

Across the Fence
‘Five Ingredients or Less’ Recipes – June 2014

Lyn Jarvis' Recipes

Lemon Whipper Snappers

1 pkg. (18½ oz.) lemon cake mix
2 cups whipped topping
1 large egg, beaten*
½ cup powdered sugar

Set oven at 350°F and have rack in center. Combine first 3 ingredients in large bowl. Stir until well mixed. Drop by teaspoonful into powdered sugar. Roll to coat. Place 12 to a cookie sheet. Bake 11 to 12 minutes. Cool 2 minutes. Remove to wire rack. **Yield:** 3½ to 4 dozen. ***Note:** Use 2 eggs, if small.

Rhubarb and Strawberry Cobbler

1 pkg. (18 oz.) refrigerated sugar cookie dough
8 cups chopped fresh rhubarb, ½-inch pieces
⅔ cup sugar
2 tsp. cinnamon
1 can (21 oz.) strawberry pie filling
1 tsp. lemon juice, optional

Preheat oven to 350°F. Place 8 large custard cups onto a baking sheet. Chop chilled cookie dough into ¼-inch cubes and set aside. Mix the rhubarb with the sugar, cinnamon, and lemon juice, if desired. Fill each of the custard cups half full with the rhubarb mixture. Spoon the strawberry pie filling over the rhubarb. Arrange the cubed cookie dough on top of the filling. Leave some open spaces between the cubes, so that the filling does not overflow when baking. There may be some dough left over. Bake in preheated oven until the dough is fully cooked and starting to brown around the edges, about 45 minutes. **Note:** Use leftover dough to make cookies.

Sausage, Tomato and Bean Soup

1 lb. sweet sausage, casings removed
1 onion, chopped
4 cups chicken broth
2 cans (15 oz.) cannellini beans, drained and rinsed
1 can (14½ oz.) tomatoes flavored with basil and garlic, drained

In stockpot over medium heat, crumble sausage and cook until no longer pink. If necessary, drain all but 1 tablespoon fat. Add onion and cook until softened. Stir in remaining ingredients. Cover and simmer for 10 to 15 minutes until hot. **Yield:** 4 servings.

Asian Beef and Noodles

1¼ lbs. ground beef
2 pkgs. (3 oz.) oriental flavor instant Ramen noodles
1 pkg. (16 oz.) frozen oriental stir-fry mixture
½ tsp. ground ginger
3 Tbsp. thinly sliced, green onions

In large skillet, brown ground beef and drain. Add ½ cup water, salt and pepper and simmer 10 minutes. Transfer to a separate bowl. In same skillet, combine 2 cups water, vegetables, noodles (broken up), ginger and both seasoning packets. Bring to a boil, reduce heat. Cover, simmer 3 minutes or until noodles are tender and stir occasionally. Return beef to skillet, and stir in green onions. Serve right from skillet.

Broccoli-Waldorf Salad

6 cups fresh broccoli florets
1 large red apple with peel, chopped
½ cup golden raisins
½ cup chopped pecans
½ cup prepared coleslaw dressing

In large bowl, combine broccoli, apple, raisins and pecans. Drizzle with the dressing and toss to coat. Refrigerate. Serve cold.

Tangy Apricot Ribs

3 to 4 lbs. baby-back pork loin ribs
1 jar (16 oz.) apricot preserves
⅓ cup soy sauce
¼ cup packed light brown sugar
2 tsp. garlic powder

Place ribs in large roasting pan. Whisk preserves and soy sauce, brown sugar and garlic powder until blended. Pour over ribs, cover and chill overnight. Remove ribs from marinade and reserve marinade in small saucepan. Line baking pan with foil, add ribs and sprinkle with a little salt and pepper. Bring marinade to a boil, cover, reduce heat and simmer 5 minutes. Bake ribs at 325° for 1½ hours or until tender and baste frequently with marinade.

Herbed New Potatoes

1½ lbs. new potatoes
6 Tbsp. butter, sliced
¼ tsp. thyme
½ cup chopped fresh parsley
½ tsp. rosemary

Scrub potatoes and cut in halves but do not peel. In medium saucepan, boil in lightly salted water. Cook until potatoes are tender, about 20 minutes and drain. Add butter, thyme, parsley and rosemary. Toss gently until butter melts. Serve hot.

Deb Plumley's Recipes

Five Ingredient Bacon Asparagus Pasta

- 1 box (12 oz.) uncooked bowtie pasta
- ½ lb. (about 8 strips) uncooked bacon, diced
- ½ lb. (8 oz.) fresh asparagus, ends trimmed and cut into 2-inch pieces
- 1 cup chicken broth
- ½ cup grated or flaked Parmesan cheese

Cook the pasta in a large pot of salted water al dente according to package instructions. Meanwhile, add bacon to a medium sauté pan. Cook over medium-high heat, stirring occasionally, until crispy. Remove the bacon with a slotted spoon and set aside. Add asparagus to the pan and sauté in the bacon grease for about 5 to 6 minutes. Remove with a slotted spoon. Slowly add the chicken broth to the pan (be careful of spatters), and scrape the bottom of the pan with a spoon to deglaze the pan and pick up the brown bits. Continue cooking for 5 minutes or until the broth is reduced by half. Add the drained, cooked pasta, asparagus and bacon. Toss until combined. Serve with the grated Parmesan cheese.

Potato Tot & Bacon Nachos

- 1 pkg. (32 oz.) frozen potato rounds (will use almost entire bag)
- 1 pkg. (8 oz.) shredded Monterey Jack cheese
- ½ pkg. bacon, diced and cooked
- 4 oz. pickled jalapeño pepper slices
- 4 oz. sour cream

Preheat oven to 400°F. On a cookie sheet, spread an even layer of potato rounds and bake 15 minutes, until brown and crunchy. Remove from oven, flip over and place in a single layer in an oven safe dish. Scrunch together tightly and add a layer of shredded cheese. Top with the cooked bacon and pepper slices. Top with more cheese and bake for another 7 to 10 minutes until the cheese is bubbly and melted. Remove from oven and top with sour cream and serve. Yield: 5 to 6 servings.

Carolyn Peake's Recipes

Tuna Melt Appetizer

- 1 pkg. (10 oz.) frozen spinach, drained
- 2 cans (6 oz.) white tuna in water, drained
- ¾ cup mayonnaise
- 1½ cups shredded mozzarella cheese, divided

Drain the spinach well using several paper towels. In a bowl, combine all the ingredients except ¾ cup of cheese and mix well. Place mixture into a greased pie plate and bake at 350°F for 15 minutes. Remove from oven and sprinkle remaining cheese over top. Bake another 5 minutes. Serve with crackers.

Strawberry Fizz

2 pkgs. (10 oz.) frozen strawberries, thawed
2 cans (6 oz.) frozen pink lemonade concentrate
2 bottles (2 liter) ginger ale, chilled
Fresh strawberries, optional

Put the strawberries in a blender and process until smooth. Pour lemonade into a punchbowl and add strawberries. When ready to serve, add chilled ginger ale and stir well. Garnish with fresh strawberries if desired. Recipe may be halved.

Onion-Beef Bake

3 lbs. lean ground beef
1 pkg. dry onion soup mix
½ cup water
2 cans (10 oz.) condensed French-onion soup

Combine beef, soup mix, and water. Mix well and shape into patties about ½-inch thick. Cook in large skillet and brown on both sides. Place patties in a 9x13-inch baking dish. Pour French-onion soup over patties. Cover and bake at 350°F for about 35 minutes. Yield: 6 to 8 servings

Strawberry Angel Dessert

1 pkg. (6 oz.) strawberry gelatin
1 cup boiling water
2 cartons (10 oz.) frozen strawberries with juice
2 cartons (8 oz.) whipping cream, whipped
1 large angel food cake

Dissolve gelatin in 1 cup boiling water and mix well. Stir in strawberries. Cool in refrigerator until mixture begins to thicken. Fold in whipped cream. Break cake into pieces and place in 9x13-inch dish. Pour strawberry mixture over cake and refrigerate overnight. Cut into squares to serve.

Viewer's Recipes

Apple Delight

Liz Pecor, Monkton, Vt.

Cover bottom of 9-inch pan with 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 until apples are soft. Serve with plain or whipped cream.

Cranberry Raspberry Salad

Patti Olson, Burlington

1 pkg. (6 oz.) raspberry gelatin
1 can (14 oz.) whole berry cranberry sauce
1 container (8 oz.) low-fat sour cream
1½ cups boiling water
Whipped topping
Chopped nuts (for topping)

In a bowl, separate and stir whole berry cranberry sauce. In another bowl, dissolve gelatin in hot water. Add cranberries and stir well. Pour half into serving dish and refrigerate until set, about 1½ hours. Spread sour cream on top; add remainder of gelatin and refrigerate until set. Garnish with whipped topping and chopped nuts. **Yield:** 6 to 8 servings.

Chicken and Rice Dish

Carol Nau, Monroe, N.H.

1 bottle (16 oz.) French dressing
1 can (14 oz.) whole berry cranberry sauce
1 pkg. onion soup mix
1½ lbs. chicken breasts

Mix first 3 ingredients in 11x7x2-inch baking dish. Top with strips of chicken breast. Bake at 350°F. for approximately one hour or until chicken tests done. Yield: 6 servings. **Note:** I added about ⅔ bottle of French dressing to cut back on liquid. Serve over your favorite cooked rice or noodles.

Cheese Strata

Carolyn Bourgeois, Vergennes, Vt.

6 slices firm toasting bread, cut into cubes
1 can (10¾ oz.) condensed cheese soup
1 cup milk
4 eggs
1½ cups (6 oz.) shredded Swiss cheese

Spray an 11x8-inch (2 quart) shallow baking dish with cooking spray. Place the bread cubes in the prepared dish. Stir the soup, milk, and eggs in a small bowl with a fork until the ingredients are mixed. Stir in the cheese. Pour over the bread. Cover the dish and refrigerate for 4 hours or overnight. Uncover. Bake at 350°F for 45 minutes or until a knife inserted near the center comes out clean. Let the strata stand for 10 minutes. Can substitute whole grain bread and cheddar cheese. Yield: 8 servings. Recipe can be doubled.

Chocolate Cherry Cake

Gyneth Fortin, Sheldon Springs

1 pkg. (18 1/2 oz.) chocolate cake mix
1 can (21 oz.) cherry pie filling
1 Tbsp. almond extract

1 egg
1 cup dried cherries, optional

Mix all by hand and pour into greased tube pan. Bake at 350°F for 45 to 50 minutes or until pick inserted in center comes out clean. Dust with powdered sugar, if desired.

Sugarplums

Catherine Marshall, Waterbury Vt.

1/2 cup butter
5 cups confectioners' sugar

1/4 cup whipping cream
1 tsp. vanilla

Cream butter thoroughly until light in color. Add sugar gradually and continue beating until mixture is light and crumbly. Add whipping cream and vanilla. Beat until completely blended. Shape and decorate as desired. Store in a cool place. (These are no-bake cookies.) **Yield:** 1 1/2 lbs. Variations: Roll in coconut, chopped nuts, colored sugar, crushed peppermint candy or dip into melted chocolate.

Forgotten Cookies

Carol Nau Monroe, N.H.

2 large egg whites, at room temperature
1/2 tsp. cream of tartar
2/3 cup super-fine granulated sugar
1 cup semisweet mini chocolate chips

Preheat oven to 400°F and line 2 baking sheets with parchment paper. Set aside. In bowl with electric mixer, beat egg whites until foamy. Add the cream of tartar and beat until fluffy but not at all dry. (Be careful not to over-beat.) Add the sugar gradually, about 3 tablespoons at a time. Continue beating and adding remaining sugar in batches, until all of the sugar is dissolved and the meringue is very shiny and tight. Gently fold in the chocolate chips. Working one teaspoon at a time, push a teaspoonful of meringue from the tip of 1 teaspoon with the back of another teaspoon onto the lined baking sheets, leaving 1 inch of space between cookies. Place baking sheets in the preheated oven and turn the oven off. Leave the cookies (undisturbed) in the oven for at least 2 hours and up to overnight, or until cookies are crisp and dry. Makes about 36 mini cookies. Bite-size is best.

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.