

Across the Fence

Picnic & Outdoor Eating Recipes – July 2013

Carolyn Peake's Recipes

Garden Quinoa Salad

1½ cups quinoa, rinsed and drained	2 Tbsp. olive oil
3 cups water	2 Tbsp. lemon juice
4 cups water	2 Tbsp. minced fresh parsley
1 lb. fresh asparagus, cut into 2-inch pieces	1 tsp. grated lemon peel
½ lb. fresh sugar snap peas	1 cup cherry tomatoes, halved
½ lb. fresh green beans, trimmed	3 Tbsp. salted pumpkin seeds

In a large saucepan, cook and stir quinoa over medium-high heat 3 - 5 minutes or until toasted. Add 3 cups of water and bring to a boil. Reduce heat and simmer, covered, for 12-15 minutes or until liquid is absorbed. Place in a large bowl. In a large saucepan, bring 4 cups of water to a boil. Add asparagus and snap peas and cook, uncovered, 2 - 4 minutes or just until crisp tender. Remove the vegetables and drop them into ice water. Return water to a boil and add green beans, cook 3 - 4 minutes or until crisp-tender, then remove the beans to ice water. Drain the cooled vegetables and pat dry. In a small bowl, whisk oil, lemon juice, parsley and lemon peel. Add tomatoes and vegetables to quinoa and drizzle with dressing. Toss to combine. Top with pumpkin seeds. **Yield:** 4 servings.

Oven-Fried Chicken Drumsticks

1 cup fat-free plain Greek yogurt	1½ tsp. paprika
1 Tbsp. Dijon mustard	1 tsp. baking powder
2 garlic cloves, minced	1 tsp. pepper
8 chicken drumsticks, skin removed	Olive oil-flavored cooking spray
½ cup white whole wheat flour	

In a large resealable plastic bag combine yogurt, mustard and garlic. Add chicken; seal bag and turn to coat. Refrigerate 8 hours or overnight. Preheat oven to 425°F. In another plastic bag, mix flour, paprika, baking powder and pepper. Remove chicken from marinade and add one piece at a time, to flour mixture. Close bag and shake to coat. Place on wire rack over a baking sheet and spray with cooking spray. Bake 40 to 45 minutes, or until a thermometer reads 180°F. **Yield:** 4 servings.

Savory Party Bread

1 un-sliced round loaf sourdough bread	½ cup chopped green onions
1 lb. Monterey Jack cheese	2 to 3 tsp. poppy seeds
½ cup butter, melted	

Preheat oven to 350°F. Cut bread crosswise into 1-inch slices to within ½-inch of the bottom of the loaf. Slice again, this time crossways of the first cuts. Cut cheese into ¼-inch slices, and then cut slices into small pieces. Place cheese into cuts. In small bowl, mix butter, onions and poppy seeds. Drizzle over bread. Wrap in foil and place on baking sheet. Bake 15 minutes, then unwrap and bake 10 more minutes, or until cheese is melted. **Yield:** 8 servings.

Faux Potato Salad

1 medium head of cauliflower, broken into florets	¼ cup pitted green olives, halved lengthwise
1 medium carrot, chopped	¼ cup thinly sliced radishes
2 hard cooked eggs, chopped	¼ cup chopped dill pickle
4 green onions, chopped	¼ cup mayonnaise
1 celery rib, chopped	1 Tbsp. Dijon mustard

In a large saucepan, bring an inch of water to a boil. Add cauliflower and cook, covered, 5 to 8 minutes, or until tender. Drain and rinse in cold water. Pat dry and place in large bowl. Add carrot, eggs, green onions, celery, olives, radishes and pickle. In a small bowl, combine mayonnaise and mustard. Add to vegetable mixture and toss to coat. Refrigerate until serving. **Yield:** 8 servings.

Bake-Sale Lemon Bars

¾ cup butter, softened	3 eggs, lightly beaten
⅔ cup confectioner's sugar	1½ cups sugar
1½ cups, plus 3 Tbsp. all-purpose flour, divided	¼ cup lemon juice
	Additional confectioner's sugar

Preheat oven to 350°F. In a large bowl beat butter and confectioner's sugar until blended. Gradually beat in 1½ cups flour. Press into bottom of a greased 13x9-inch baking pan. Bake 18 to 20 minutes or until golden brown. In a small bowl, whisk eggs, sugar, lemon juice and 3 Tbsp. flour until frothy and pour over hot crust. Bake 20 to 25 minutes more or until lemon topping is set and lightly browned. Cool completely on a wire rack. Dust with additional confectioner's sugar and cut into 48 bars. Refrigerate leftovers. **Yield:** 48 bars.

Deb Plumley's Recipes

No Bake Oatmeal Cookies

½ cup butter	3 Tbsp. cocoa	½ cup chopped walnuts
1 cup sugar	3 cups quick cooking oats	1 tsp. vanilla
½ cup milk	½ cup peanut butter	

In saucepan combine butter, sugar, milk, and cocoa. Bring to a boil while stirring; boil hard for 1 minute. Remove from heat. Add oats, peanut butter, nuts, and vanilla and stir until well blended. Drop by spoonful onto cookie sheet lined with parchment paper to set until firm.

Sweet & Tangy Kielbasa

1½ lbs. whole kielbasa	1½ cups ketchup	1½ cups brown sugar
1 can/bottle beer	½ cup mustard	1 Tbsp. cider vinegar

Cut kielbasa into bite sized pieces. In a large saucepan, bring beer to a boil, reduce heat and add kielbasa. Simmer in beer for 15 minutes. Mix remaining ingredients together in a bowl and add to kielbasa and beer. Simmer an additional 15 minutes. Transfer mixture to a crockpot and cook on low for 1 to 2 hours. The longer the kielbasa sits in the sauce, the better.

Cheese Topped Bar-B-Q Cups

¾ lb. lean ground beef	2 Tbsp. mustard
1 small onion, finely chopped	¼ cup ketchup
3 hotdogs, sliced in half lengthwise, then chopped	¼ cup barbeque sauce
16 oz. baked beans	12 crescent rolls

Brown ground beef and drain. Add remaining ingredients, except rolls and simmer 10 minutes. Oil muffin tins and line with the crescent rolls. Put about ¼ cup of the meat mixture into each cup. Bake at 375°F for about 12 minutes. Sprinkle cheddar cheese on top and bake until the cheese melts, about 5 minutes.

S'mores Pops

1 bag large marshmallows	1 pkg. honey graham crackers (about 9 crackers) or graham cracker crumbs	Lollipop sticks or extra large cocktail picks
1 pkg. semi-sweet chocolate chips		

Insert sticks into marshmallows. Push them in until they almost pop through. Place the graham crackers in a strong resealable bag, and use a rolling pin (or whatever you'd like) to crush them until they are finely ground. Then place them in a small bowl. Heat the chocolate chips in a double-boiler until they are melted and somewhat runny. While holding the stick, carefully dip a marshmallow in the chocolate mixture until completely covered. Then gently roll the sides and top of the marshmallow in the graham cracker crumbs until they are well-coated. Place on a plate or on wax paper to let cool and dry. Repeat with remaining marshmallows.

Tina Escaja's Recipes

Tortilla de Patatas (Spanish Potato Omelet)

4 - 5 large peeled potatoes, sliced	4 large eggs, beaten
1 onion, sliced	2 - 3 cups olive oil for pan frying
1 small red bell pepper, sliced	Salt to taste

Peel and slice the potatoes a bit thick, and gently fry them in the oil. Add the onions and bell pepper. While the mixture is cooking, beat the eggs in a large bowl. Sprinkle with salt. When the potatoes, onions and pepper are tender, transfer them with a skimmer or slotted spoon to the bowl. Mix with the beaten egg. Pour 1 Tbsp. of olive oil into a medium-small, non-stick frying pan and heat. When hot, transfer the mixture to the pan and spread out evenly. Wait 1 to 2 minutes until the egg in the base browns. Place a plate upside down over the omelet. The plate should be slightly smaller than the rim of the pan. Hold the frying pan handle with one hand and the plate firmly with the other hand and quickly turn the frying pan over so the tortilla falls onto the plate. Return the pan to the range and add one Tbsp. of olive oil. Then, slide the tortilla back into the pan to cook the other side. Let it cook for 3 more minutes. Slide the tortilla onto a plate and serve after resting for a few minutes. Cut into wedges or squares.

Paella

2 chicken quarters, cut in small pieces	1 medium tomato, diced
½ cup olive oil	2 large garlic cloves, minced
12 clams	½ cup sweet peas, thawed if frozen
12 mussels	2 cups short grain Spanish rice or Arborio rice
½ lb. large shrimp	4 cups of water
2 medium squids cut in rings (or bag of frozen mixed raw seafood, thawed)	1 cube fish bouillon
1 onion, diced	Lemon wedges, for garnish
1 medium red bell pepper, diced	Generous pinch of saffron threads or 1 pkt. of Sazón Goya® seasoning with saffron
1 medium green bell pepper, diced	Salt and pepper

Heat oil in a paella pan or wide shallow skillet over medium-high heat. Sprinkle salt and pepper on chicken and brown all sides. Remove from pan and reserve. In a separate skillet, heat 2 tablespoons of olive oil over medium heat. Stir the squid or mixed thawed seafood; cook 3 minutes. Reserve. Meanwhile, boil the water in a pot with the bouillon. Sauté the onions and peppers in the paella pan on a medium heat for 2 to 3 minutes, add garlic and then tomatoes until flavors mix. Add the rice and stir-fry gently for 3 minutes coating all grains. Pour in the boiling water, and then add salt, saffron or Goya package, peas, the reserved chicken and squid and let boil uncovered for 5 minutes. Reduce to medium heat and let simmer for 5 more minutes without stirring. Add the mussels, clams and shrimp arranged evenly across the pan. Simmer for an additional 5 minutes. Finish the rice in a 450°F oven, about 5 more minutes, until rice is moist and fragrant. Remove from heat and rest for 5 minutes. Garnish with lemon wedges around the rim of the pan.

Marco Ayala's Recipes

Mexican Wedding Cookies

1 cup butter	2 tsp. water	½ cup confectioner's sugar
½ cup sugar	2 cups all-purpose flour	
2 tsp. vanilla	1 cup chopped pecans	

In a medium bowl, cream the butter and sugar. Stir in vanilla and water. Add the flour and pecans, mix until blended. Cover and chill for 3 hours. Preheat oven to 325°F. Shape dough into balls or crescents. Place on an un-greased cookie sheet and bake for 15 to 20 minutes in the preheated oven. Remove from pan to cool on wire racks. When cookies are cool, roll in confectioner's sugar. Store at room temperature in an airtight container. Yield: About 50 cookies. Pecans can be substituted with almonds.

Guacamole

3 avocados, peeled, pitted, and mashed	1 tsp. salt	2 tomatoes, diced
1 lime, juiced	½ cup diced onion	1 tsp. minced garlic
	3 Tbsp. chopped cilantro	1 tsp. cayenne pepper, optional

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper (optional). Refrigerate 1 hour for best flavor, or serve immediately.

Heather Fischer's Recipes
Roasted Root and Potato Salad

5 red potatoes	Olive oil	5 to 10 whole baby dill
2 sweet potatoes	¼ cup mayonnaise	pickles, diced
8 to 12 carrots	Lemon	Fresh dill
3 large beets		Fresh rosemary

Preheat oven to 400°F. Chop all vegetables into bite sized pieces and place in large bowl. Drizzle olive oil over vegetables to coat and mix in chopped fresh rosemary. Place vegetables in a single layer onto two pans. Cook in oven for 45 - 65 minutes (or until vegetables are done, soft, not mushy), rotate pans and stir occasionally. Let vegetables sit on pan until room temperature. To make the dressing: Mix ¼ cup mayo and juice of half a lemon. Add diced pickles and chopped fresh dill. Gently mix together with vegetables in large bowl. Season with salt and pepper. Serve cold or at room temperature.

Grilled Veggie Sandwiches

¼ cup mayonnaise	1 cup sliced red bell peppers	2 pieces (4-x6-inch) focaccia
3 cloves garlic, minced	1 small zucchini, sliced	bread
1 Tbsp. lemon juice	1 red onion, sliced	½ cup crumbled feta cheese
⅛ cup olive oil	1 small yellow squash, sliced	

In a bowl, mix the mayonnaise, minced garlic, and lemon juice. Set aside in the refrigerator. Preheat the grill for high heat. Brush vegetables with olive oil on each side. Brush grate with oil. Cook for about 3 minutes on each side. The pepper may take a bit longer. Remove from grill, and set aside. Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with feta cheese. Place on the grill cheese side up, and cover with lid for 2 to 3 minutes to warm the bread and slightly melt cheese. Watch carefully so the bottoms don't burn. Remove from grill, and layer with the vegetables. Enjoy as open faced grilled sandwiches.

Watermelon Rice Krispies®

9 cups Rice Krispies® cereal	Red and green food coloring
9 cups marshmallows	Handful chocolate chips
6 Tbsp. butter	2 (9 - 10-inch) round pans, greased

Rind: Mix in a large microwave safe bowl 4 cups of marshmallows and 3 Tbsp. of butter. Place in the microwave. Start with 1 minute and if it's still not melted then put it in for another minute. The marshmallow will get puffy. Add your green food coloring. Now add in 4 cups of Rice Krispies® to the green marshmallow mix. Place this green mix around the edge of the greased pan making sure that it's thinner than the red center. **Red center:** In a large microwave safe bowl, place the rest of the marshmallows and butter in a bowl. Do as mentioned above but this time add red food coloring. Now add in 5 cups of Rice Krispies® to the red marshmallow mix. Fill the red mix in the middle of the greased pan to create the 'meat' of the watermelon. Add chocolate chips on top of the red for the seeds.

Lyn Jarvis' Recipes **Blueberry Picnic Pies**

Favorite pie crust recipe	¼ cup sugar
2 cups blueberries (about 10 oz.)	¼ tsp. salt
1 tsp. finely grated lemon zest	1 large egg, whisked with 1 tsp. water
1 Tbsp. lemon juice	1 Tbsp. sugar

Preheat oven to 375°F. Roll out dough on a floured surface to a 15x12-inch rectangle. Cut into 6 rectangles. Toss blueberries, lemon zest, lemon juice, sugar, and salt in a medium bowl. Brush edges of rectangles with water; mound some blueberries on each rectangle. Fold dough over, and press edges to seal. Place on a parchment-lined baking sheet, brush with egg wash, and sprinkle with sugar. Cut slits in tops. Bake pies, rotating sheet halfway through, until juices are bubbling and pastry is golden brown, 35 to 40 minutes (juices will run onto parchment). Transfer to a wire rack. Serve warm or at room temperature. **Yield:** 6 servings.

Best Ever Monkey Bread

½ cup sugar	½ cup chopped walnuts, if desired
1 tsp. cinnamon	½ cup raisins, if desired
2 cans (16.3 oz. each) refrigerated buttermilk biscuits	1 cup firmly packed brown sugar
	¾ cup butter, melted

Heat oven to 350°F. Lightly grease 12-cup fluted tube pan with shortening or cooking spray. In large storage plastic food bag, mix granulated sugar and cinnamon. Separate dough into 16 biscuits; cut each into quarters. Shake in bag to coat. Arrange in pan, adding walnuts and raisins among the biscuit pieces. In small bowl, mix brown sugar and butter; pour over biscuit pieces. Bake 40 to 45 minutes or until golden brown and no longer doughy in center. Cool in pan 10 minutes. Turn upside down onto serving plate; pull apart to serve. Serve warm. **Yield:** 12 servings.

Chili Coney Dogs

1 lb. lean ground beef (90% lean)	½ tsp. chili powder
1 can (15 oz.) tomato sauce	½ tsp. pepper
½ cup water	Dash cayenne pepper
2 Tbsp. Worcestershire sauce	8 hot dogs
1 Tbsp. dried minced onion	8 hot dog buns, split
½ tsp. garlic powder	Shredded cheddar cheese, optional
½ tsp. ground mustard	Relish and chopped onion, optional

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the tomato sauce, water, Worcestershire sauce, onion and spices. Place hot dogs in a 3-qt. slow cooker; top with beef mixture. Cover and cook on low for 4-5 hours or until heated through. Serve on buns with cheese, relish and onion if desired. **Yield:** 8 servings.

Cherry Baked Beans

1 lb. lean ground beef (90% lean)	1 cup ketchup
2 cans (15 oz. each) pork and beans	½ cup water
2 cups frozen pitted tart cherries, thawed	1 envelope onion soup mix
1 can (16 oz.) kidney beans, rinsed and drained	2 Tbsp. prepared mustard
	2 tsp. cider vinegar

In a large skillet, cook beef over medium heat until no longer pink; drain. In a large bowl, combine the remaining ingredients; stir in beef. Transfer to an ungreased 2½ qt. baking dish. Bake, uncovered, at 400°F for 40 to 45 minutes or until heated through, stirring occasionally.

Cowboy Goulash

1 pkg. (15.6 oz.) macaroni and cheese	Salt and pepper to taste
1 lb. ground beef	1 can (16 oz.) chopped tomatoes in juice
½ cup chopped onion	1 can (17 oz.) whole kernel corn, drained
1 Tbsp. chili powder	

Prepare macaroni and cheese as directed on package. Set aside. Brown ground beef and onion in skillet. Drain off fat. Stir in chili powder. Add tomatoes and juice and simmer for 5 minutes. Add corn and stir. Pour all into prepared macaroni and mix well. Serve. **Yield:** 6 servings.

Viewer's Recipes

Cheesy Potato Ham Casserole

Betty Magoon, Colchester, Vt.

1 can (10.5 oz.) cream of chicken soup	½ cup sliced onions
2 cups sour cream	1 pkg. (30 oz.) country style hash browns, chopped
½ tsp. salt	2 cups crushed corn flakes
¼ tsp. pepper	¼ cup melted butter
2 cups shredded cheddar cheese	
2 cups chopped ham or hotdogs	

Preheat oven to 350°F. Coat 13x9x2-inch baking dish with cooking spray. In a large bowl whisk together soup, sour cream, salt, and pepper. Stir in cheese, onion, ham or hotdog, and hash browns until mixed. Spoon into prepared baking dish. In another bowl, mix together corn flakes and melted butter. Sprinkle over hash brown mixture. Bake uncovered 45 minutes or until hot and bubbly. Let rest 5 minutes before serving. **Yield:** 8 servings.

Napa Valley Ranch Chicken Salad

Carolyn Bourgeois, Vergennes, Vt.

½ cup Ranch dressing	1 cup celery, diced
1 tsp. Dijon mustard	½ cup toasted pecans, chopped
8 oz. cooked chicken, diced	1 med. onion, finely chopped
1 cup seedless red grapes, halved	

In small bowl, mix dressing and mustard until well blended. In large bowl combine remaining ingredients. Add dressing and toss until evenly coated. Cover and chill for 2 hours before serving to blend flavors. Serve over a bed of lettuce.

Fruit 'n Yogurt Pasta Salad
Majel Herold, Brookfield, Vt.

1 cup uncooked macaroni rings or small shells	1 container (6 oz.) low-fat lemon yogurt
1 can (11 oz.) mandarin oranges, drained	1 Tbsp. sugar
1 can (8 oz.) pineapple chunks, drained	1 cup strawberries, halved
1 cup seedless green grapes, halved	

Cook macaroni as directed on package. Drain and rinse in cold water to cool. In medium bowl combine macaroni and all remaining ingredients except strawberries, mix gently to coat. Cover and refrigerate 1 to 2 hours to blend flavors. Stir in strawberries just before serving.

Chocolate Pound Cake
Joanne Collins, Wilder, Vt.

1½ cups flour	¼ cup cooking oil
1 tsp. baking powder	1½ cups sugar
2½ Tbsp. cocoa powder	3 eggs
½ tsp. salt	½ cup milk
½ cup butter	1 tsp. vanilla

Sift together flour, baking powder, cocoa, and salt. In separate bowl, cream butter and oil. Add sugar, mixing well. Add eggs one at a time, beating after each addition. Add flour mixture alternately with milk, beating on low speed. Add vanilla. Pour into greased and floured Bundt pan and bake at 325°F for 1½ hours. For special occasions, sprinkle with powdered sugar or drizzle melted dark (and/or white) chocolate over the top.

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