

Across the Fence

Vegetable Recipes – September 2010

Lyn Jarvis' Recipes

Skillet Potatoes with Bacon & Cheddar

4 slices bacon, cut into ½-inch pieces
1 onion, chopped
2 lbs. Yukon Gold potatoes, peeled and
thinly sliced

1 cup shredded cheddar cheese
6 Tbsp. sour cream

Cook bacon in large nonstick skillet on medium heat until crisp. Remove bacon with slotted spoon, reserving 3 tablespoons drippings in skillet. Drain bacon on paper towels. Add onions to skillet; cook and stir for 5 minutes. Stir in potatoes; cover. Cook on medium-low heat 20 to 25 minutes or until potatoes are tender, stirring occasionally. Top with cheese and bacon; cook covered 1 to 2 minutes or until cheese is melted. Serve topped with sour cream. Yield: 6 to 8 servings.

Apricot Carrot Cake

2 cups all-purpose flour
2 cups sugar
2 tsp. baking powder
½ tsp. baking soda
4 eggs
3 cups finely shredded carrot
¾ cup cooking oil
1 cup dried apricots, chopped
¾ tsp. ginger
1 cup finely chopped pecans, toasted
(optional)

Orange Cream Cheese Frosting:

6 oz. cream cheese, softened
½ cup butter, softened
1 Tbsp. orange juice
5 cups sifted powdered sugar
½ tsp. finely shredded orange peel

Preheat oven to 350° F. Grease and flour two 9x1½-inch round cake pans. Set aside. In a large bowl, stir together flour, sugar, baking powder, and baking soda. Set aside. In a medium bowl, beat eggs; stir in carrot, oil, apricots, and ginger. Stir egg mixture into flour mixture. Pour batter into prepared pans. Bake for 30 to 35 minutes or until a wooden toothpick inserted near the centers comes out clean. Cool in pans on wire racks for 10 minutes. Remove from pans. Cool completely on wire racks. Prepare Orange-Cream Cheese Frosting. Fill and frost cake layers with frosting. If desired, press toasted pecans onto the side of the cake. Cover loosely and store cake or any leftovers in the refrigerator for up to 2 days. Makes 16 servings. **Orange-Cream Cheese Frosting:** In a large mixing bowl, combine 6 oz. cream cheese, softened; ½ cup butter, softened; and 1 tablespoon orange juice. Beat with an electric mixer on medium speed until smooth. Gradually add 2 cups sifted powdered sugar, beating until mixed. Gradually beat in enough of an additional 2½ to 2¾ cups sifted powdered sugar to make of spreading consistency. Stir in ½ teaspoon finely shredded orange peel.

Ham and Asparagus Strata

12 to 16 slices (½-inch thick) French
or Italian bread
1 cup shredded mozzarella cheese
1 cup chopped cooked lean ham, divided
8 oz. fresh asparagus spears, cut into
1-inch pieces

6 eggs
1 cup skim or low-fat milk
2 Tbsp. lemon juice
¼ tsp. garlic powder

Evenly coat an 11x17x2-inch baking dish with spray. Layer half of the bread slices on bottom of dish. Sprinkle with ½ cup of the cheese, ½ cup of the ham and 1 cup of the asparagus pieces. Cover with the remaining bread slices, laying them flat or in a shingled pattern. Sprinkle with the remaining cheese, ham and asparagus spears. In medium bowl, beat together eggs, milk, lemon juice, and garlic powder. Pour evenly over layers. Cover with plastic wrap. Microwave on full power 5 minutes. Rotate dish ¼ turn. Microwave on 50% power, rotating dish ¼ turn each 3 to 5 minutes, until thermometer inserted near center reads 160°F and/or knife inserted near center comes out clean, about 10 to 12 minutes.

Conventional oven: Prepare strata as above. Cover dish with aluminum foil. Bake in preheated 350°F oven until thermometer inserted near center reads 160°F and/or knife inserted near center comes out clean, about 40 to 45 minutes. Yield: 6 servings.

Grecian Chicken

6 boneless chicken breasts
1 pkg. (10 oz.) fresh or frozen
chopped spinach or broccoli
1 pkg. (8 oz) feta cheese, crumbled
½ cup mayonnaise

1 clove garlic, minced
½ tsp paprika
¼ cup flour
6 bacon strips

Cup a deep pocket in each chicken breast. Salt and pepper to taste. Mix spinach (or broccoli) with feta cheese, mayonnaise, and garlic and fill pocket. If excess, spread around chicken breasts. Combine flour and paprika and lightly coat chicken. Place 1 strip of bacon across each breast. Bake at 375°F for 45 to 60 minutes or until well done.

Fresh Sweet Cherry Pie

Blue Ribbon Winner at the 2010 Champlain Valley Fair

5 Tbsp. quick cooking tapioca
⅛ tsp. salt
¾ cup sugar
5 cups pitted fresh cherries

½ tsp. vanilla
1 tsp. lemon juice
1½ tsp. butter
9-inch double pie crust

Preheat oven to 400°F. Place bottom crust in plate. Set top crust aside, covered. In a large bowl combine first 6 ingredients. Let stand 15 minutes. Turn out into bottom crust and dot with butter. Cover with top crust, or lattice, flute edges and vent, if not latticed. Place foil on rack below pie in case of drips. Bake 50 minutes until golden brown.

Heather Fischer's Recipes
Double Tomato Bruschetta

6 roma (plum) tomatoes, chopped
½ cup sun-dried tomatoes, packed in oil
3 cloves garlic, minced
¼ cup olive oil
2 Tbsp. balsamic vinegar

¼ cup fresh basil, stems removed
¼ tsp. salt
¼ tsp. ground black pepper
1 French baguette
2 cups shredded mozzarella cheese

Preheat the oven on broiler setting. In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes. Cut the baguette into ¾-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese. Broil for 5 minutes, or until the cheese is melted.

Roasted Root Vegetables

1 lb. red-skinned potatoes, unpeeled,
scrubbed, cut into 1-inch pieces
1 lb. carrots, peeled, cut into
1-inch pieces

1 onion, cut into 1-inch pieces
2 Tbsp. chopped fresh rosemary
½ cup olive oil
5 garlic cloves, peeled

Position 1 rack in bottom third of oven and 1 rack in center of oven and preheat to 400°F. Spray 2 heavy large baking sheets with nonstick spray. Combine all remaining ingredients except garlic in very large bowl; toss to coat. Season generously with salt and pepper. Divide vegetable mixture between prepared sheets. Place 1 sheet on each oven rack. Roast 30 minutes, stirring occasionally. Reverse positions of baking sheets. Add 5 garlic cloves to each baking sheet. Continue to roast until all vegetables are tender and brown in spots, stirring and turning vegetables occasionally, about 45 minutes longer. Transfer roasted vegetables to large bowl and then serve.

Layered Vegetable Enchilada Casserole

1 Tbsp. vegetable oil
2 cups diced zucchini
1 cup chopped onion
2 cups packed coarsely shredded fresh spinach
1 cup frozen whole kernel corn

1 can (17.5 oz.) enchilada sauce
12 corn tortillas (6-inch)
2 cups shredded Monterey Jack cheese
chopped fresh cilantro leaves (to taste)

Preheat oven to 350°F. Heat oil in skillet. Add zucchini and onion and cook 5 minutes or until golden brown and tender. Add spinach and corn. Cook and stir until spinach wilts. Spread ½ cup enchilada sauce in 3-quart shallow baking dish. Place 6 tortillas, overlapping as needed to cover bottom of dish. Spread with half of remaining enchilada sauce. Top with vegetable mixture and half the cheese. Top with remaining tortillas and enchilada sauce. Bake 20 minutes. Top with remaining cheese and bake 5 minutes or until cheese melts. Cut into 6 squares and garnish with cilantro.

Peach Cream Pie

1 cup white sugar	1 tsp. vanilla extract
1/3 cup butter	3 cups fresh peaches, pitted, skinned, and sliced
1/3 cup all-purpose flour	1 unbaked single pie crust (9-inch)
1 egg	

Line a 9-inch pie pan with crust. Place peaches in the unbaked pie shell. Cream together the sugar and butter. Add the egg, flour, and vanilla; mix together completely. Spread this mixture over the top of the peaches. Bake at 300°F for 1 hour.

Viewer Recipes

Tex-Mex Salad with Creamy Lime Dressing

Marge Swim, formerly of Underhill, Vt.

1 box (8.5 oz.) cornbread mix	1 cup salsa
1 large egg	2 tomatoes, seeded and chopped
1/3 cup milk	1 head romaine lettuce, cut into strips
1 can (15.5 oz) black beans, drained and rinsed	Creamy Lime Dressing (recipe follows)
1/2 packet (1.5 oz) taco seasoning	1 1/2 cups grated Monterey jack cheese
	1 1/2 cups grated cheddar cheese

Preheat oven to 400° F. Grease an 8x8-inch glass pan with butter. Stir together the cornbread mix with the egg and milk. Evenly spread into prepared pan and bake on the middle rack for 20 minutes. Remove from oven and cool in pan for 10 minutes. Remove from pan to cool completely. Mix together the beans with the taco seasoning. Toss the salsa with the tomatoes. When ready to serve, cut the cornbread into 1/2-inch croutons. Toss the lettuce with 3/4 cups of the dressing. In a clear trifle dish, layer the Tex-Mex Salad beginning with the black beans followed by the Monterey jack cheese, the tomato salsa mixture, the cheddar, the dressed romaine and top with the cornbread croutons. Serve the remaining dressing on the side. Yield: 4 to 6 servings.

Creamy Lime Dressing:

2 Tbsp. freshly chopped cilantro leaves	1 clove garlic, smashed
1 tsp. red wine vinegar	2 Tbsp. honey
1 tsp. lime zest (optional)	1/2 cup extra-virgin olive oil
1/4 cup lime juice	salt and freshly ground pepper
1 cup sour cream	

In a blender, blend all the ingredients except olive oil until smooth. While machine is running, slowly drizzle in the oil until incorporated. Season to taste, with salt and pepper. Yield: 1 1/2 cups.

Vermont Vegetable Chowder
Joyce Pelletier, Colchester, Vt.

2 Tbsp. olive oil
1 med. onion, chopped
2 or 3 garlic cloves, minced
2 cups carrots, sliced
3 celery hearts, sliced
2 cups corn, fresh or frozen
1 cup green beans, fresh or frozen
½ medium cabbage, chopped

1 cup peas, frozen (if desired)
1 can (large) low sodium beef broth
1½ quarts V-8® juice
1 Tbsp. thyme
1 tsp. celery salt
2 Tbsp. parsley flakes
Salt and pepper, to taste

Put oil in soup pot. Sauté onion, garlic, celery, and carrots until translucent. Add remaining vegetables and beef broth to just cover vegetables. Raise heat to high and bring to a boil. Lower heat to steady simmer. Add seasonings, salt and pepper. When vegetables are tender to your liking, add V-8® juice and bring to a slow simmer. Let simmer for about an hour. If you wish a thicker soup, you can use a hand held puree mixer to blend the vegetables. It is not advisable to add potatoes as it will not keep its good flavor as long. You may also add meat, if desired. It will keep well for a week, if you do not add meat. This makes a hearty meal with some fresh bread, hamburgers, or grilled cheese. Yields 10-12 servings.

Impossible Pumpkin Pie
Lisa Tremblay, St. Albans, Vt.

¾ cup sugar
½ cup biscuit mix
2 Tbsp. butter
1 can (12 oz.) evaporated milk

2 eggs
1 can (16 oz.) pumpkin
2½ tsp. pumpkin pie spice
2 tsp. vanilla

Preheat oven to 350°F. Grease a 9-inch pie plate. Beat all ingredients until smooth (1 minute in blender on high, or 2 minutes with hand beater). Pour into plate. Bake until a knife inserted in center comes out clean, about 50 to 55 minutes. Garnish with whipped cream, if desired. Yield: 8 servings

Zucchini Cake
Mary Lou Benoir, Randolph, Vt.

2 cups flour
2 cups sugar
1 Tbsp. cinnamon
2 tsp. baking soda
1 tsp. baking powder
2 tsp. salt

1 cup oil
2 tsp. vanilla
3 eggs, beaten
2 cups zucchini, unpeeled, grated
1 cup raisins
1 cup walnuts, chopped

In a bowl, mix all ingredients. Pour mixture into a greased cake or loaf pan. Bake at 350°F for 50 to 60 minutes or until a toothpick inserted near center comes out clean.

Fried Green Tomatoes
Gail Morin, Peru, N.Y.

1 green tomato, sliced	salt and pepper
2 slices smoked bacon	2 dashes cinnamon
1 Tbsp. flour	½ to ¾ cup milk
1 Tbsp. cornmeal	

Sauté bacon until crisp. Drain fat and reserve, crumble bacon. Combine flour, cornmeal, and spices; spread on waxed paper, adding tomatoes lifting edges of paper to coat. In a skillet, heat reserved bacon fat (add extra-virgin olive oil if not enough fat) and sauté tomato slices until golden and remove from pan. Dump remaining flour-cornmeal mixture into skillet, stir. When bubbly, add ½ to ¾ cup milk for desired sauce consistency. Pour over tomatoes and top with crumbled bacon.

Broccoli Salad
Linda Devlin, Waterbury, Vt.

4 cups broccoli florets, raw	1 cup mayonnaise
1 cup grapes, halved	2 Tbsp. vinegar
½ cup sunflower seeds, raw	¼ cup sugar
¼ cup green onions (or chives), minced	

In a plastic container, mix broccoli florets, grapes, sunflower seeds, and onion (or chives). Set aside. Mix mayonnaise, vinegar, and sugar. Pour mayonnaise mix over broccoli mix and let marinate overnight, covered. Invert into a bowl before serving.

Note: Mayonnaise can be substituted with a mixture of ½ cup mayonnaise and ½ cup fat free yogurt or sour cream.

Gourmet Baked Acorn Squash
Olesia Petrovitz, Witherbee, N.Y.

3 halved acorn squash, seeded	1½ cups soft bread crumbs
⅔ cup celery	1 cup grated cheese
1½ cups diced unpeeled apples	½ tsp. salt
¼ cup butter	⅛ tsp. pepper

Place squash halves cut side down in baking pan in small amount of water. Bake at 400°F for 20 to 30 minutes or until almost tender. Sauté celery and apples in butter in skillet for 5 minutes; stir in crumbs, cheese, salt, and pepper. Turn squash halves, empty water and fill with celery-apple mixture. Bake 10 to 15 minutes longer or until squash halves are tender. Yield: 6 servings.

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