

Across the Fence

Six Ingredients (or Less) – February 2015

Lyn Jarvis' Recipes

Beef Hash with Corn Bread

1 can (15 oz.) corned beef hash
½ cup chopped onion
1 egg, beaten

1 pkg. (8.5 oz.) corn muffin mix
3 Tbsp. grated Parmesan cheese
½ tsp. salt

Mix hash, onion, and egg. Prepare muffin mix per package directions; add cheese and salt. Spread half of muffin mix into a greased 8x8-inch pan. Spread hash mixture next. Top with remaining batter. Bake at 400° F for 25 minutes in preheated oven. Good served with gravy or creamed peas on top. **Yield:** 4 servings.

Seafood Alfredo Baskets

6 frozen puff pastry shells
4 cups water
½ lb. bay scallops

¼ lb. uncooked medium shrimp, peeled
and deveined
1 cup Alfredo sauce, warmed
½ to 1 tsp. garlic powder

Bake puff pastry shells according to package directions. Meanwhile, in a large saucepan, bring water to a boil. Add scallops and shrimp. Cook for 2 to 5 minutes or until scallops are firm and opaque and shrimp turn pink; drain. Combine Alfredo sauce and garlic powder; drizzle over puff pastry shells. Top with seafood. **Yield:** 6 small servings.

Catalina Chicken

6 pieces uncooked chicken breasts or parts
5 medium-size potatoes, quartered
10 carrots, cut in chunks
1 bottle (8 oz.) Catalina dressing

Wash chicken breasts and drain; pat dry. Place in large casserole dish. Put in potatoes and carrots. Cover with Catalina dressing. Cook 90 minutes at 350° F in oven. **Yield:** 4 to 6 servings. Amounts will vary depending on size of dish.

Apple - Grape Salad

2 apples, cored and chopped
1 cup seedless green grapes, halved
½ cup celery, chopped

¾ cup chopped pecans
⅓ cup mayonnaise

Combine all ingredients and chill.

Black Forest Pie
Blue Ribbon Winner at Champlain Valley Expo

1½ cups whipping cream, whipped
4 bars (1 oz. each) unsweetened baking chocolate
1 can (14. oz.) sweetened condensed milk
1 tsp. almond extract
1 can (20 oz.) cherry pie filling, chilled

In saucepan, over medium heat, melt chocolate with condensed milk and stir to mix. Remove from heat and stir in extract. Set aside to cool. With mixer, whip cream. When mixture is about room temperature, pour chocolate into whipped cream and fold gently until mixed. Pour into prepared 9-inch graham cracker pie crust. Keep refrigerated until ready to serve and top with heaping spoonful of cherry pie filling over each slice of pie.

Ham and Cheese Potato Casserole

2 cans (10¾ oz. each) condensed cream of celery soup, undiluted	2 pkgs. (28 oz. each) frozen O'Brien® potatoes
2 cups (16 oz.) sour cream	1 pkg. (16 oz.) Velveeta® cheese, cubed
½ cup water	2½ cups cubed fully cooked ham
½ tsp. pepper	

Preheat oven to 375° F. In a large bowl, mix soup, sour cream, water and pepper until blended. Stir in potatoes, cheese and ham. Transfer to two greased 11x7-inch baking dishes. Bake casseroles, covered, 40 minutes. Uncover; bake 10 to 15 minutes longer or until bubbly. Let stand 10 minutes before serving.
Note: Recipe can be halved.

Ham and Cheese Calzones

1 can (13.8 oz.) refrigerated pizza crust	¼ cup ranch dressing
16 slices shaved honey ham	2 tomatoes, cut into 8 slices
1 cup shredded Colby & Monterey Jack cheese blend	

Heat oven to 400° F. Unroll pizza dough on lightly floured surface. Pat out dough to form 16x12-inch rectangle. Cut into quarters. Top dough with ham to within ½-inch of sides. Mix cheese and dressing; spread on ham. Top with tomatoes. Fold each rectangle in half; seal edges with fork. Put on baking sheet sprayed with cooking oil. Bake 16 to 18 minutes or until golden brown. Prepare calzones up to 8 hours in advance. Wrap baking sheet with plastic wrap and store in refrigerator. Bake one or more as needed.

You can subscribe to *Across The Fence Recipes* by sending us self-addressed and stamped business sized envelopes (up to 12) and a check made out to cash for as many recipes as you are ordering (\$2 each) and we will mail them to you as soon as they become available each month!

Superfast Blueberry Cobbler

½ cup (1 stick) butter or margarine
1 cup sugar
1 cup self-rising flour*

¾ cup milk
2 cups fresh blueberries
½ cup water

Preheat oven to 350° F. Melt butter in shallow 1½-quart baking dish. Combine flour, ½ cup sugar and milk in mixing bowl; pour evenly over butter. Combine berries, remaining sugar and water. Spoon evenly over flour mixture. Do not stir. Bake for 40 to 45 minutes. **Yield:** 4 to 6 servings. ***Note:** To substitute all-purpose flour, sift 1½ teaspoons baking powder and ½ teaspoon salt with 1 cup flour.

Carolyn Peake's Recipes

Chicken Bake

8 boneless, skinless chicken breast halves
8 slices Swiss cheese
1 can (10 oz.) cream of chicken soup
½ cup water
1 box (8 oz.) chicken stuffing mix

Flatten out the chicken breasts with a rolling pin and place in a greased 9x13x2-inch baking dish. Place cheese slices over the chicken. Mix the soup and ½ cup water together and pour over the chicken. Mix the stuffing mix as directed on the box and sprinkle over the chicken. Bake uncovered at 350° F for 1 hour. **Yield:** 6 to 8 servings.

Dog Wrap

8 hot dogs
8 slices of your favorite cheese

1 pkg. (8 oz.) refrigerated crescent rolls
mustard and/or other hot dog toppings

Split the hot dogs lengthwise about half way deep. Fold the cheese slices and fill the hot dog with it. Wrap the roll dough around the hot dog and bake at 350° F for about 12 minutes or until the rolls are golden brown. Serve with mustard or other toppings.

Broccoli - Pepperoni Salad

1 lb. head of broccoli
½ lb. fresh mushrooms, sliced
6 oz. Swiss cheese, diced
1 pkg. (3 oz.) sliced pepperoni, chopped

Cut off broccoli flowerets and combine them with the mushrooms, cheese and pepperoni. Toss with Italian dressing. Chill at least 8 hours before serving.

Oreo® Cake

1 pkg. (18 oz.) white cake mix
1/3 cup oil
4 egg whites

1 1/4 cups water
1 1/4 cup coarsely chopped Oreo® cookies

Combine the cake mix, oil, water and egg whites. Blend on LOW speed until moist, then beat for two minutes on HIGH. Gently fold in the cookies; pour batter into two greased, floured 8-inch round cake pans. Bake at 350° F. for 25 to 30 minutes, or until a toothpick comes out clean. Cool for 15 minutes and then remove from pans. Cool completely and frost.

Frosting for Oreo® Cake

1 1/4 cups confectioner's sugar
1 cup butter, softened

1 cup shortening (not butter-flavored)
1 tsp. almond extract

With mixer, combine all ingredients and beat until creamy. Frost the first layer of cake and put second layer on top, then frost top and sides. Sprinkle with extra crushed cookies on top.

Deb Plumley's Recipes

Chocolate Cornflakes Cookies

4 egg whites
1 cup sugar
4 1/2 oz. semisweet chocolate, roughly chopped

3 cups cornflakes
1 tsp. vanilla

Heat oven to 300° F. Using an electric hand mixer, beat whites while slowly adding sugar until stiff peaks form. Fold in chocolate, cornflakes, and vanilla. Space tablespoon-size amounts of batter 1-inch apart on parchment paper-lined baking sheets; bake until crisp, about 20 minutes. **Yield:** 2 1/2 dozen.

Sweet Potato Wedges

3 lbs. sweet potatoes, peeled, quartered
lengthwise
6 Tbsp. (3/4 stick) butter, melted

6 Tbsp. orange juice
3/4 tsp. salt
3/4 tsp. ground cinnamon

Arrange sweet potatoes in a greased 9x13-inch baking pan. Combine butter, orange juice, salt and cinnamon and drizzle over sweet potatoes. Cover and bake at 350°F for 35 minutes or until tender.

BBQ Meat Loaf Minis

1 pkg. (6 oz.) stuffing mix
1 cup water
1 lb. ground beef

2 Tbsp. hickory smoke-flavored
barbecue sauce
1 cup shredded cheddar cheese

Combine stuffing mix, water and barbecue sauce. Mix in ground beef. Place 1/3 cup into each of 12 ungreased muffin cups. Bake at 375° F, uncovered, for 18 to 22 minutes or until a thermometer reads 160° F. Sprinkle tops with cheddar cheese. Bake 2 to 4 minutes longer or until cheese is melted. Serve with additional barbecue sauce. **Yield:** 6 servings.

Creamy Ham Fettuccine

1 pkg. (12 oz.) fettuccine
3 cups cubed fully cooked ham
2 cups frozen peas, thawed

2 cups grated Parmesan cheese
1½ cups heavy whipping cream

In a large saucepan or Dutch oven, cook fettuccine according to package directions; drain. In the same pan heat the ham; add the peas, Parmesan cheese, cream, and fettuccine. Cook and stir until heated through.

Yield: 6 to 8 servings. **Note:** Prepare with spinach fettuccine if it's available at local grocery store.

Viewer's Recipes

Pineapple-Orange Sunshine Cake

Donna Meserve, Morrisville, Vt.

Cake:

1 box yellow cake mix
¼ cup unsweetened applesauce
4 eggs
1 can (11 oz.) mandarin oranges in light syrup, cut in halves

Frosting:

1 container (8oz.) light whipped topping, thawed
1 pkg. (3.4 oz.) instant vanilla pudding mix
1 can (15.5 oz.) crushed pineapple in its juice

To make a multi-layer cake, bake the batter in two 9-inch cake pans for about 25 minutes, or until they test done. Split the cooled layers in half horizontally, spread with frosting and stack. Or bake in a 9 x13x2-inch pan. **For the cake:** preheat the oven to 350° F. In large bowl, stir together all the cake ingredients until moist. Beat by hand for 2 minutes. Coat a cake pan (or pans) with cooking spray. Pour batter in and bake for 30 to 40 minutes or until toothpick in center comes out clean. Cool completely. **For the frosting:** in a large bowl, mix together the frosting ingredients until well blended. Spread over the cake. Store in the refrigerator.

Cheesy Macaroni & Spam® Casserole

Barbara Murphy, Fairfax, Vt.

1 box (7¼ oz.) macaroni & cheese dinner
1 can (12 oz.) Spam,® ground in food processor

½ cup shredded Cheddar cheese
1 cup frozen green peas
½ cup milk
1 tsp. mustard, optional

Prepare macaroni and cheese according to package directions. Mix in remaining ingredients. Pour into 1½ quart microwaveable serving dish. Cover with plastic wrap and microwave on HIGH for 2 minutes. Stir casserole and continue heating on HIGH for 2½ to 3½ minutes or until cheese is melted and mixture is heated through. **Yield:** 5 servings.

Apple Delight

Liz Pecor, Monkton, Vt.

Cover bottom of 9-inch pan with 2 large thinly sliced apples. Cream: ½ cup butter. Gradually add: 1 cup brown sugar. Slowly blend in: ¾ cup flour. Beat until smooth. Spread over sliced apples. Bake at 325° F for about 40 minutes or until apples are soft. Serve with plain or whipped cream.

Cake Mix Biscotti

Barbra Larvey, Isle La Mottle, Vt.

1 box French vanilla cake mix	½ cup butter, melted, cooled
1 cup flour	½ cup chopped nuts (optional)
2 eggs	

Combine all ingredients, except nuts, and mix well. Add chopped nuts or item of your choice*. Form dough into 4 logs, about 6-inches long and 2-inches wide. If you have a hard time shaping loaves, add an extra bit of flour. Bake loaves at 350° F for 20 minutes or until browned. Let loaves cool for 3 to 5 minutes. Slice loaves into ½-inch slices. Place back onto cookie sheet. Toast slices to your liking in oven you have turned off. **Note*: Chocolate chips or dried fruit can be substituted for the chopped nuts.

Liverwurst Paté

Joan Krans, Williston, Vt.

1 lb. liverwurst in a chunk	2 Tbsp. grated onion
4 Tbsp. mayonnaise	¼ cup butter, melted
¼ tsp. pepper	

Mash the liverwurst in a bowl. In a separate bowl, mix remaining ingredients. Add to the mashed liverwurst and mix well. Put mixture into a small bowl, cover and refrigerate for 24 hours. Remove molded mixture onto a plate. Serve with crackers or your favorite bread.

Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.

Contact us at: atfence@uvm.edu, phone: (802) 656-5059, toll free at: 1-888-283-3430
or visit us online at: www.uvm.edu/extension/atf

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.