mossey
From Weight Watcher Magazine Cookbook, “Cream of the Crop”

Servings
4 Servings (Serving size: 1 cup tomato mixture, 1 cup pasta, and 1 tablespoon cheese). 286 calories. 6.4 grams fat. 4.6 grams fiber.

Ingredients
- 4 c. chopped tomato
- 2 Tbsp. chopped fresh basil
- 1 Tbsp. olive oil
- 1 Tbsp. red wine vinegar
- ¼ tsp. salt
- ½ tsp. crushed red pepper
- 1 garlic clove, minced
- 4 c. cooked angel hair pasta (About 8 oz uncooked pasta)
- ¼ c. crumbled feta cheese

Preparation
Combine first 7 ingredients in a large bowl, and stir well. Let stand 10 minutes. Serve at room temperature over cooked pasta, and sprinkle with feta cheese.
Mushroom & Wild Rice Slow-Cooker Stew

Submitted by Pat Loller
Adapted from a Weight Watcher’s recipe

Servings
Yields about 1½ c. per serving.

Ingredients
1½ tsp. olive oil
2 c. leek whites, finely chopped
2 c. mushrooms (Shiitake are best)
1 c. carrots, diced
3 c. veggie broth
1 tsp. salt
1 c. wild rice, uncooked

Preparation
Heat oil in large nonstick skillet. Add leeks and mushrooms and sauté until tender, about 5 minutes. If you’re in a hurry, skip this step and simply add all the ingredients directly to the slow cooker.

Spoon leeks and mushrooms into a 4- to 5-quart slow cooker. Add carrots, broth, salt and rice; cover and cook on low for 6 to 7 hours.
Roasted Veggie Lasagna

Submitted by Pat Loller
Adapted from a Weight Watcher’s recipe

Ingredients
3 medium raw eggplant, cut into ½ inch pieces
3 medium sweet red peppers, chopped
4 small tomatoes
4 medium garlic cloves
2 tsp. olive oil
1 tsp. salt
½ tsp. black pepper
9 lasagna noodles
¼ c. grated parmesan cheese
1 c. part-skim mozzarella cheese, shredded

Preparation
Preheat oven to 425°F. In roasting pan, combine vegetables and garlic with olive oil. Bake until vegetables are tender, stirring occasionally, about 20 to 25 minutes.

Place half of vegetables, salt and pepper, and ½ c. water in food processor and process until smooth. Spoon ½ c. of vegetable purée into bottom of a 9 x 13-inch baking dish. Place three noodles over purée. Top with ½ cup of purée, ½ of remaining vegetables, 2 Tbsp. of parmesan cheese and ¼ c. of mozzarella cheese. Repeat layers and then top with remaining 3 noodles, purée and cheese.

Bake until bubbly, about 40 to 45 minutes. Slice into 6 pieces and serve.
Chicken with Cashews & Mango

Submitted by Martha Panton
Adapted from a “Cooking Light Magazine” recipe

Ingredients
3 chicken breast
1 Tbsp. corn flour
½ tsp. pepper
4 Tbsp. vegetable oil
½ cup unroasted, unsalted cashew nuts
2 medium carrots, halved and cut into strips
4 scallions, sliced diagonally
1 handful sugar-snap peas
1 ripe medium mango, peeled and thinly sliced
1 Tbsp. chicken broth (Low sodium and low fat)
2 Tbsp. light soy sauce
Long grain brown rice

Preparation
Cut each chicken breast into very thin long pieces and place in a bowl. Sprinkle corn flour and pepper over the chicken and toss well together.

Heat 2 Tbsp. of the vegetable oil in a wok and stir-fry the chicken pieces for 3-5 minutes until cooked and lightly browned. Remove from the pan and keep warm.

Add the remaining oil to the pan and quickly stir-fry the cashew nuts until lightly browned. Add the carrots, spring onions and cook, stirring, for 3-4 minutes. Stir in the sugar-snap peas and mango slices and cook for another 1-2 minutes.

Return the chicken pieces to the pan and add the chicken broth and soy sauce. Stir-fry for a further 3-4 minutes, and then serve with rice.
Chinese Barbecued Pork Tenderloin

Submitted by Pat Crady

Adapted from a recipe found in Cooking Light Magazine. It’s very good, and low in fat and sodium. It reminds me of the pork spareribs that you get from Chinese takeouts — without all the fat and sodium.

Servings
Makes four servings of three ounces each

Ingredients
1 (1 pound) pork tenderloin  
2 tsp. brown sugar  
½ tsp. five-spice powder  
⅛ tsp. ground red pepper  
Cooking spray  
1 Tbsp. hoisin sauce  
1 Tbsp. orange juice  
½ tsp. dark sesame oil

Preparation
Preheat oven to 400. Trim all the fat from the pork. Combine the sugar, five spice powder, salt, red pepper, and rub the pork with the spice mixture.

Place pork on a broiler pan coated with cooking spray. Bake at 400 for 10 minutes. Combine hoisin, orange juice, and oil in a small bowl. Brush the tenderloin with the mixture. Bake for an additional 15-20 minutes or until thermometer registers 160 (maybe slightly pink) — I actually roast it for 20 minutes, because I can’t get used to eating pork that is not completely white. I also make double sauce and brush some on during the last few minutes of cooking time.
Stir-Fried Pork with Cabbage

Submitted by Martha Fleming
From: “Diabetes Forecast” (June 2007)

Ingredients
1 lb. pork tenderloin, cut into 1 inch cubes
4 Tbsp. light soy sauce, divided
2 Tbsp. dry sherry or substitute 3 Tbsp. low-fat, reduced sodium chicken broth
2 tsp. rice vinegar
¼ tsp. red pepper flakes (Optional)
2½ tsp. canola or peanut oil, divided
3 garlic cloves, minced
2 Tbsp. minced shallots
3 c. thinly sliced green cabbage
2 Tbsp. low-fat, reduced sodium chicken broth (Optional)

Preparation
In a bowl, combine pork, 3 Tbsp. of the soy sauce, sherry, rice vinegar, and red pepper flakes. Marinate for 30 minutes in the refrigerator.

Remove the port from the refrigerator and bring to room temperature. Drain and discard the marinade.

Heat half the oil in a wok or heavy skillet over high heat. Add the pork and stir-fry for about 5 to 7 minutes until pork is almost cooked through. Remove the pork with a slotted spoon.

Add remaining oil to the pan with the garlic, shallots, and cabbage. Stir-fry for about 5 minutes until the cabbage is wilted.

Sprinkle the remaining soy sauce on the pork and add the chicken broth if you desire more liquid.
Sweet & Sour Stir-Fried Shrimp

Submitted by Martha Fleming
From: “Diabetes Forecast” (June 2007)

Ingredients

Sauce:
- ⅓ c. pineapple juice
- 2 Tbsp. red wine vinegar
- 2 Tbsp. sugar or 2 tsp. Splenda
- 1 tsp. light soy sauce
- 1 tsp. grated ginger
- 2 garlic cloves, minced
- 2 tsp. arrowroot

1 lb. peeled and deveined large shrimp
3 Tbsp. flour (Just enough to lightly coat the shrimp)
3 tsp. canola oil, divided
1 medium red pepper, cored and thinly sliced
1 medium green pepper, cored and thinly sliced
½ large red onion, thinly sliced
½ c. pineapple chunks

Preparation

Combine the sauce ingredients in a measuring cup and set aside.

Coat the shrimp very lightly with flour and shake off excess.

Heat 2 tsp. of the oil in a large wok set over medium-high heat. Sauté the shrimp in batches until golden brown on both sides, about 3 minutes.

Remove the shrimp from the wok. Add the remaining oil and the peppers and onions and stir-fry for 5 minutes. Add the pineapple chunks and sauce and cook until the sauce thickens, about 1 minute.

Add the shrimp to the mixture and serve.
Turkey Enchilada Pie

Submitted by Pat Loller
Adapted from a Weight Watcher's recipe

Ingredients
1 spray cooking spray
4-oz canned jalapeno peppers, drained and chopped
¾ lb. ground turkey breast, uncooked
½ tsp. ground cumin
1 medium onion, chopped
2 large burrito-size wheat flour tortillas
1 tsp. chili powder
3 c. tomato, chopped
3 Tbsp. all-purpose flour
10 Tbsp. low-fat shredded cheddar cheese
1 c. fat-free milk

Preparation
Preheat oven to 350°F. Coat a large skillet with cooking spray. Heat skillet over medium heat. Place turkey, onion and chili powder in skillet and cook until turkey is browned, stirring occasionally to crumble meat, about 8 minutes. Remove turkey mixture from skillet and set aside.

Place skillet over medium-high heat and add flour. Gradually add milk, stirring with a whisk until blended. Bring to a boil, reduce heat to medium and simmer until thickened, about 2 minutes.

Remove skillet from heat; stir in turkey mixture, jalapenos and cumin. Wrap tortillas in damp paper towels and microwave on HIGH until softened, about 15 seconds. Place 1 tortilla in bottom of a 9-inch pie plate. Spread ½ of turkey mixture over tortilla. Spoon 1 c. of tomato on top and sprinkle with 4 Tbsp. (¼ cup) of cheese. Repeat layers with remaining ingredients ending up with 2 Tbsp. of cheese. Cover pie plate with aluminum foil and cook until cheese melts, about 15 minutes. Let stand, covered, 2 minutes before cutting into 6 wedges.
Fruit Smoothies

Submitted by Craig Bailey

Though this is a fat-free snack, it isn’t low in sugar. Grape juice is notoriously high in natural sugar — 50 percent more than is found in Coca-Cola. Don’t bother substituting low-fat yogurt in place of fat-free: You really won’t taste the difference.

Servings
Makes three 16-ounce servings. Approximately 195 calories per serving.

Ingredients
2 c. Frozen mixed berries
2 c. Unsweetened purple grape juice
2 c. Plain or vanilla fat-free yogurt
2 tsp. Honey or maple syrup (optional)

Preparation
Put all ingredients in blender. Blend until smooth, using more or less juice to adjust consistency. Pour into chilled pint glasses.
Sweetish Iced Tea

Submitted by Leslie Black-Plumeau

Ingredients
2 c. water
1 c. sugar
4 decaf or green tea bags, tied together
Juice of 2 lemons (You can vary this: 1 lemon is fine, too. Or even a squirt of the prepared stuff)

Preparation
Boil water in your tea kettle. While water is heating, add sugar, tea bags and lemon juice to a pitcher that holds at least ½ gallon of liquid. After water boils, add it to the pitcher and stir until sugar is dissolved.

Let tea bags steep — I usually wait 10-30 minutes — and then remove them.

In another pitcher of the same size, pour ½ of the iced tea concentrate you just created. Add cold water from the tap to each of the pitchers until you get the taste you like. (I usually add about ½ gallon of water to the concentrate in each pitcher.)

Pour over ice and enjoy right away, if you want. Cover and store remaining tea in fridge.
Caramel Pumpkin Pudding Cupcakes

Submitted by Polly Thibault

These tasty treats are a healthier substitute for your run of the mill desserts. They are adapted from the Hungry Girl Cookbook by Lisa Lillian — visit her website at www.hungry-girl.com. (1 cupcake = 108 calories, 2 g fat)

Servings
Makes 12 cupcakes.

Ingredients
Cupcakes:
2 c. yellow cake mix
1 c. canned pure pumpkin
⅓ c. fat-free liquid egg substitute
2 Tbsp. sugar-free maple syrup
2 tsp. cinnamon
2 tsp. Splenda
⅛ tsp. salt

Topping:
3 cubes chewy caramel
2 tsp. light vanilla soymilk

Preparation
Preheat oven to 350 degrees. Combine all cupcake ingredients in a mixing bowl with ⅓ cup water. Whip with a whisk or fork for 2 minutes until well blended.

Spray 12 muffin cups or line with baking cups. Evenly spoon batter into muffin cups. Place pan in the oven and cook for about 12 minutes. Once cupcakes are cool enough to handle, arrange them closely on a plate so that the edges are touching.

Place caramel and soymilk in a tall microwave safe glass — mixture will bubble and rise when heated. Microwave on medium for 1½ minutes. Stir vigorously until smooth and blended. Immediately drizzle over cupcakes.
Great Aunt Fernie’s Health Bread

Submitted by Craig Bailey
Courtesy of Noelle MacKay and her Great Aunt Fernie

Ingredients
1 egg, beaten
¼ c. vegetable oil (Can substitute apple sauce)
1 c. brown sugar
1 c. All-Bran cereal
1 c. whole wheat flour
1 c. all-purpose flour
2 tsp. wheat germ
4 tsp. baking powder
¼ c. honey
1 c. milk (Can use skim)
¾ c. raisins

Preparation
Preheat oven 350 F.

Combine egg, honey, oil and milk. Stir in sugar and bran.

In a separate bowl, combine rest of ingredients and mix well. Add to the honey mixture, stirring just to blend. Turned into a greased 9 x 5 loaf pan.

Bake 40-45 minutes or until done in center. Wrap and store one day before slicing.
Pancakes

Submitted by Leslie Black-Plumeau

They’re kind of basic, but maybe someone’s who buying pre-made stuff will enjoy making pancakes or iced tea from scratch, since they’re so easy!

Ingredients

2 c. whole wheat flour
4 tsp. baking powder
¼ c. sugar
2 c. milk (Any kind, even soy milk works great)
¼ c. light tasting oil
2 eggs
Blueberries, bananas or apples
Cinnamon

Preparation

On medium heat, preheat a cast iron or non-stick griddle or large frying pan.

Mix flour, baking powder and sugar in a large mixing bowl.

Add milk, oil and eggs Stir until large lumps dissolve. Add a teeny bit more milk if the batter seems too thick. (It should drip quickly off your stirring spoon).

Add extras like blueberries, mashed banana, or apple chunks with a few pinches of cinnamon.

Lightly spray surface with oil. Pour batter onto the griddle by large spoonfuls. When bubbles appear, flip, cook a bit more, and enjoy!
In the Kitchen with VHFA

July 2008

Recipes submitted by the staff of Vermont Housing Finance Agency

Compiled by Martha Panton

Designed by Craig Bailey

Culinary consultant Howard M. Dishes

©2008 Vermont Housing Finance Agency All rights reserved