

Across the Fence

Five Ingredients or Less – March 2017

Deb Plumley's Recipes

No-Bake Lemon Cloud Pie

1 prepared 9-inch shortbread crumb crust	1 tsp. grated lemon peel
1 can (14 oz.) sweetened condensed milk	2 cups frozen whipped topping, thawed
½ cup (about 3 medium lemons) fresh lemon juice	Grated lemon peel or lemon slices (optional)

Beat the sweetened condensed milk, lemon juice and peel in small mixer bowl until combined. Fold in whipped topping; pour into crust. Cover and refrigerate for 2 hours or until set. Garnish with lemon peel. **Note:** For a lower calorie and lower fat version of this recipe, a 6 oz. prepared reduced-fat graham cracker crust and fat-free frozen whipped topping can be substituted for the shortbread crumb crust and frozen whipped topping.

Chicken with Cider and Bacon Sauce

4 skinless, boneless chicken breast halves	4 bacon slices, chopped
¼ tsp. salt	½ cup minced fresh onion
¼ tsp. pepper	1½ cups unsweetened apple cider
	1 cup fat-free, reduced sodium chicken broth

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to ½-inch thickness using a meat mallet or rolling pin. Sprinkle chicken evenly with salt and pepper. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan. Add chicken to drippings in pan; cook 6 minutes on each side or until done. Remove chicken from pan; keep warm. Add onion to pan; cook 2 minutes or until tender, stirring constantly. Add cider and broth; bring to a boil, scraping pan to loosen browned bits. Cook until broth mixture is reduced by half (about 5 minutes). Stir in cooked bacon; serve sauce over chicken.

5 Ingredient Slow Cooker Maple Dijon Ham

½ boneless ham (2.5 to 3 lbs.)	4 Tbsp. brown sugar
½ cup Vermont maple syrup	½ tsp. ground cloves
4 Tbsp. coarse ground Dijon mustard	

Lay ham on cutting board. Place two wooden spoons on either side of it and cut through ham to spoons, making slices that don't go all the way through. Place ham, sliced side up, in slow cooker. Mix together maple syrup, Dijon mustard, brown sugar and cloves in a small bowl. Pour this mixture over ham, trying to get as much between the slices as you can. Cook on LOW for 4 to 6 hours or until heated through, basting with sauce (spoon it over the top) every 1 to 2 hours. **Yield:** 6 to 8 servings.

Apple Cherry Salad

1 pkg. (3 oz.) cherry gelatin	4 medium apples, chopped
1 cup boiling water	1 cup chopped celery
1 can (21 oz.) cherry pie filling	

In a large bowl, dissolve gelatin in boiling water. Stir in pie filling, apples, and celery. Refrigerate at least 30 minutes until firm before serving. **Yield:** 8 to 10 servings.

Carolyn Peake's Recipes

Tomato Hamburger Soup

1 can (46 oz.) tomato juice	1 can (10 ³ / ₄ oz.) cream of mushroom soup, undiluted
2 pkgs. (16 oz. each) frozen mixed vegetables	2 tsp. dried minced onion
1 lb. ground beef cooked and drained	pepper to taste

In a 5 quart slow cooker, combine the first five ingredients. Cover and cook on HIGH for 4 to 5 hours or until heated through. Season with pepper, as desired. **Yield:** 12 servings (3 quarts).

Breaded Baked Tilapia

¾ cup soft bread crumbs	1 tsp. dried oregano
⅓ cup grated Parmesan cheese	4 tilapia fillets (5 oz. each)
1 tsp. garlic salt	

Preheat oven to 425°F. In a shallow bowl, combine bread crumbs, cheese, garlic salt, and oregano. Coat fillets in crumb mixture. Coat a baking sheet with non-stick cooking spray and place fish on the baking sheet. Bake 8 to 12 minutes or until fish flakes easily with a fork. **Yield:** 4 servings.

Glazed Carrots

2 lbs. carrots, peeled and cut into sticks	¼ cup packed brown sugar
¼ cup butter	⅛ tsp. white pepper

Place carrots into a large saucepan. Add enough water to reach a depth of 1-inch and bring to a boil. Reduce heat to low, then cover and simmer until the carrots are tender. This would be about 8 to 10 minutes. Drain and transfer to a bowl. Melt the butter in the same saucepan, and then stir the brown sugar and pepper into the butter until the sugar has dissolved. Put the carrots into the brown sugar sauce; cook and stir until the carrots are glazed with the sauce, about 5 minutes more.

Easiest Chocolate Blossom Cookies

1 box (15.25 oz.) chocolate cake mix
1 can (15 oz.) pumpkin puree

½ cup mini chocolate chips
30 dark chocolate Kisses®

Preheat oven to 350°F. Line two baking sheets with parchment paper. Mix cake mix, pumpkin puree and chocolate chips together in a bowl. Scoop the batter using a cookie scoop and place on the prepared baking sheets. Bake until the cookies are set, about 15 minutes. Place baking sheets on a wire rack and gently press a chocolate kiss into the center of each cookie. Allow the cookies to cool and finish setting.

Lyn Jarvis' Recipes

Apricot Cobbler

1½ cups biscuit baking mix
2 Tbsp. brown sugar
½ tsp. nutmeg
⅔ cup milk

1 Tbsp. butter, melted
2 cups apricot halves, packed in fruit juice,
coarsely chopped and undrained

Preheat oven to 400° F. Spray an 8x8x2-inch baking dish with butter-flavored cooking spray. In a large bowl, combine baking mix, brown sugar and nutmeg. Add milk and butter. Mix well to combine. Spread mixture evenly into prepared baking dish. Pour undrained apricots evenly over batter. Bake for 25 to 30 minutes. Place baking dish on a wire rack and allow to cool. **Yield:** 6 to 8 servings.

Shrimp Pasta Alfredo

3 cups uncooked bow tie pasta
2 cups frozen peas
1 lb. cooked shrimp, tails removed

1 jar (15 oz.) Alfredo sauce
¼ cup shredded Parmesan cheese

In a pot, cook pasta according to package directions, adding peas during the last 3 minutes of cooking; drain and return to pan. Stir in shrimp and sauce; heat through over medium heat, stirring occasionally. Sprinkle with cheese. **Yield:** 4 servings, 545 calories per serving.

Chocolate Mayonnaise Cake

1½ cups sugar
2 cups all-purpose flour
Pinch of salt
2 tsp. baking soda

4 Tbsp. cocoa
1 cup lukewarm water
1 cup mayonnaise

Preheat oven to 375°F. Grease and flour square or round cake pan; set aside. In large bowl, combine sugar, flour, salt, baking soda and cocoa. Add water and mayonnaise, mixing well. Pour into prepared pan and bake for 32 minutes, until a toothpick inserted in the center comes out clean. After cake cools, dust with confectioner's sugar. **Yield:** 6 to 8 servings.

Lemon Fudge

1½ tsp. plus 6 Tbsp. butter, divided
2 pkgs. (10 to 12 oz. each) vanilla or white chips
⅔ cup sweetened condensed milk
⅔ cup marshmallow crème
1½ tsp. lemon extract

Line a 9-inch square pan with foil. Grease foil with 1½ teaspoons butter; set aside. In a large saucepan, melt remaining butter over low heat. Add chips and milk; cook and stir for 10 to 12 minutes or until chips are melted. Stir in marshmallow crème and lemon extract; cook and stir 3 to 4 minutes longer or until smooth. Pour into prepared pan. Chill until set. Using foil, lift fudge out of pan. Discard foil; cut fudge into squares. Store in the refrigerator. **Yield:** About 2 pounds.

Beer Glazed Ham

1 boneless fully cooked ham (3 lbs.)
1 can (12 oz.) beer
1 cup packed brown sugar
2 Tbsp. balsamic vinegar
2 tsp. ground mustard

Place ham on a rack in a shallow roasting pan. Score the surface of the ham; making diamond shapes ½-inch deep. Set aside 2 tablespoons beer. Pour remaining beer over the ham. Bake, uncovered, at 350°F for 1 hour. In a small bowl, combine the brown sugar, vinegar, mustard and reserved beer; spread over ham. Bake 40 to 45 minutes longer or until a thermometer reads 140°F, basting occasionally. **Yield:** 8 servings.

Brie Mashed Potatoes

2 lbs. potatoes (about 6 medium), peeled and cubed
½ cup milk
4 oz. Brie cheese, rind removed and cubed
1 Tbsp. butter
1 tsp. minced fresh thyme
½ tsp. salt and pepper each

Place potatoes in a pot and cover with water, wash and discard water. Cover with water and bring to a boil. Reduce heat; cover and simmer for 10 to 15 minutes or until tender; drain. In a large bowl, mash the potatoes with milk, cheese, butter, thyme, salt and pepper. **Yield:** 4 to 6 servings. **Note:** Recipe can be doubled.

Vermont Maple Coleslaw

1 pkg. (14 to 16 oz.) coleslaw mix	1 tsp. apple cider vinegar
½ cup mayonnaise	¼ tsp. salt
2 Tbsp. Vermont maple syrup	⅛ tsp. celery seed

In a large bowl combine coleslaw mix, mayonnaise, maple syrup, vinegar, salt, and celery seed. Chill until ready to serve. Stir before serving (I like my slaw run through the food chopper before adding the dressings).

Beefy French Onion Potpie

1½ lb. ground beef
1 small onion, chopped
1 can (10½ oz.) condensed French onion soup
1½ cups shredded mozzarella cheese
1 tube (12 oz.) refrigerated buttermilk biscuits

Cook ground beef and chopped onion in a large skillet over medium heat until beef is no longer pink; drain. Stir in condensed French onion soup; bring to a boil. Transfer to an ungreased 9-inch deep-dish pie plate; sprinkle with shredded mozzarella cheese. Bake at 350°F for 3 minutes or until cheese is melted. Top with refrigerated buttermilk biscuits. Bake 15 to 20 minutes longer or until biscuits are golden brown. **Yield:** 4 to 6 servings, 553 calories per serving.

Viewer's Recipes

Bacon & Egg Biscuits

Donna Barcomb – Colchester, Vt.

1 can (16.3 oz.) grand-size refrigerated buttermilk biscuits (8 biscuits)
6 eggs
⅓ cup milk
¼ tsp. pepper
½ cup chive & onion cream cheese spread
8 slices bacon, cooked

Bake biscuits as directed on package. Meanwhile, beat eggs, milk and pepper with whisk until well blended. Cook in large nonstick skillet on medium heat 3 minutes, until eggs begin to set, stirring occasionally. Add cream cheese spread; cook 2 to 3 minutes or until cream cheese is melted and eggs are set, stirring occasionally. Split warm biscuits; fill with egg mixture and bacon. **Yield:** 8 servings.

Pastor's Pie

Jess Pastor – Hyde Park, Vt.

1 can (21 oz.) cherry pie filling, divided
1 pkg. (8 oz.) cream cheese, softened
1 cup cold milk
1 pkg. (3.4 oz.) lemon instant pudding & pie filling
1 container (8 oz.) whipped topping, thawed and divided
1 graham cracker pie crust

Spread ½ can of pie filling onto bottom of crust. Beat cream cheese in a large bowl with wire whisk until creamy. Add milk blending well. Stir in pudding mix and gently stir in ½ whipped topping. Spread over cherry layer in crust. Cover with layers of remaining whipped topping and remaining cherry pie filling. Refrigerate 3 hours or until set. Enjoy!

Maple Custard Pie
Marge Turner – Bethel, Vt.

3 large eggs
½ cup dark Vermont maple syrup
Dash of salt and nutmeg
½ tsp. vanilla
2 cups milk (or half & half)
1 unbaked pie shell

Beat 3 eggs, maple syrup, dash of salt and nutmeg, and vanilla. Scald milk (or half & half) and add to egg mixture. Stir and pour into unbaked pie shell. Bake at 400°F for 15 minutes. Turn oven down to 350°F and bake 20 to 30 minutes longer until knife inserted in center comes out clean. **Yield:** 6 to 8 servings.

Cornbread and Beef Skillet Pie
From the C.I.D.E.R newsletter

1 lb. lean ground beef
1 can (21 oz.) ranchero beans
1 can (15¼ oz.) corn kernels, rinsed
1 pkg. (6½ oz.) cornbread mix
½ cup (about 2 oz.) pepper jack cheese, shredded

Heat oven to 400°F. In a large oven safe skillet, cook beef over medium-high heat, breaking it up with the back of a spoon until browned. Stir in the beans and corn; cook on simmer for 2 minutes. Meanwhile prepare the cornbread according to package directions. Spread the cornbread batter over beef mixture, leaving a ½-inch border all the way around. Sprinkle with cheese. Bake until golden brown and a toothpick inserted near the center comes out clean, about 15 to 20 minutes. Let cool for 5 minutes before serving. **Yield:** 4 to 6 servings.

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