

# Across the Fence

Cooking for One (part one) August 30<sup>th</sup>, 2012  
Linda Berlin, UVM

Ground turkey burgers with broccoli  
(Makes 4 servings).

## Ingredients:

1 lb. ground turkey  
1/4 c. finely chopped onion  
1 clove garlic, minced  
1 head of broccoli  
1/2 tsp. salt  
1/8 tsp. pepper  
1/4 tsp. dried basil  
1/8 tsp. dried thyme  
1/8 tsp. rubbed sage  
Vegetable cooking spray  
whole-wheat Hamburger buns

## Directions:

- 1) Combine first 9 ingredients (through sage) and shape into four 4-inch patties.
- 2) Coat pan with olive oil or cooking spray.
- 3) Place pan over medium heat. Add burgers and cook until no longer pink in the middle (about 8 minutes per side).
- 4) Toast hamburger buns, add cooked burgers and serve.

## Notes:

- x The patties are easy to freeze individually in freezer wrap or aluminum foil. Can freeze burger either raw or cooked. Be sure to label and date.
- x Extra buns can be also be stored in the freezer

## Mushroom and spinach Quiche (Makes 7 servings).

### Ingredients:

1 frozen deep dish pie crust  
1 tbsp. Dijon mustard  
2 pkg. frozen spinach, chopped (or 20 oz. fresh spinach)  
1 fresh garlic clove, chopped  
1 tbsp. olive oil  
1 c. shredded Vt. cheddar cheese  
1/2 c. sliced fresh mushrooms  
1 chopped med. onion  
1/2 c. low-fat milk  
3 eggs  
Fresh ground pepper

### Directions:

- 1) Spread inside pie crust with mustard.
- 2) Cook spinach according to package if frozen; drain well. If using fresh spinach, wash and trim off stems. Taking a bunch of spinach at a time, chop well. Steam until fully reduced in size and drain.
- 3) Sauté garlic, onion, and mushrooms in olive oil until tender.
- 4) Stir spinach and cheese into mushroom mixture.
- 5) Pour into pie shell.
- 6) Mix eggs, low-fat milk and seasonings together well. Pour over quiche. Get liquid down in spinach.
- 7) Bake in center of oven at 375°F for about 35 minutes, until crust is ~~done~~ ~~done~~

### Notes:

#### Selection

-Fresh spinach can be purchased and frozen prior to making this meal

#### Kitchen

-feel free to add herbs and spices to this dish

-To freeze after baking:

Wrap slices individually with freezer paper or heavy-duty (or double thickness) aluminum foil or small freezer bags. Seal, label (date and content), and freeze for up to one month. When ready to serve, remove from freezer. Let thaw in the refrigerator. Bake in a preheated 350F oven for about 25 minutes, or until heated through.

## *Across the Fence*

**Cooking for One (part two) August 31, 2012**

**Mary Woodruff, MPH, RD**

**Vermont Department of Disabilities, Aging and Independent Living**

### **Balsamic Carrot Salad** Makes 4 servings

#### **Ingredients**

2 cups sliced carrots (about 1 pound) ¼ inch thick  
1/8 cup minced fresh cilantro  
1 tablespoon white balsamic vinegar  
3 teaspoons olive oil  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 clove garlic, minced

#### **Preparation**

Steam the carrots until tender.

Combine with remaining ingredients in a large bowl, and toss to coat carrots.

Cover and chill at least 1 hour or overnight to enhance flavors.

### **Roasted Vegetables** Makes 4 servings

#### **Ingredients**

2 zucchini, sliced  
1 sweet potato, peeled and sliced  
1 onion, peeled and cut into eighths