

Across the Fence
Recipes for One or Two – June 2008

Lyn Jarvis' Recipes
Savory Cheese Soup

1 can (14 oz.) chicken broth	2 Tbsp. cold water
¼ cup chopped carrot	1 pkg. (3 oz.) cream cheese, cubed and softened
¼ cup chopped celery	¾ cup shredded Cheddar cheese
1 Tbsp. chopped onion	⅓ cup additional chicken broth
1 Tbsp. chopped sweet red pepper	Croutons, crumbled cooked bacon and sliced green onions (optional)
2 tsp. butter	
⅛ to ¼ tsp. pepper	
2 Tbsp. all-purpose flour	

In a 1½-qt. slow cooker, combine the first seven ingredients. Cover and cook on low for 5 hours. Combine the flour and water until smooth; stir into soup. Cover and cook on high for 30 minutes or until thickened. Stir in cream cheese and Cheddar cheese until blended. Stir in additional broth. Cover and cook on low for 10 minutes or until heated through. Top with croutons, bacon or green onions, if desired.

Maple Pot Roast

¾ lb. boneless beef chuck roast (¾ to 1-inch thick)	⅛ tsp. salt
¼ cup orange juice	⅛ tsp. pepper
¼ cup maple syrup	1 medium carrot, cut into 2-inch pieces
4½ tsp. red wine vinegar	1 celery rib, cut into 2-inch pieces
1½ tsp. Worcestershire sauce	8 fresh pearl onions, peeled
1 tsp. grated orange peel	1 large potato, peeled and cut into 2-inch pieces

In a Dutch oven coated with nonstick cooking spray, brown meat on both sides. Combine the orange juice, syrup, vinegar, Worcestershire sauce, orange peel, salt, and pepper; pour over roast. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Add the carrot, celery, and onions; cover and simmer for 20 minutes. Add potato; cover and simmer for 20 minutes or until tender. Serve roast and vegetables with pan juices.

Zucchini Tomato Salad

½ cup diced zucchini	1 tsp. prepared mustard
½ cup seeded diced tomato, divided	⅛ tsp. salt
2 Tbsp. mayonnaise	⅛ tsp. pepper
1 Tbsp. minced chives	1 cup ready-to-serve salad greens

In a small bowl, combine the zucchini, ¼ cup tomato, mayonnaise, chives, mustard, salt, and pepper. Refrigerate for 20 minutes. Serve on salad greens; sprinkle with remaining tomato.

Lemon Pudding Cake Cups

1/3 cup sugar	1/2 cup 2% milk
2 Tbsp. all-purpose flour	1 egg yolk, beaten
1 1/2 tsp. grated lemon peel	2 Tbsp. lemon juice
1/8 tsp. salt	1 egg white, beaten

In a small bowl, combine the first seven ingredients. In a small mixing bowl, beat egg white until stiff peaks form. Gently fold into lemon mixture. Pour into two ungreased 6 oz. ramekins or custard cups. Place in a shallow baking dish; add 1 inch of hot water to dish. Bake, uncovered, at 350°F for 35 to 40 minutes or until a thermometer reaches 170°F. Allow to cool in water bath for 10 minutes before carefully removing cups to a wire rack. Serve warm or refrigerate.

Maple Pumpkin Pie

1/2 cup all-purpose flour	2 Tbsp. shortening
1/8 tsp. salt	2 Tbsp. cold water

Filling:

1/2 cup canned pumpkin	2 Tbsp. Vermont maple syrup
1/3 cup evaporated milk	1/2 tsp. pumpkin pie spice
1/4 cup packed brown sugar	1/4 tsp. maple flavoring
1 egg	Dash salt

In a small bowl, combine flour and salt; cut in shortening until crumbly. Gradually add water, tossing with a fork until dough forms a ball. Cover and refrigerate for 15 minutes or until easy to handle. Meanwhile, in a small mixing bowl, combine the filling ingredients. On a lightly floured surface, roll out dough to fit a 5-inch pie plate. Transfer pastry to pie plate. Trim to 1/2-inch beyond edge of plate; flute edges. Pour filling into crust. Bake at 375°F for 40 to 45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Store in the refrigerator.

Parmesan Herb Loaf

1 1/4 cups all-purpose flour	1/2 tsp. baking soda
3 Tbsp. plus 1 tsp. grated Parmesan cheese, divided	1/4 tsp. salt
1 1/2 tsp. sugar	1/2 cup sour cream
1 1/2 tsp. dried minced onion	2 Tbsp. plus 2 tsp. 2% milk
1 1/4 tsp. Italian seasoning, divided	4 1/2 tsp. butter, melted
	1 egg white, beaten

In a small bowl, combine the flour, 3 tablespoons Parmesan cheese, sugar, onion, 1 teaspoon Italian seasoning, baking soda, and salt. In another bowl, combine the sour cream, milk, and butter. Stir into dry ingredients just until moistened. Turn onto a floured surface; knead for 1 minute. Shape into a round loaf; place on a baking sheet coated with nonstick cooking spray. With scissors, cut a 1/4-inch deep cross in top of loaf. Brush with egg white. Sprinkle with remaining Parmesan cheese and Italian seasoning. Bake at 350°F for 30 to 35 minutes or until golden brown. Serve warm. Yield: 1 loaf (4 wedges).

Maple-Mustard Pork Ribs

1 lb. boneless country-style pork ribs, trimmed and cut into 3-inch pieces	3 Tbsp. Vermont maple syrup
2 tsp. canola oil	2 Tbsp. spicy brown or Dijon mustard
1 medium onion, cut into ¼-inch slices and separated into rings	

In a large skillet, brown ribs in oil on all sides; drain. Place ribs and onion in a 1½-qt. slow cooker. Combine syrup and mustard; pour over ribs. Cover and cook on low for 5 to 7 hours or until meat is tender.

Carolyn Peake's Recipes

Tuna Artichoke Melts

1 can (6 oz.) light, water-packed tuna, drained and flaked	½ cup shredded reduced-fat Mexican cheese blend, divided
⅓ cup coarsely chopped water-packed artichoke hearts	¼ tsp. lemon-pepper seasoning
2 Tbsp. fat-free mayonnaise	⅛ tsp. dried oregano
	2 English muffins, split and toasted

In small bowl, combine the tuna, artichokes, mayonnaise, ¼ cup cheese, lemon pepper, and oregano. Spread over English muffin halves. Place on baking sheet. Broil 4 to 6 inches from heat for 3 to 5 minutes or until heated through. Sprinkle with remaining cheese; broil 1 to 2 minutes longer or until cheese is melted.

Hearty Beef Stew

¾ lb. beef stew meat, cut in 1-inch cubes	1 can (14.5 oz.) whole tomatoes
1 potato, diced	2 Tbsp. quick-cooking tapioca
1 carrot, sliced	1 bay leaf
1 small onion, sliced	Seasonings to taste

Trim all fat from meat. Put all ingredients in slow cooker and mix thoroughly. Cover and cook on low for 10 to 12 hours or shorter time on higher heat. Remove bay leaf before serving.

Praline Sweet Potatoes

1 cup mashed sweet potatoes	2 Tbsp. butter, melted
2 Tbsp. milk	2 Tbsp. corn syrup
1 egg yolk	2 Tbsp. chopped pecans
¼ cup packed brown sugar	

In small mixing bowl, combine sweet potatoes, milk, and egg yolk. Transfer to a greased shallow (2-cup) baking dish. In small microwave-safe bowl, combine brown sugar, butter, and corn syrup until blended; cover and microwave on high for 1 minute or until sugar is dissolved. Spoon over sweet potatoes. Sprinkle with pecans. Bake uncovered at 350°F for 20 to 22 minutes or until a knife comes out clean.

Tomato Cheese Sandwiches

2 Tbsp. butter, softened
4 slices Vienna bread
¼ cup tomato sauce
⅛ tsp. garlic powder
⅛ tsp. Italian seasoning

⅛ tsp. fennel seed, crushed
1 medium tomato, thinly sliced
1 cup (4 oz.) shredded part-skim
mozzarella cheese

Butter one side of each slice of bread; place buttered side up on a foil-lined baking sheet. In a small bowl, combine the tomato sauce, garlic powder, Italian seasoning, and fennel seed. Spread over the butter. Top with tomato slices; sprinkle with cheese. Bake at 400°F for 8 to 10 minutes or until cheese is melted.

Crunchy Peach-Blueberry Crisp

3 medium fresh peaches, peeled and sliced
1 cup fresh blueberries
1 Tbsp. cornstarch

2 Tbsp. orange juice
2 tsp. lemon juice

Topping:

¼ cup Grape-Nuts
¼ cup quick-cooking oats
3 Tbsp. brown sugar

1 Tbsp. butter, melted
⅛ tsp. ground cinnamon
1 cup fat-free vanilla frozen yogurt

In small bowl, combine peaches, blueberries, and cornstarch. Transfer to ungreased 1-qt. baking dish. Combine juices; drizzle over fruit. **For topping:** in small bowl, combine the Grape-Nuts, oats, brown sugar, butter, and cinnamon. Sprinkle over fruit mixture. Bake at 375°F for 20 to 25 minutes or until topping is golden brown and fruit is tender. Serve warm with frozen yogurt.

Heather Fischer's Recipes

Stuffed Red Peppers

2 large sweet red peppers
½ lb. ground beef or turkey
½ cup chopped onion
1 ½ cups cooked brown rice
1 Tbsp. dried parsley flakes
¾ tsp. salt
⅛ tsp. cayenne pepper

⅛ tsp. allspice
1 can (8 oz.) tomato sauce
¼ cup chicken broth
2 tsp. balsamic vinegar
1½ tsp. dried basil
4 Tbsp. grated (Parmesan or Romano cheese,
divided)

Cut tops off peppers; remove seeds. Place peppers cut side down on a microwave-safe plate; cover with plastic wrap. Microwave on high for 2 to 3 minutes or until crisp tender; set aside. In a small skillet, cook meat and onion over medium heat until meat is no longer pink; drain. Remove from heat; stir in rice, parsley, salt, cayenne, and allspice. In a small saucepan bring tomato sauce and broth to a boil. Stir in vinegar, basil, and 3 tablespoons Parmesan cheese; stir about ½ cup sauce into rice mixture. Spoon into peppers. Place in a greased shallow baking dish. Cover and bake at 350°F for 30 minutes. Sprinkle with remaining Parmesan cheese. Bake, uncovered, for 5 to 10 minutes or until peppers are tender. Serve with remaining sauce.

Poppy Seed Muffins

¾ cup biscuit/baking mix
½ cup sugar
1½ tsp. poppy seeds

⅓ cup sour cream
1 egg
½ tsp. vanilla extract

In a bowl, combine the biscuit mix, sugar, and poppy seeds. In another bowl, whisk the egg, sour cream, and vanilla; stir into dry ingredients just until moistened. Fill 6 paper lined muffin cups two thirds full. Bake at 400°F for 15 to 20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing to a wire rack. Serve warm.

Sesame Broccoli

2 cups of fresh or frozen broccoli florets
1 Tbsp. sugar
1 Tbsp. olive oil

1 Tbsp. soy sauce
2 tsp. rice wine vinegar
2 tsp. sesame seeds, toasted

Steam broccoli until crisp-tender. Meanwhile, in a small saucepan, combine sugar, oil, soy sauce, and vinegar. Cook and stir over medium heat until sugar is dissolved. Transfer broccoli to a serving bowl. Drizzle with soy sauce mixture, sprinkle with sesame seeds.

Viewer's Recipes

Nutty Onion Green Beans - Carole Partington, Northfield, Vt.

¼ lb. fresh green beans, trimmed and halved
½ small red onion sliced into rings
¼ cup chopped pecans
1½ Tbsp. butter

1 Tbsp. brown sugar
1 Tbsp. orange juice
1½ tsp. Dijon mustard
¼ tsp. salt

Place beans in a sauce pan and cover with water; bring to boil. Cook, uncovered, for 8 to 10 minutes until crisp-tender. Drain and set aside. In a skillet cook onion and pecans, in butter, until onion is tender. In a small bowl combine brown sugar, orange juice, mustard, and salt. Stir into onion mixture. Cook 2 minutes longer until sauce begins to thicken. Stir in beans and heat through.

Burgers Hawaiian – Gyneth Fortin, Sheldon Springs, Vt.

¼ cup packed brown sugar
¼ cup ketchup
1 Tbsp. prepared mustard
½ lb. lean ground beef
2 slices unsweetened pineapple

⅛ tsp. salt
⅛ tsp. pepper
2 hamburger buns, split
2 lettuce leaves

In a small saucepan, combine brown sugar, ketchup, and mustard. Cook over medium heat for 2 to 3 minutes, stirring occasionally. Meanwhile, shape beef into four patties. Place pineapple slices on two patties; top with remaining patties. Seal edges; sprinkle with salt and pepper. Grill or cook burgers, covered, over medium-hot heat on each side until meat is no longer pink. Serve on buns with the sauce and lettuce.

Grapefruit Salad au Natural - Sandra Wright, Burlington, Vt.

1 grapefruit, halved
1 can (6.5 oz.) tuna

½ cup cottage cheese
Lettuce

Halve grapefruit, loosen sections from membrane and reserve. Remove membrane from shell and discard. Line each shell with lettuce and fill with mixture of reserved grapefruit sections, tuna, and cottage cheese. Serve with Florida French Dressing or your favorite.

Florida French Dressing:

2 tsp. cornstarch
1 tsp. sugar
¾ tsp. salt
½ tsp. paprika
½ tsp. dry mustard

1 cup grapefruit juice
2 Tbsp. salad oil
⅛ tsp. pepper
¼ cup ketchup

Combine dry ingredients in saucepan; stir in grapefruit juice. Place over medium heat and bring to a boil; stirring constantly. Boil 1 minute. Remove from heat and stir in remaining ingredients. Chill. Stir before serving. Yield: 1¼ cups.

Apple Crisp With a Twist

1 large tart apple, peeled and sliced
¼ cup sugar
1 Tbsp. all-purpose flour

½ tsp. ground cinnamon
⅛ tsp. ground nutmeg

Topping:

½ cup all-purpose flour
¼ cup sugar
¼ cup cold butter

3 Tbsp. chopped pecans
⅓ cup apricot jam
Vanilla ice cream, optional

In a small bowl, combine the apple, sugar, flour, cinnamon, and nutmeg. Transfer to a 3-cup baking dish coated with nonstick cooking spray. **For topping**, combine the flour and sugar in a small bowl; cut in butter until mixture is crumbly. Stir in pecans. Sprinkle over apple mixture. Drop jam by teaspoonfuls over the top. Bake, uncovered, at 350°F for 35 to 40 minutes or until apple slices are tender. Serve warm with ice cream, if desired. Refrigerate leftovers.

Ruby Chicken

3 Tbsp. all-purpose flour
¼ tsp. salt
2 bone-in chicken breast halves (8 oz. each)
⅓ cup orange juice
2 Tbsp. chopped onion
½ tsp. grated orange peel

1 Tbsp. butter
½ cup fresh or frozen cranberries
⅓ cup sugar
⅛ tsp. ground ginger
⅛ tsp. ground cinnamon

In a shallow bowl, combine flour and salt. Coat chicken with flour mixture. In a nonstick skillet, brown chicken in butter. Meanwhile, in a small saucepan, combine the remaining ingredients. Bring to a boil over medium heat. Pour over chicken. Cover and simmer for 35 to 40 minutes or until chicken juices run clear.

Contact us at: atfence@uvm.edu, phone: (802) 656-5059, toll free at: 1-888-283-3430
or visit us on line at: <http://www.uvm.edu/~uvmext/tv/>

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.