

Across the Fence

Recipes with Local Foods – August 2015

Carolyn Peake's Recipes

Spaghetti Squash Primavera

1 large spaghetti squash (3½ lbs.)	1 cup thinly sliced zucchini
¼ cup sliced carrots	1 can (14½ oz.) Italian stewed tomatoes
¼ cup chopped red onion	½ cup frozen corn, thawed
¼ cup diced sweet red pepper	½ tsp. dried oregano
¼ cup diced green pepper	½ tsp. dried thyme
1 garlic clove, minced	4 tsp. grated Parmesan cheese
2 tsp. vegetable oil	2 Tbsp. minced fresh parsley
1 cup thinly sliced yellow summer squash	

Cut spaghetti squash in half lengthwise and discard the seeds. Place cut side up on a microwave-safe plate and cover with waxed paper. Microwave on HIGH for 9 minutes or until tender. Meanwhile, in a large skillet, sauté the carrot, onion, peppers, and garlic in oil for 3 minutes. Add yellow squash and zucchini and sauté for 2 to 3 minutes more or until squash is tender. Reduce heat and add the tomatoes, corn, oregano, and thyme. Cook 5 minutes longer or until heated through, stirring occasionally. Separate spaghetti squash strands with a fork. Spoon vegetable mixture into squash halves, sprinkle with cheese and parsley. **Yield:** 4 servings.

Sweet Potato Muffins

1½ cups flour	1 tsp. baking soda
1 cup plus 1 Tbsp. sugar, divided	2 eggs, lightly beaten
3 tsp. baking powder	1 cup cold mashed sweet potato (prepared without milk or butter)
3 tsp. grated orange peel	¼ tsp. ground cinnamon
1½ tsp. ground ginger	

In a large bowl combine the flour, 1 cup sugar, baking powder, orange peel, ginger, and baking soda. Combine eggs and sweet potatoes and stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups ¾ full. Combine cinnamon and remaining sugar and sprinkle over batter. Bake at 400°F for 18 to 20 minutes or until a toothpick inserted in center comes out clean. Cool for 5 minutes before removing from pan to wire rack to finish cooling. **Yield:** 1 dozen.

Blueberry Chicken Salad

2 cups fresh blueberries	½ cup thinly sliced green onions
2 cups cubed cooked chicken breast	1 carton (6 oz.) lemon yogurt
¾ cup chopped celery	3 Tbsp. mayonnaise
½ cup diced sweet red pepper	Lettuce leaves, optional

Set aside a few berries for garnish. In a large bowl, gently combine the chicken, celery, red pepper, onions and remaining blueberries. combine the yogurt and mayonnaise and drizzle over chicken mixture and gently toss to coat. Cover and refrigerate for at least 30 minutes. Serve on lettuce-lined plates if desired. Top with reserved berries. **Yield:** 4 servings.

Corn and Squash Soup

12 bacon strips, diced	2 cans (8¾ oz. each) cream-style corn
1 medium onion, chopped	2 cups half-&-half cream
1 celery rib, chopped	1 Tbsp. minced fresh parsley
2 Tbsp. all-purpose flour	Salt and pepper to taste
1 can (14½ oz.) chicken broth	Sour cream, optional
6 cups mashed cooked butternut squash	

In large saucepan, cook bacon over medium heat until crisp. Remove to paper towels to drain. Save 2 Tbsp. drippings. In these, cook onion and celery until tender. Stir in flour until blended. Slowly stir in broth. Bring to a boil and cook and stir for 2 minutes or until slightly thickened. Reduce heat to medium and stir in the squash, corn, cream, parsley, seasonings, and bacon. Cook and stir until heated through. Garnish with sour cream, if desired. **Yield:** 8 servings.

Lyn Jarvis' Recipes

Low-Fat Raspberry Corn Muffins

1½ cups all-purpose flour	½ cup apricot nectar
2½ cups yellow cornmeal	3 Tbsp. oil
1½ cups sugar	2 tsp. vanilla
1 Tbsp. baking powder	1 tsp. grated orange zest
¾ tsp. salt	4 large egg whites
2 cups low-fat buttermilk	2 cups fresh or frozen raspberries

Preheat the oven to 375°F. Line a 12-cup muffin pan with paper liners or 6-inch squares of parchment paper and mist with cooking spray*. Whisk the flour, cornmeal, ¾ cup sugar, the baking powder and salt in a medium bowl. In another bowl, whisk the buttermilk, apricot nectar, oil, vanilla extract and orange zest until combined. Beat the egg whites and remaining ¾ cup sugar in a large bowl with a mixer on medium-high speed until stiff peaks form, about 8 minutes. Whisk the buttermilk mixture into the dry ingredients until just moistened. Gently fold in the egg-white mixture until almost combined, then fold in the raspberries; do not overmix. Divide the batter among the prepared cups (an ice cream scoop works well). Bake until a toothpick inserted into a muffin comes out clean, 30 to 35 minutes. Remove the muffins from the pan and cool on a rack. ***Note:** Use parchment paper if you want a more domed muffin; the batter will cling to the paper as it rises. **Yield:** 12 muffins.

Green Bean Casserole

2 cans (10¾ oz. each) condensed cream of mushroom soup	¼ tsp. black pepper
1 cup milk	8 cups cooked cut green beans
2 tsp. soy sauce	1 can (6 oz.) French fried onions

Stir soup, milk, soy sauce, black pepper, beans and 1½ cups of fried onions in 3-qt. casserole. Bake at 350°F for 25 minutes or until hot. Stir. Top with remaining onions. Bake for 5 minutes more. **Yield:** 12 servings.

Pork Chops with Pear Sauce

2 tsp. oil	¼ tsp. salt
2 ripe pears, peeled and chopped	½ tsp. paprika
¼ tsp. cinnamon	¼ tsp. pepper
⅛ tsp. nutmeg	4¼ lbs. boneless center cut pork chops,
1 tsp. grated lemon zest	½-inch thick, trimmed of visible fat

Heat 1 tsp. oil in a small saucepan over medium heat. Add pears, ½ tsp. cinnamon, and nutmeg. Cook, stirring frequently and mashing the pears with a spoon, until thick and pears are tender, about 4 minutes. Remove pan from heat; stir in lemon zest. Set aside. Combine remaining ¼ tsp. cinnamon, salt, paprika and pepper in a bowl. Rub mixture over pork. Heat remaining 1 tsp. oil in a medium nonstick skillet over medium-high heat. Add pork and cook until well browned and cooked through, about 4 minutes on each side. Serve with sauce.

Yield: 4 servings.

Cherry Cobbler

½ cup butter plus 2 Tbsp. divided	½ cup sugar
2 cups fresh sweet cherries	1 cup self-rising flour*
1 tsp. vanilla	1 tsp. almond extract
1 egg, beaten	

Preheat oven to 350°F. Melt 4 Tbsp. butter in rectangular or oblong 2-quart casserole and add cherries. Soften remaining butter. Combine vanilla, egg, sugar, flour, and softened butter. Batter will be slightly lumpy. Spread this mixture over cherries. Bake at 350°F until lightly browned on top, about 20 to 30 minutes. **Yield:** 6 servings.

***Note:** To create 1 cup self-rising flour: add ½ tsp. salt and 1½ tsp. baking powder to one cup all-purpose flour.

Streusel Peach Pie

Pastry for single-crust pie (9-inch)	Topping:
5 cups sliced peeled fresh or frozen peaches, thawed	½ cup all-purpose flour
½ cup sugar	½ cup packed brown sugar
¼ cup all-purpose flour	1 tsp. ground cinnamon
Dash nutmeg	3 Tbsp. cold butter
1 egg	Whipped cream, optional
2 Tbsp. heavy whipping cream	

Line a 9-inch pie plate with pastry; trim pastry to ½-inch beyond edge of plate and flute edges. In a large bowl, combine the peaches, sugar, flour and nutmeg. In a small bowl, whisk egg and cream. Pour over peaches; toss to combine. Place in crust. Bake at 375°F for 35 minutes.

For topping: In a small bowl, combine the flour, brown sugar and cinnamon. Cut in butter until crumbly. Sprinkle topping over outer edges of pie, leaving center uncovered. Bake for 15 to 20 minutes or until golden brown, covering edges with foil to prevent over-browning if necessary. Cool on a wire rack. Serve with whipped cream, if desired. **Yield:** 8 servings.

Old Fashioned Blueberry Cake

2 cups all-purpose flour	5 Tbsp. brown sugar, divided
½ tsp. baking soda	1½ tsp. vanilla
2 tsp. baking powder	1 cup light sour cream or low-fat plain Greek yogurt
¼ cup cold butter	⅓ cup finely chopped walnuts
2 cups fresh berries	½ cup sugar
2 large eggs	1 tsp. cinnamon
2 large egg whites	2 tsp. powdered sugar
1 cup sugar	

Preheat oven to 350°F. Lightly coat a 10-inch tube (or angel food) pan with nonstick baking spray. To make the cake batter, whisk together the flour, baking soda, and baking powder in a large bowl. Add the butter and cut it in until it is thoroughly incorporated. Add the berries, mix gently, and set aside. In a medium bowl, with an electric mixer, beat the eggs, egg whites, sugar, and 3 Tbsp. brown sugar together until the eggs double in volume and the mixture is light and foamy. Stir in the vanilla and sour cream. Make a well in the center of flour mixture and add liquid mixture. Use a large spoon to mix until just moistened and spoon batter into the prepared pan. In a small bowl combine walnuts, ½ cup sugar, 2 Tbsp. brown sugar and 1 tsp. cinnamon. Sprinkle over the top of the cake and bake for 45 minutes or until a toothpick inserted into the center comes out clean. Cool on a wire rack and dust with powdered sugar. **Yield:** 12 servings.

Deb Plumley's Recipes

Rustic Apple-Peach Raspberry Tart

1½ cups all-purpose flour	Filling:
¼ cup sugar	2½ cups thinly sliced peeled tart apples (about 2 medium)
⅛ tsp. salt	1½ cups thinly sliced peeled peaches
6 Tbsp. cold butter	1 cup fresh or frozen raspberries
1 egg yolk	¼ cup sugar
3 Tbsp. cold water	1 Tbsp. cornstarch
	¾ tsp. ground cinnamon
	1 Tbsp. milk
	Coarse decorating sugar

In a small bowl, combine the flour, sugar and salt; cut in butter until mixture is crumbly. Gradually add egg yolk and water, tossing with a fork until a ball forms. Shape into a disk; wrap in plastic wrap and refrigerate for at least 1 hour. On a lightly floured surface roll out pastry into a 14-inch circle. Transfer to a parchment paper-lined 14-inch pizza pan. For filling, combine apples, peaches and raspberries in a large bowl. Combine the sugar, cornstarch and cinnamon. Add to the fruit; toss gently to coat. Spoon over pastry to within 2-inches of edges. Fold up edges of pastry over filling, leaving center uncovered. Brush folded pastry with milk; sprinkle with coarse sugar. Bake at 375°F for 35 to 40 minutes or until crust is golden and filling is bubbly. Using parchment paper, slide tart onto wire rack to cool. **Yield:** 6 servings.

Garden Patch Lasagna

14 lasagna noodles (plus 2 extra)	1 can (28 oz.) can crushed tomatoes
2 Tbsp. extra-virgin olive oil	Handful of fresh basil leaves, chopped
1 cup chopped onion (½ large onion)	1 container (15 oz.) ricotta cheese*
3 garlic cloves, minced	2 large eggs
¼ to ¼ tsp. crushed red pepper flakes	1 cup grated Parmesan cheese
2 zucchinis, cut into ½-inch pieces (4 cups)	8 oz. low-moisture whole-milk
2 yellow squash, cut into ½-inch pieces (4 cups)	Mozzarella cheese, shredded
1 jar (12 oz.) roasted red peppers, drained and cut into ½-inch pieces	Salt and pepper to taste

Heat oven to 350°F. Lightly oil or spray a 13x9x2 baking dish with non-stick cooking spray. Bring a large pot of salted water to a boil then cook lasagna noodles according to package directions. (We add a couple teaspoons of olive oil to the water so the noodles do not stick together). Drain, and then lay flat on a sheet of aluminum foil. Heat olive oil in a large frying pan with sides over medium heat. Add onion and cook, stirring occasionally until translucent; 3 to 5 minutes. Add garlic, red pepper flakes, zucchini, squash and a pinch of salt, then cook stirring occasionally until softened but still with some crunch and edges just start to brown; 5 to 8 minutes. Next, add roasted red peppers and crushed tomatoes. Stir then bring to a low simmer. Simmer until liquid has thickened and reduced by half; 5 to 8 minutes. Add basil then season to taste with additional salt and pepper.

In a medium bowl, add ricotta cheese, eggs and a ½ tsp. of salt and stir until well combined.

Spoon just enough vegetable mixture into the baking dish to lightly cover bottom (about 1 cup). Arrange four noodles lengthwise and side by side to cover the bottom. (If the noodles are short on one end, you may need to cut an extra noodle and place into dish to cover where the other noodles have not). Spread about half of the ricotta cheese mixture over the noodles. Sprinkle with a third of the parmesan cheese and a third of the mozzarella cheese. Then, top with about a third of the vegetable mixture. Add another layer of four noodles then repeat with remaining cheese and vegetables. Finish with a final layer of noodles, vegetables, parmesan cheese and mozzarella cheese.

Cover loosely with aluminum foil and bake 20 minutes, uncover then bake 15 minutes until cheese is crusty around the edges. To make cheese golden brown on top, slide under the broiler for 1 to 2 minutes. Let rest at least 15 minutes before serving.

***Note:** Cottage cheese can be substituted for the ricotta cheese.

Marinated Broccoli Tomato Salad

1 medium sized head of broccoli, finely chopped	1 Tbsp. poppy seed
1 cup cherry tomatoes, halved	½ cup light raspberry vinaigrette dressing
½ cup thinly sliced onions	1 Tbsp. sugar
2 Tbsp. sunflower kernels*	2 tsp. Dijon mustard

Combine first 4 ingredients in large bowl. Mix remaining ingredients until blended. Add to broccoli mixture; toss to coat. Refrigerate 4 hours. This flavorful salad can be refrigerated up to 24 hours before serving.

***Note:** Slivered almonds can be substituted for the sunflower kernels.

Triple Berry Crumble

6 cups mixed small fruits (blueberries, raspberries or black berries work well)
1 pkg. (15.25 oz.) yellow cake mix
1 stick butter

1 tsp. cinnamon
 $\frac{3}{4}$ cup oatmeal (rolled oats, quick cooking- not instant)

Spread berries in bottom of 9x13x2-inch baking dish. In a large bowl, stir together dry cake mix, rolled oats and cinnamon. Cut in the stick of butter until mixture is crumbly. Top berries with cake mixture. Bake at 350°F for about 25 to 30 minutes until berries have cooked and topping is brown. Serve warm with whipped cream.

Viewer's Recipes

Green Pepper Dip

Loretta Thomas, West Springfield, Vt.

1 onion, size of an egg
1 green pepper, finely chopped
 $\frac{1}{2}$ to $\frac{3}{4}$ cup lemon juice
1 tsp. salt
 $\frac{1}{2}$ tsp. white pepper
1 Tbsp. sugar

2 cartons (8 oz. each) cream cheese, room temperature
 $\frac{1}{2}$ tsp dried dill
1 Tbsp. mayonnaise
Fresh dill for garnish, optional

Mix together first 5 ingredients. Let stand 1 hour and drain well. Mix in remaining ingredients and serve with crackers. Recipe can be halved.

Bright Blue Monday Cake

Beatrice Ross Buszek, 1996 Vermont Weathervane

$\frac{1}{2}$ cup sugar
 $2\frac{1}{2}$ Tbsp. baking powder
2 cups flour
 $\frac{1}{2}$ tsp. salt
1 egg
 $\frac{1}{2}$ cup milk

$\frac{1}{4}$ cup shortening
 $2\frac{1}{2}$ cups blueberries
 $\frac{1}{4}$ cup butter
 $\frac{1}{3}$ cup flour
 $\frac{1}{2}$ cup sugar
 $\frac{3}{4}$ tsp. cinnamon

Stir together first 4 ingredients. Make hollow and add egg, milk, and melted shortening. Stir gently to mix flour. Pour into 13x9x2-inch baking pan. Cover with blueberries. Make crumb mixture by mixing last 4 ingredients and cover berries. Bake at 350°F for 45 minutes. **Yield:** 12 squares.

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