

Across the Fence Recipes – January 2023

Carolyn Peake's Crustless Spinach Quiche

1 cup egg substitute
3 oz. reduced fat cream cheese, softened
1 cup fat free milk
¼ tsp. pepper
3 cups shredded reduced fat Cheddar cheese
3 cups frozen chopped spinach, thawed and squeezed dry

1 cup frozen chopped broccoli, thawed and well drained
1 small onion, finely chopped
5 fresh mushrooms, sliced
1 cup diced ham (optional)

In a small bowl, beat the cream cheese. Add milk, egg, and pepper and beat until smooth. Stir in the remaining ingredients. Pour into a 10-inch quiche pan or large pie plate coated with non-stick cooking spray. Bake at 350°F for 45 to 50 minutes or until a knife inserted near the center comes out clean. Yield: 8 servings. 1 piece equals 197 calories.

Breakfast Strawberry & Cream Cheese Oatmeal Cakes

¼ cup reduced-fat cream cheese, at room temperature
1 Tbsp. strawberry jam
3 cups old-fashioned rolled oats
1 ¼ cups low-fat milk
cup packed brown sugar
¼ cup unsweetened applesauce

2 large eggs, lightly beaten
1 tsp. baking powder
1 tsp. vanilla extract
½ tsp. salt
¾ cup chopped fresh or frozen strawberries, divided

Whisk cream cheese and jam together in a small bowl.

Blueberry Walnut Bars

1 cup ground walnuts
½ cup graham cracker crumbs
2 Tbsp. plus ¼ cup sugar, divided
1 cup old-fashioned oats
3 Tbsp. reduced fat butter, melted
1 pkg. (8 oz.) reduced fat cream cheese

1 Tbsp. orange juice
½ tsp. vanilla extract
½ cup reduced-fat whipped topping
2 Tbsp. blueberry preserves