

Across the Fence

Meals on a Budget – March 2010

Lyn Jarvis' Recipes

Emerald Isle Salad

1 pkg. (3 oz.) lime gelatin	1 cup small curd creamed cottage cheese
1 cup boiling water	½ cup whipping cream whipped or
1 can (8 oz.) crushed pineapple, drained	evaporated milk, whipped
Pineapple juice (reserved from above can)	½ cup chopped nuts

Dissolve gelatin in boiling water. Add pineapple juice. Chill until slightly thickened. Beat until frothy. Fold in remaining ingredients. Chill until firm in a 1 or 1½ quart Pyrex® bowl or rectangular baking dish.

Grape Salad

4 lb. seedless grapes washed and dried, use different colors	1 cup sour cream
8 oz. cream cheese, softened	Vanilla extract (to taste)
½ cup sugar beaten with cream cheese	Dash salt

Combine all then add grapes. Serve in a 9x13x2-inch pan or large bowl. Sprinkle with ½ cup brown sugar and 1 cup chopped nuts. Best if made 2 hours before serving. Recipe can be halved.

Pineapple Meringue Squares

1 cup butter, softened	Filling:	Topping:
½ cup sugar	3 Tbsp. all-purpose flour	5 egg whites
3 egg yolks	2 egg yolks	½ cup confectioners'
½ cup sour cream	2 cans (8 oz. each)	sugar
2½ cups all-purpose	crushed pineapple,	1 tsp. vanilla extract
flour	undrained	½ cup finely chopped
1 tsp. baking powder	1 tsp. vanilla extract	walnuts

In a large mixing bowl, cream butter and sugar. Add egg yolks and sour cream; mix well. Combine flour and baking powder; gradually add to creamed mixture. Press into greased 13x9x2-inch baking pan; set aside. In a small saucepan, combine the flour, egg yolks, and pineapple. Cook and stir over medium heat until mixture reaches 160°F and coats the back of a metal spoon. Remove from heat; stir in vanilla. Pour over crust. Bake at 350°F for 30 minutes. In a small mixing bowl, beat egg whites until soft peaks form. Gradually add confectioners' sugar and vanilla, beating until stiff peaks form. Spread over hot filling, sealing edges to the pan. Sprinkle with walnuts. Bake 15 minutes longer or until golden brown. Cool on a wire rack for 1 hour. Store in the refrigerator. **Yield:** 16 servings.

Carrot Coins

3 Tbsp. butter	1/8 tsp. pepper
8 medium carrots, sliced	1 cup light cream
2 Tbsp. water	2 Tbsp. minced fresh parsley
2 tsp. sugar	1/4 tsp. ground nutmeg
1/8 tsp. salt	

In a large saucepan, melt butter over medium heat; add the carrots, water, sugar, salt, and pepper. Cover and cook for 8 to 10 minutes or until carrots are tender. Stir in the cream, parsley, and nutmeg. Bring just to a boil and stir until cream coats carrots. **Yield:** 4 servings.

Ham and Egg Short Cakes

1 cup all-purpose flour	3 Tbsp. cold butter
2 tsp. baking powder	1/2 cup milk
1/4 tsp. salt	

Cream Sauce:

1 cup cubed fully cooked ham	1/8 tsp. pepper
1/4 cup chopped onion	3 Tbsp. all-purpose flour
3 Tbsp. butter	1 3/4 cups milk
1/2 tsp. chicken bouillon granules	3 hard-cooked eggs, chopped
1/2 tsp. Worcestershire sauce	1 Tbsp. minced fresh parsley

In a bowl, combine the flour, baking powder, and salt. Cut in butter until mixture resembles coarse crumbs. Stir in milk just until moistened. Turn onto a lightly floured surface; knead 8 to 10 times. Pat or roll out to 1/2-inch thickness; cut with a floured 2 1/2-inch biscuit cutter. Place 2-inch apart on a greased baking sheet. Bake at 425°F for 10 to 12 minutes or until golden brown. Meanwhile, in a large skillet, sauté ham and onion in butter for 3 to 4 minutes or until onion is crisp-tender. Stir in the bouillon, Worcestershire sauce, and pepper. Combine the flour and milk until smooth; gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Gently stir in the eggs and parsley. Split warm biscuits in half horizontally; top with warm mixture. **Yield:** 4 servings.

Honey Muffins

2 cups all-purpose flour	1 egg
1/2 cup sugar	1 cup milk
3 tsp. baking powder	1/4 cup butter, melted
1/2 tsp. salt	1/4 cup honey

In a bowl, combine the flour, sugar, baking powder, and salt. In another bowl, whisk the egg, milk, butter, and honey; stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups three-fourths full. Bake at 400°F for 15 to 18 minutes or until a toothpick comes out clean. Remove from pan to a wire rack. Serve warm. **Yield:** 1 dozen.

Corn Bread Stew

1 can (1½ lbs.) beef stew
1 egg
2 Tbsp. oil
¾ cup milk

1 cup cornmeal
½ cup shredded sharp cheddar cheese
2 Tbsp. sliced green onions or chopped green pepper

Heat oven to 425°F. Pour stew into 2-quart baking dish; set aside. In mixing bowl, beat egg. Add oil, milk and cornmeal; mix thoroughly. Stir in cheese and onion. Pour over stew; do not stir. Bake 30 to 35 minutes, or until bread topping is golden brown. **Note:** For a thinner topping, use the 2½ lb. can of stew. **Variations:** South of the Border - add ½ tsp. chili powder to batter; Savory - stir ½ tsp. dried oregano and ⅛ tsp. black pepper into stew before baking.

Bacon Crescent Rolls

1 tube (8 oz.) refrigerated crescent rolls
6 bacon strips, cooked and crumbled
1 tsp. onion powder

Separate crescent dough into eight triangles. Set aside 1 tsp. of bacon. Sprinkle onion powder and remaining bacon over triangles; roll up and place point side down on an ungreased baking sheet. Sprinkle with reserved bacon. Bake at 375° for 10 to 15 minutes or until golden brown. Serve warm. Yield: 8 servings.

Catalina Cranberry Chicken

4 lb. bone-in chicken pieces (breast halves and/or thighs)
1 can (16 oz.) whole berry cranberry sauce
1 bottle (8 oz.) Catalina dressing
1 pkg. (1 oz.) onion soup mix

Preheat oven to 350°F. Place chicken in 2 (13x9x2-inch) baking dishes. Mix remaining ingredients; pour over chicken. Bake for 50 minutes or until chicken is done (165°F). **Note:** Mix and match using the chicken pieces you have on hand or what's on sale. Use all breasts, all thighs or a combination of both. For each serving, plan on 1 breast half or 2 thighs. Recipe can be halved.

Easy Apple Dessert

2 eggs, well beaten
1 cup sugar
¼ cup flour

1 cup sliced fresh apples
1 tsp. baking powder
½ cup walnuts

Heat oven to 350°F. Grease and flour 8x8x2-inch pan; set aside. In mixing bowl, combine ingredients in order given. Pour into prepared pan. Bake 30 minutes. Cut into squares. Serve with whipped or ice cream.

Boston Cream Pie

1 round yellow cake layer
1 cup cold milk
1 pkg. (3.4 oz.) vanilla pudding
1½ cups whipped topping, thawed

1 square unsweetened baking chocolate
1 Tbsp. butter
¾ cup powdered sugar
2 Tbsp. cold milk

Cut cake into 2 layers with serrated knife. Beat 1 cup milk and pudding mix with whisk for 2 minutes. Stir in whipped topping and let stand 5 minutes. Put single cake layer on serving plate and spread with pudding mixture. Add top layer. Microwave chocolate and butter on high for 1 minute, stirring until chocolate is melted. Add sugar and 2 Tbsp milk; mix well. Spread over cake. Refrigerate 1 hour and leftovers should be refrigerated.

Carolyn Peake's Recipes **Onion - Roasted Potatoes**

2 lbs. potatoes
1 pkg. (1 oz.) dry onion soup mix
⅓ cup olive oil

Wash and peel potatoes (or leave peelings on) and cut into chunks. Pour all ingredients into a gallon-sized plastic bag and close, then shake bag until the potatoes are well coated. Empty potatoes into a 9x13x2-inch pan that has been greased or sprayed with non-stick cooking spray. Bake at 450°F for 40 minutes or until potatoes are golden brown and tender, stirring occasionally.

Italian Chicken

6 boneless, skinless chicken breast halves
½ cup flour
1 bottle (8 oz.) Italian salad dressing

Remove any fat from chicken. Roll the chicken in flour and place in 9x13x2-inch baking pan that has been greased or sprayed with non-stick cooking spray. Pour dressing over chicken, cover and bake at 350°F for 1 hour or until tender. Remove cover and continue to bake until golden brown.

Onion Roast

1 rump or chuck roast (3 to 4 lbs.)
1 pkg. (1 oz.) dry onion soup mix
½ tsp. garlic powder

Place beef roast on large sheet of foil. Sprinkle with soup mix and garlic powder. Seal foil. Place roast in large pan and bake at 325°F for 1½ hours or until tender. Unwrap and serve.

Chocolate - Applesauce Cake

1 box (18 oz.) chocolate cake mix
1 jar (16 oz.) applesauce
½ to ¾ cup egg substitute (or 3 eggs)

In mixing bowl, combine all ingredients and blend well. Spray a 9x13x2-inch pan with non-stick cooking spray (or grease pan) and add the cake mixture. Bake according to directions on package. Frost with favorite frosting if desired, or dust with powdered sugar.

Orange Glow

1 pkg. (6 oz.) orange gelatin
1 cup finely grated carrots
1 can (15 oz.) crushed pineapple,
with juice

¾ cup chopped pecans
1 cup boiling water

Mix gelatin with 1 cup boiling water and stir until gelatin is dissolved. Add carrots, pineapple and nuts. Pour into a 7x11x2-inch glass dish or other desired container that has been coated with non-stick cooking spray. Chill until set.

Viewer's Recipes

Frankfurter Favorite

Linda Robinson, Milton, Vt.

4 onions, sliced thin
1 green pepper, finely diced
4 potatoes, peeled and diced
2 cans (14.5 oz. each) tomatoes
(any kind)
1 can (12 oz.) tomato paste

6 frankfurters cut into ½-inch slices
1 tsp. oregano or to taste
1 tsp. salt or to taste
Dash of pepper or to taste
Small amount of cooking oil

In large skillet sauté onions and green peppers in small amount of oil. When onions are golden, transfer to large pot and add tomatoes and tomato paste. Add potatoes. Season with salt, pepper, and oregano. Cover and simmer gently for ½ hour. Add frankfurters to mixture after first 15 minutes. Adjust seasoning to taste. **Yield:** 6 servings.

Corn Pudding

Barbara Larvey, Isle La Motte, Vt.

1 stick of butter
1 can (15.25 oz.) corn
1 can (14.75 oz.) creamed corn

1 container (8 oz.) sour cream
1 box (8.5 oz.) corn muffin mix

Melt butter in a 9x9x2-inch dish in a preheated oven at 350°F. Mix all ingredients in preheated dish and bake for 45 minutes.

Baked Lemon Pudding

Karin Gottlieb, Stowe, Vt.

1½ cup sugar	2 tsp. grated lemon zest
½ cup flour	¼ cup lemon juice
½ tsp. baking powder	2 Tbsp. butter, melted
¼ tsp. salt	1½ cups milk
3 egg yolks, lightly beaten	3 egg whites

Sift 1 cup sugar with flour, baking powder, and salt. Place egg yolks in a bowl and add lemon zest, lemon juice, butter, and milk. Stir into flour mixture and beat until smooth. Beat egg whites until stiff, adding remaining sugar (a tablespoon at a time); then fold into egg yolk mixture. Pour into buttered 2-qt. baking dish. Set in a pan containing ½-inch hot water. Bake at 350°F for 45 minutes. Chill for at least an hour before serving. **Yield:** 6 servings. **Note:** The top is cake-like with a soft lemon custard beneath. For a richer dessert, spread with unsweetened whipped cream.

Lemon Cheesecake

Helen Belden, Danby, Vt.

1 pkg. (8 oz) cream cheese	1½ cups milk
½ cup milk	1 graham cracker crust (9-inch)
1 pkg. lemon instant pudding	

Beat cream cheese until very soft, blend in ½ cup milk until very smooth. Add instant lemon pudding mix and remaining milk. Beat at lowest speed to mix well, about 1 minute. Pour into graham cracker crust at once. Chill until firm (about 2 hours).

Taco Pie

Mark Wiley from Swanton, Vt.

2 crust 9-inch pie shell	1 bag (16 oz.) frozen corn
1¼ lbs. ground beef	1 bag (8 oz.) Mexican blend shredded cheese
1 pkt. (1.25 oz.) taco seasoning mix	

Place one crust in bottom of pie plate. Brown ground beef and add seasoning mix (can add a little water for more moist texture). Heat corn in frying pan until slightly browned and stir into ground beef mixture. Put into bottom crust and sprinkle with cheese. Cover with top crust and bake at 350°F. for 25 to 30 minutes until crust is golden brown. Serve with lettuce and tomato salad. Serves 6 to 8.

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