

## *Across the Fence* Summer Salads and Desserts – July 2009

In the Tasty Low-Fat Recipe collection from the month of June, the Hamburger Vegetable Soup recipe was left out and we apologize for the inconvenience. We are including the recipe this month, hoping you will give it a try!

### **Hamburger Vegetable Soup**

1 lb. ground beef	1 can (8 oz.) tomato sauce
1 medium onion, chopped	1 cup ditalini or other small pasta
½ large green pepper, diced	1 Tbsp. Worcestershire sauce
4 garlic cloves, minced	2 tsp. dried oregano
8 cups beef broth	1 tsp. dried basil
2 cans (14½ oz. each) Italian stewed tomatoes	½ tsp. pepper
1 pkg. (9 oz.) frozen cut green beans	

In a Dutch oven or soup kettle, cook the beef, onion, green pepper, and garlic over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until pasta and vegetables are tender. Yield: 10 servings. Nutrition Facts: 1½ cups (prepared with reduced-sodium broth) equals 182 calories, 4 g fat (2 g saturated fat). Diabetic Exchanges: 1½ vegetable, 1 starch, 1 lean meat.

### **Lyn Jarvis' Recipes**

#### **Summer Fruit Cake**

2 peaches, firm and ripe	4 eggs
2 pears, firm and ripe	½ tsp. lemon extract or grated lemon rind
1½ cups pitted halved cherries	Fresh peaches, sliced, for garnish
1 cup (plus 2 Tbsp.) sugar	
½ cup butter or margarine	<b>Sweetened sour cream or yogurt:</b>
2½ cups all-purpose flour	1 cup sour cream or plain yogurt
1 Tbsp. baking powder	2 Tbsp. honey or sugar
¼ cup milk	1 tsp. vanilla

Peel skin from peaches. Cut into ½-inch pieces. Remove skin from pears. Cut into ½-inch pieces. Combine peaches, pears, and pitted cherries. Set aside. In large bowl, beat together the butter and sugar until light and creamy. In another large bowl, combine the flour and baking powder. Mix milk and half of flour mixture into creamed butter and sugar. Beat in 4 eggs. Add remaining flour mixture. Blend well. Stir in lemon extract or rind and the fruit. Pour batter into a greased 9 or 10-inch springform pan. Bake at 350°F for 1 hour and 10 minutes or until golden brown and wooden pick comes out clean. Cool on rack in pan for 15 minutes before carefully turning out to cool on rack.

**Sweetened sour cream or yogurt:** combine all ingredients, adding bits of fresh fruit if desired. Serve warm with a dollop of sweetened sour cream or yogurt, if desired. Serves 10.

### **Deep Dish Plum Cobbler**

2½ lbs. plums, pitted and sliced  
1½ cups sugar  
¼ cup quick-cooking tapioca  
¼ tsp. almond extract

⅛ tsp. salt  
2 Tbsp. cold butter  
Pastry for a single-crust pie (9 inch)  
1 egg white

Place plums in a large bowl. In another bowl, combine the sugar, tapioca, almond extract, and salt. Cut in butter until crumbly; gently stir into plums. Let stand for 15 minutes. Transfer to a greased 2½-qt. baking dish. Roll out pastry to ⅛-inch thickness; make a lattice crust. Place over filling. Trim edges. Beat egg white until foamy; brush over pastry. Bake at 425°F for 30 to 35 minutes or until golden brown. Yield: 10 to 12 servings.

### **BBQ Potato, Bacon & Corn Salad**

⅓ cup Ranch dressing  
⅓ cup barbecue sauce  
2 Tbsp. Dijon mustard  
3 lbs. small red potatoes, cooked, quartered  
1 can (11 oz.) whole kernel corn, drained

½ cup sliced celery  
½ cup chopped red peppers  
½ cup chopped red onions  
8 slices bacon, crisply cooked, crumbled

Mix dressing, barbecue sauce, and mustard in large bowl. Add all remaining ingredients except for the bacon; mix lightly. Sprinkle top of salad with bacon. Serve immediately or refrigerate until ready to serve. Yield: 12 servings, about ½ cup each. You can make this salad a day ahead. Allowing all the delicious flavors to soak into the potatoes makes it taste even better.

### **Red-White-and-Blue Berry Delight**

½ cup sugar  
2 envelopes unflavored gelatin  
4 cups white cranberry-peach juice  
drink, divided  
1 Tbsp. lemon juice  
2 cups fresh strawberries, halved  
2 cups fresh blueberries

**Cream:**  
½ cup heavy whipping cream  
1 Tbsp. sugar  
¼ tsp. vanilla extract

In a large saucepan, combine sugar and gelatin. Add 1 cup cranberry-peach juice; cook and stir over low heat until gelatin is completely dissolved, about 5 minutes. Remove from the heat; stir in lemon juice and remaining cranberry-peach juice. Place strawberries in an 8-cup ring mold coated with cooking spray; add 2 cups gelatin mixture. Refrigerate until set but not firm, about 30 minutes. Set aside remaining gelatin mixture. Stir blueberries into remaining gelatin mixture; spoon over strawberry layer. Refrigerate overnight. Unmold onto a serving platter. **Cream:** In a small mixing bowl, beat cream until it begins to thicken. Add sugar and vanilla; beat until stiff peaks form. Serve with gelatin. Yield: 8 servings.

## **Cherry Nectarine Upside-Down Cake**

5 Tbsp. butter, softened, divided	½ teaspoon almond extract
¼ cup packed brown sugar	1 cup (plus 2 Tbsp.) all-purpose flour
1 cup pitted sweet cherries	1 tsp. baking powder
2 cups thinly sliced peeled fresh nectarines	½ tsp. baking soda
1 tsp. lemon juice	⅛ tsp. salt
⅔ cup sugar	⅔ cup buttermilk
1 egg	2 Tbsp. almonds, toasted and ground
1 tsp. vanilla extract	

Melt 1 Tbsp. butter; pour into a 9-inch round cake pan; sprinkle with brown sugar. Place a few cherries in center and arrange remaining cherries around edge of pan. Toss nectarines with lemon juice. Arrange nectarines in a circular pattern over sugar, overlapping slices; set aside. In a mixing bowl, cream sugar and remaining butter until light. Add egg and extracts; mix well. Combine the flour, baking powder, baking soda and salt; add to creamed mixture alternately with buttermilk. Add almonds; mix well. Spoon over fruit. Bake at 350°F for 30 to 40 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes. Run a knife around edge of pan; invert cake onto a serving plate. Serve warm. Yield: 6 to 8 servings.

## **Chocolate Chip Strawberry Shortcakes**

3 cups sliced fresh strawberries	3 tsp. baking powder
¼ cup sugar	½ tsp. salt
<b>Biscuits:</b>	1 cup heavy whipping cream
2 cups all-purpose flour	½ cup (plus 1 Tbsp.) butter, melted, divided
3 Tbsp. sugar, divided	¾ cup miniature semisweet chocolate chips
	Whipped cream, optional

In a small bowl, combine strawberries and sugar; cover and refrigerate until serving. In a large bowl, combine the flour, 2 tablespoons sugar, baking powder, and salt. In a small bowl, combine cream and ½ cup butter; stir into dry ingredients until a thick batter forms. Gently stir in chocolate chips. Drop by ⅓ cupfuls onto a greased baking sheet. Brush with remaining butter; sprinkle with remaining sugar. Bake at 375°F for 18 to 20 minutes or until golden brown. Remove to wire rack to cool. Cut biscuits in half horizontally. Spoon fruit onto bottom halves. Top with whipped cream if desired; replace biscuit tops. Serve immediately. Yield: 8 servings.

## **Carolyn Peake's Recipes** **Snicker's<sup>®</sup> Salad**

6 large delicious apples, with peels, chopped	½ cup chopped pecans
6 Snicker's <sup>®</sup> (2 oz.) candy bars, chopped	1 carton (12 oz.) whipped topping, thawed

In a large bowl, combine apples, candy bars, and pecans and mix well. Fold in whipped topping and refrigerate.

### **Chicken Waldorf Salad**

1 lb. boneless, skinless chicken breasts	½ cup chopped walnuts
1 red apple, unpeeled and sliced	1 carton (6 oz.) orange yogurt
1 green apple, unpeeled and sliced	½ cup mayonnaise
1 cup sliced celery	1 pkg. (6 oz.) shredded lettuce

Cook chicken in large saucepan, covered with water. Drain and cool. Cut into 1-inch chunks and place in large salad bowl. Add apples, celery, and walnuts. Stir in yogurt and mayonnaise, tossing to mix well. This can be served at room temperature or refrigerated several hours. Serve over shredded lettuce.

### **Apple Crescents**

1 can (8 oz.) refrigerated crescent rolls	1¼ cups sugar
2 Granny Smith apples, peeled and quartered	½ cup (1 stick) butter
1 cup orange juice	1 tsp. cinnamon

Preheat oven to 350°F. Unroll crescent rolls and separate. Wrap each apple quarter with crescent roll. Place each apple crescent in greased 9x13-inch baking dish. In saucepan, combine orange juice, sugar, butter, and cinnamon and bring to a boil. Pour over crescents and bake for 30 minutes or until golden and bubbly.

### **Hawaiian Dream Cake**

1 pkg. (18 oz.) yellow cake mix	½ can (20 oz.) crushed pineapple
4 eggs	with ½ liquid
¾ cup oil	

With mixer, beat all ingredients for 4 minutes. Pour into greased and floured 9x13-inch baking pan. Bake at 350°F for 35 minutes or until cake tests done with toothpick.

### **Coconut-Pineapple Glaze for Hawaiian Dream Cake**

½ can (20 oz.) crushed pineapple with ½ liquid	1 box (16 oz.) powdered sugar
½ cup (1 stick) butter	1 bag (7 oz.) flaked coconut

Heat pineapple and butter and boil 1½ minutes. Add powdered sugar and coconut. Punch holes in cake with knife. Pour hot glaze over cake.

### **Color-coded Salad**

1 pkg. (16 oz.) tri-colored macaroni, cooked and drained	1 cup chopped zucchini
1 red bell pepper, julienned	1 cup broccoli florets
	1 bottle (8 oz.) Caesar salad dressing

Combine all ingredients. Toss with salad dressing. Refrigerate.

### **Sunshine Salad**

3 cups shredded carrots  
1 can (15 oz.) crushed pineapple, drained  
½ cup mayonnaise  
½ cup sliced almonds  
½ cup sunflower seeds

Combine carrots and pineapple and stir in mayonnaise. Refrigerate until ready to serve, then stir in almonds and sunflower seeds and toss to coat nuts and seeds.

### **Peanut Butter Pie**

1 pkg. (8 oz.) cream cheese, softened  
1 cup sugar  
1 cup peanut butter  
1 tsp. vanilla  
1 carton (8 oz.) whipping cream, whipped  
1 graham cracker pie crust (9 inch)

In mixing bowl, combine cream cheese, sugar, peanut butter, and vanilla and beat until creamy. Fold in whipped cream and spoon into graham cracker pie crust and refrigerate.

### **Viewer Recipes**

#### **Julie's Cobbler,**

#### **Julie Whitney, So. Hero, Vt.**

Fresh or canned fruit, any type  
1¾ cups sugar, divided  
3 Tbsp. butter  
1 tsp. baking powder  
¼ tsp. salt  
½ cup milk  
1 cup sifted flour  
1 Tbsp. cornstarch  
⅔ cup boiling water

Cover bottom of 8-inch square pan with fruit. Mix ¾ cup sugar, butter, baking powder, salt, milk, and flour together; pour over fruit. Mix remaining sugar and cornstarch; sprinkle over mixture. Pour boiling water over top. Bake at 375°F for 45 minutes. Yield: 9 servings.

#### **Special Cherry Salad,**

#### **Mrs. Harold Merriam, Bridgewater, Vt.**

1 pkg. (8 oz.) cream cheese  
¼ cup mayonnaise  
2 pkgs. (3 oz. each) cherry gelatin  
1 cup boiling water  
1 can (16 oz.) pitted dark cherries  
1 can (13.5 oz.) pineapple chunks  
7 oz. cola beverage  
1 cup chopped nuts

Blend cream cheese and mayonnaise until smooth. Dissolve gelatin into boiling water. Stir into cheese mixture blending well. Drain cherries and pineapple, reserving 1½ cups syrup. Add syrup and cola to gelatin. Chill until slightly thickened. Fold in cherries, pineapple and nuts. Pour into a 1½ qt. mold and chill until firm.

**Strawberry Rhubarb Crisp,**  
**Lisa Tremblay, Newport, Vt.**

Mix together and put into 7x10-inch baking dish:

2 cups chopped strawberries  
4 cups thinly sliced rhubarb  
1½ cups sugar

**Topping:**  
½ cup flour  
½ cup brown sugar  
1 cup whole grain oats  
½ cup butter, melted

Mix together and sprinkle over fruit. Bake at 350° for 60 minutes. Yield: 8 servings.

**Copper Penny Salad,**  
**Shirley Miles, Williston, Vt.**

2 lbs. carrots, sliced, cooked, and cooled  
(or 3 cans cooked carrots)  
1 green pepper, sliced  
1 onion, sliced in rings  
1 can (4 oz.) mushrooms, drained  
Salt and pepper to taste

**Marinade:**  
1 can (10 oz.) tomato soup  
¾ cup sugar  
½ cup oil  
¾ cup vinegar  
1 tsp. prepared mustard  
1 tsp. Worcestershire sauce

Mix all together; put into a bowl with a tight lid and refrigerate for 12 hours or more.

**Glazed Raspberry Pie,**  
**Edna Wells, Lancaster, NH.**

5 cups fresh raspberries, divided  
1 cup water, divided  
1 cup sugar  
3 Tbsp. cornstarch  
2 Tbsp. lemon juice

1 pkg. (3 oz.) cream cheese, softened  
1 Tbsp. soft butter  
1 Tbsp. milk  
1 pastry shell (9 inch) baked  
Fresh mint, optional

In a saucepan, combine ⅔ cup raspberries and ⅔ cup water. Simmer, uncovered for 3 minutes. Strain raspberries (discard seeds), and set juice aside. In another saucepan, combine sugar, cornstarch and remaining water until smooth. Add raspberry juice. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in lemon juice. Cool. In a small mixing bowl, beat cream cheese, butter, and milk until smooth. Spread onto the bottom and up the sides of pastry shell. Fill pastry shell with the remaining raspberries. Slowly pour glaze over berries. Refrigerate until serving. Garnish with mint if desired. Yield: 6 to 8 servings.

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