

## *Across the Fence* **Vegetable Recipes – July 2008**

### **Lyn Jarvis' Recipes**

#### **Beet Bundt Cake**

|  |                          |
|--|--------------------------|
| 1 cup butter or margarine, softened, divided | 1 tsp. vanilla extract   |
| 1½ cups packed dark brown sugar              | 2 cups all-purpose flour |
| 3 eggs                                       | 2 tsp. baking soda       |
| 4 squares (1 oz. each) semisweet chocolate   | ¼ tsp. salt              |
| 2 cups pureed cooked beets                   | Confectioners' sugar     |

In a mixing bowl, cream ¾ cup butter and brown sugar. Add eggs; mix well. Melt chocolate with remaining butter; stir until smooth. Cool slightly. Blend chocolate mixture, beets and vanilla into the creamed mixture (mixture will appear separated). Combine flour, baking soda and salt; add to the creamed mixture and mix well. Pour into a greased and floured 10-inch fluted tube pan. Bake at 375°F for 45 to 55 minutes or until a toothpick inserted near the center comes out clean. Cool in pan 10 minutes before removing to a wire rack. Cool completely. Before serving, dust with confectioners' sugar. Yield: 16-20 servings.

#### **Vegetarian Fettuccine**

|  |                              |
|--|------------------------------|
| 8 oz. fettuccine                                     | 1 to 2 cups chopped broccoli |
| ⅓ cup unsalted butter, melted, plus more for skillet | Cherry tomatoes, halved      |
| 1 zucchini, grated                                   | ¾ cup heavy cream            |
| 2 carrots, grated                                    | ¾ cup grated Parmesan        |
| 1 small onion, minced                                |                              |

Cook fettuccine according to package directions. Drain well and rinse. While fettuccine is cooking, heat butter in a large skillet over medium heat. Add zucchini, carrots, onion, broccoli, and cherry tomatoes. Sauté until soft and cooked through. Toss hot pasta with melted butter, cream, and Parmesan over medium heat. Add sautéed vegetables. Yield: 4 servings

#### **Magnificent Mandarin Salad**

|                                 |                                      |
|---------------------------------|--------------------------------------|
| 1 cup orange or plain yogurt    | 1 small can drained mandarin oranges |
| 1 Tbsp. honey                   | 1 cup dry roasted peanuts            |
| 2 carrots, grated               | 1 tsp. salt and pepper (optional)    |
| 2 large apples, chopped         | 3 leaves of lettuce or watercress    |
| 2 stalks celery, finely chopped |                                      |

In a bowl, mix yogurt and honey. Fold in vegetables, nuts, and fruits. Season with salt and pepper, if desired. Serve on a bed of lettuce or watercress. Chill if desired. Yield: 4 to 6 servings.

### **Fresh Peach Cabbage Slaw**

4 cups shredded cabbage  
½ cup almonds, slivered  
¼ cup raisins (optional)

2 cups fresh peaches (peeled & sliced or diced)  
Purchased coleslaw dressing, or your favorite  
homemade

Toss cabbage, almonds and raisins with dressing (if purchased dressing is used add 2 tablespoons sugar). Add peaches just before serving. Yield: 6 to 8 servings. Recipe can be halved.

### **Pumpkin Pudding**

1½ cups cold milk  
1 cup whipping cream, divided  
1 pkg. (3.4 oz.) instant vanilla pudding mix  
1 tsp. pumpkin pie spice

1 cup canned or cooked pumpkin  
Additional pumpkin pie spice for garnish  
Gingersnaps (optional)

In a bowl, combine milk, ½ cup cream, pudding mix, and pie spice; whisk until thickened and smooth, about 2 minutes. Stir in pumpkin. Spoon into dessert dishes. Whip the remaining cream until stiff peaks form; place a dollop on each serving of pudding. Sprinkle with pie spice. Serve with gingersnaps if desired. Yield: 4-6 servings.

### **Scalloped Corn**

1 can (15 oz.) cream-style corn  
2 eggs, beaten  
½ cup crushed Saltines® (about 14 crackers)  
¼ cup butter or margarine, melted  
¼ cup grated carrot  
¼ cup evaporated milk  
¼ cup chopped sweet red pepper

1 Tbsp. chopped celery  
1 Tbsp. chopped onion  
½ tsp. salt  
½ tsp. pepper  
½ cup shredded Cheddar cheese  
Paprika

In a large bowl, combine the first 11 ingredients. Spoon into four greased 8-oz. baking dishes. Sprinkle with cheese and paprika. Bake, uncovered, at 350°F for 25 to 30 minutes or until set. Yield: 4 servings.  
**Note:** A 1-qt. baking dish may be used in place of the individual baking dishes.

### **Carolyn Peake's Recipes**

#### **Blended Fruit Chiller**

3 cups (24 oz.) fat-free plain yogurt  
1 cup unsweetened pineapple juice, chilled  
1 cup frozen unsweetened strawberries  
1 medium ripe banana, frozen and sliced

½ cup fresh or canned unsweetened  
pineapple chunks  
3 Tbsp. honey  
1 tsp. vanilla extract

Place half of each ingredient in blender, cover and process until blended. Repeat. Yield: 6 servings.

### **Sweet-Sour Cabbage**

|  |                            |
|--|----------------------------|
| 1 medium-sized head of red or green cabbage,<br>shredded | ¼ cup lemon juice          |
| 2 onions, chopped  | ¼ cup cider or apple juice |
| 4 tart apples, pared and quartered                       | 3 Tbsp. honey              |
| ½ cup raisins  | 1 Tbsp. caraway seeds      |
|  | ⅛ tsp. allspice            |

Combine all ingredients in slow cooker. Cook on HIGH for 3 to 5 hours, depending on how crunchy or soft you want the cabbage and onions.

### **Orzo-Stuffed Tomatoes**

|   |  |
|---|--|
| ⅔ cup uncooked orzo pasta               | 1 Tbsp. minced fresh basil or 1 tsp. dried basil |
| 6 medium tomatoes                       | 2 tsp. minced fresh parsley                      |
| 1 Tbsp. butter                          | ¼ tsp. white pepper                              |
| ½ cup shredded reduced-fat Swiss cheese | Paprika  |

Cook orzo according to package directions. Meanwhile, cut a thin slice off the top of the tomatoes. Scoop out pulp, leaving ½-inch shells. Set aside 6 Tbsp. pulp for filling. Invert tomatoes on paper towels to drain. Drain orzo. In small heavy saucepan, cook butter over medium heat for 5 to 7 minutes or until golden brown. Remove from heat and stir in cheese, basil, parsley, pepper, orzo and reserved pulp. Spoon into tomatoes. Place in ungreased 2-quart baking dish and sprinkle with paprika. Bake uncovered, at 350°F for 15 to 20 minutes or until heated through.

### **Zucchini Casserole**

|                              |                             |
|------------------------------|-----------------------------|
| 6 cups sliced zucchini       | 1 cup carrots, shredded     |
| ¼ cup onion, chopped         | 1 pkg. (8 oz.) stuffing mix |
| 1 can cream of mushroom soup | ½ cup butter, melted        |
| 1 cup sour cream             |                             |

Cook zucchini and onions for 5 minutes. Combine with soup and sour cream. Stir in carrots. Mix stuffing with butter. Put half stuffing mix in bottom of casserole dish. Pour in vegetable mixture and top with remaining stuffing. Bake at 350°F for 30 to 35 minutes.

### **Best Ever Vegetable Salad**

|                                      |                              |
|--------------------------------------|------------------------------|
| 1 cup chopped celery                 | 1 can (15 oz.) corn, drained |
| 1 cup chopped green pepper           | ½ cup sugar                  |
| ½ cup chopped Spanish or green onion | ½ tsp. pepper                |
| 2 Tbsp. chopped pimento              | ½ cup cider vinegar          |
| 1 can (15 oz.) green beans, drained  | ¼ cup oil                    |

Combine all ingredients. Chill. Enjoy!

## **Heather Fischer's Recipes**

### **Risotto with Asparagus and Fennel**

½ lb. asparagus, rough ends removed  
2 medium bulbs fennel, with stalks trimmed  
and set aside  
4 Tbsp. olive oil  
1 medium Spanish onion, chopped into  
⅛-inch dice

1½ cups rice, Vialone Nano or Arborio  
4 Tbsp. butter  
¾ cup grated Parmigiano-Reggiano cheese  
1 bunch Italian parsley, finely chopped to  
yield ¼ cup

Measure 4 quarts of water and bring to a boil. Add asparagus stalks and 2 tablespoons salt. Set up ice bath next to the pot. Blanch asparagus for 1 minute, place in an ice bath and keep the asparagus cooking water until later. In the meantime, chop fennel into ½-inch batons and place in a 12 to 14-inch fry pan with 3-inch sides. Place over medium heat with olive oil and onion. Cook over medium heat until softened but not browned. Add rice and, stirring constantly, cook until rice turns opaque, about 2 minutes. Add asparagus cooking water until it covers the rice. Turn the heat up to high, stirring constantly, and cook the rice until the liquid level goes below the level of the rice. Continue adding the warm asparagus cooking liquid, 1 ladle at a time, to maintain the liquid level above the rice for 15 minutes. Drain asparagus and chop into 1-inch pieces. Add asparagus to rice and cook until rice is soft but still al dente. Remove from heat, add butter, Parmigiano, and parsley and stir through. Serve immediately.

### **Cranberry Spinach Salad**

1 Tbsp. butter  
¾ cup almonds, blanched and slivered  
1 lb. spinach, rinsed and torn into bite-size pieces  
1 cup dried cranberries  
2 Tbsp. toasted sesame seeds  
1 Tbsp. poppy seeds

½ cup white sugar  
2 tsp. minced onion  
¼ tsp. paprika  
¼ cup white wine vinegar  
¼ cup cider vinegar  
½ cup vegetable oil

In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool. In a large bowl, combine the spinach with the toasted almonds and cranberries. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and vegetable oil. Toss with spinach just before serving.

### **Marinated Tofu**

1 lb. tofu  
¼ cup water  
½ cup tamari  
1 Tbsp. mild honey

1 tsp. finely minced ginger  
1 - 2 cloves garlic, minced  
2 Tbsp. sesame tahini  
1 Tbsp. olive oil

**To press the tofu:** Slice the tofu into rectangles. Wrap slices in a dish towel, in a single layer. Place on a baking sheet, and set another baking sheet or cutting board on top. Place a saucepan full of water on the top sheet or cutting board and leave for 30 minutes or longer. Pressed tofu is now ready to be marinated. **To prepare the tofu:** In a bowl mix together all ingredients. Cut the tofu into 1-inch cubes and marinate for at least 30 minutes. Preheat the broiler. Place tofu on a baking sheet brushed with oil and broil 5 to 10 minutes on each side. Serve immediately.

## **Viewer's Recipes**

### **Colorful Carrot Salad**

**Ruth Deth, East Burke, Vt.**

2 lbs. carrots, shredded  
1 can (8 oz.) crushed pineapple, drained  
and juice reserved

15 maraschino cherries, chopped

#### **Dressing:**

Reserved pineapple juice  
2 Tbsp. cherry juice  
1 cup mayonnaise

¼ tsp. celery salt  
1 cup whipped topping  
2 tsp. sugar

Mix carrots, pineapple, and cherries together. Mix the dressing ingredients and stir into carrot mixture. Let stand in refrigerator, stirring occasionally, for 1 to 2 hours. Yield: 6 to 8 servings.

### **Jell-O® Strawberry Pretzel Salad**

**Carole Partington, Northfield, Vt.**

2½ cups crushed pretzels  
3 Tbsp. sugar  
¾ cup melted butter  
1 pkg. (8 oz.) cream cheese  
¾ cup sugar

1 container (12 oz.) whipped topping  
1 pkg. (6 oz.) strawberry Jell-O®  
2 cups boiling water  
2 pkgs. (16 oz. each) frozen sliced strawberries

Preheat oven to 350°F for metal 13x9x2-inch pan, 250°F for glass 13x9x2-inch dish. Mix crushed pretzels (I crush them in my food processor.) with 3 Tbsp. sugar and ¾ cup melted butter. Spread into greased pan. Bake 10 minutes, and then cool. Mix cream cheese and sugar till smooth. Fold in whipped topping. Spread over cooled pretzel crust to edge of pan. Dissolve Jell-O® in boiling water in a bowl until dissolved. Add strawberries, mix well and put in refrigerator till thickened; then pour over top of cream cheese layer. Refrigerate until firm. For a change substitute raspberry Jell-O® and raspberries. Yield: 12 servings.

### **Strawberry Pineapple Salad**

**Jessie Booska, Middlebury, Vt.**

1 pkg. (3 oz) strawberry Jell-O®  
¾ cup boiling water  
1 can (8 oz.) crushed pineapple, undrained

1 pkg. (10 oz.) frozen strawberries  
1 banana, mashed  
1 cup sour cream

Dissolve Jell-O® in boiling water. Cool, then add slightly thawed strawberries and pineapple. Chill until consistency of honey. Stir in banana. Spoon half this mixture into a small bowl. Spread sour cream over this layer, and top with remaining Jell-O® mixture. Chill until firm. Yield: 6 to 8 servings.

**Broccoli-Cauliflower Salad**  
**Majel Herold, Brookfield, Vt.**

1 small head cauliflower, broken into florets  
1 small bunch broccoli, cut into bite size pieces  
¼ cup onion, chopped  
1 oz. pimiento, drained

1 can (8 oz.) water chestnuts, sliced and drained  
1 can (16 oz) kidney beans, drained

**Dressing:**

⅓ cup vinegar  
¼ cup sugar  
½ cup salad dressing or mayonnaise

⅓ cup vegetable oil  
1 cup sharp Cheddar cheese, grated (for topping)

Combine cauliflower, broccoli, onion, pimiento, chestnuts, and kidney beans in large bowl. Dissolve sugar in vinegar, add salad dressing (or mayonnaise) and oil to vinegar mixture and mix well. Drizzle over vegetables. Chill. Sprinkle with cheese before serving. Yield: 8 servings. Recipe can be halved.

**Sweet 'n Sour Carrots**  
**Muriel Goyette, Barre, Vt.**

2 lbs. carrots cut into ¼-inch slices  
1 green pepper, chopped  
1 medium onion, chopped  
1 can tomato soup  
½ cup vegetable oil

¾ cup vinegar  
1 cup sugar  
1 tsp. Worcestershire sauce  
1 tsp. mustard  
Salt and pepper to taste

Cook carrots al dente. Combine rest of ingredients and cook over medium heat until peppers and onions are tender. Remove from heat. Pour over carrots and gently mix. Yield: 6 to 8 servings. Can half recipe.

**Summer Squash Bake**  
**Claire Moore, North Hudson, N.Y.**

6 cups thinly sliced yellow summer squash  
1 can cream of mushroom soup  
1 cup shredded carrots  
1 large onion, thinly sliced

1 cup sour cream  
1 pkg. (8 oz.) stuffing mix  
½ cup melted butter

Blanche squash and onion in boiling salted water for about 5 minutes. Drain. Mix together soup and sour cream, stir in carrots into soup mixture and fold in squash and onions. Mix together stuffing and melted butter. Spread half of stuffing mixture in bottom of 12x7x2-inch baking dish. Spoon vegetable mixture on top, then put remaining stuffing over vegetables. Bake at 350°F for 25 to 30 minutes. Yield: 6 servings.

**Orange-Avocado Dressing**  
**Marco Ayala, South Hero, Vt.**

5 Tbsp. orange juice  
1 cup mashed avocado  
¼ cup mayonnaise

2 tsp. white vinegar  
¼ tsp. salt  
¼ tsp. pepper

In a small bowl mix all ingredients. Pour over your favorite salad. Yield: 1¾ cup.

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