

Best Desserts Often Require No Oven Or Stove

BY JOE BONWICH
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Fire up the oven? Seriously? During a summer of record-setting highs?

The searing temperatures mean that this is high season for no-bake desserts. We've compiled five easy recipes that don't require you to turn on the stove, let alone the oven. In addition to the recipes, here are some simple ideas for improvising your own quick, easy and pleasing no-bake desserts:

Terrific trifles: Pick up fruit at the farmers market or grocery along with a large container of plain or vanilla yogurt. Peel the fruit if necessary, cut into bite-size pieces and puree some of it in a blender. Stir the pureed fruit into the yogurt. Taste; if it's too tart, add a bit of honey, maple syrup or another sweetener. Alternate the rest of the fruit with the flavored yogurt in a glass bowl or individual glasses.

Or for a more sophisticated trifle, grab some gingerbread or another hearty sweet bread from a bakery. Cut it into cubes, drizzle it with rum, liqueur or fruit syrup, and layer it with whipped cream and store-bought lemon curd.

Cheese and honey: Put a scoop of ricotta or another soft, mild cheese on a plate, drizzle with honey and garnish with nuts and pieces of fresh or dried fruit.

Custom ice-cream sandwiches: Start with a favorite ice cream — perhaps chocolate chip. Pick a complementary large cookie from the cookie aisle — maybe chocolate chip cookies. Let the ice cream soften a little, then stir in crushed crispy cookies — such as chocolate wafers. Now assemble the sandwiches and stick them in the freezer in sandwich bags for about an hour or until they firm up.

cheese, softened
Juice of 1 lemon
4 large pears
1 cup pecans or walnuts, finely chopped
4 leaves fresh mint, for garnish

- Using the back of a spoon or fork, mix blue cheese and cream cheese together in a small bowl until smooth.
- Combine lemon juice with 1/2 cup water in a small bowl.
- Peel pears if desired, leaving the stems attached, and trim a 1/4-inch slice off the bottom of the pears so that they will stand upright. Cut each pear lengthwise in half, remove the core and scoop out a cavity inside each pear half. Dip both sides of each half into the lemon water immediately after preparing to prevent discoloring.
- Divide the cheese into eight portions. Place the nuts on a piece of waxed paper. Fill the cavities of the pears with the cheese mixture, then press the two halves of each pear together so that they are whole again.

5. Smooth or remove any cheese that shows between the two halves. Roll the pears in the nuts. Stand pears upright on a plate or tray. Cover loosely with plastic wrap and refrigerate for at least 1 hour before serving.

6. Just before serving, sprinkle pears with nuts and garnish each pear by inserting a mint leaf near the stem. Serve pears upright on dessert plates, providing forks and knives.

Per serving: 515 calories; 41g fat; 14g saturated fat; 55g cholesterol; 11g protein; 32g carbohydrate; 18g sugar; 8g fiber; 370mg sodium; 210mg calcium.

Adapted from "The Cheese Lover's Cookbook," by Paula Lambert (Simon & Schuster, 2000)

GRASSHOPPER ICE CREAM PIE
Yield: 8 servings
30 cream-filled chocolate sandwich cookies
5 tablespoons butter, melted

1/2 gallon mint chocolate chip ice cream
1 (8-ounce) container frozen whipped topping, thawed
1/2 cup sifted powdered sugar, optional
1/2 teaspoon vanilla extract

- Process cookies in a food processor or blender until ground; add butter and process until blended.
- Reserve 1/2 cup of the cookie mixture. Firmly press the remaining mixture into an ungreased 13-by-9 inch pan. Chill for 30 minutes. Meanwhile, soften ice cream at room temperature for 10 to 15 minutes.
- Spoon ice cream over chilled crust. Cover and freeze for 1 hour.
- Stir together whipped topping, powdered sugar and vanilla; spread over ice cream. Sprinkle with the reserved 1/2 cup crumbs. Cover and freeze at least 8 hours.

Per serving: 680 calories; 42g fat; 25g saturated fat; 69g cholesterol; 5g protein; 70g carbohydrate; 55g sugar; 1g fiber; 310mg

sodium; 160mg calcium.
Adapted from "Classic Southern Desserts," by the editors of Southern Living (Oxmoor House, 2010)

Per serving: 290 calories; 2g fat; 1g saturated fat; 10g cholesterol; 19g protein; 53g carbohydrate; 42g sugar; 5g fiber; 165mg sodium; 425mg calcium.
Adapted from "Chocolate on the Brain," by Kevin Mills and Nancy Mills (Houghton Mifflin, 2000)

CHOCOLATE MOUSSE FIX
Yield: 4 servings
2 cups fat-free ricotta cheese
1 cup unsweetened cocoa powder
3/4 cup granulated sugar
3/4 tablespoon milk, plus more if needed
1 teaspoon vanilla extract, creme de cacao, Kahlua or Grand Marnier

- Combine all ingredients in a food processor or blender and process for several minutes or until smooth. Add another tablespoon of milk if the mousse is too thick.
- Divide evenly among four small dishes or pour into a single serving bowl. Serve immediately, or cover and refrigerate until needed.

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SPICED SESAME ORANGES

Yield: 4 servings
2 large navel oranges
2 tablespoons honey
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1 teaspoon black sesame seeds
1 teaspoon white sesame seeds
1/2 cup soft goat cheese, crumbled, or 1/2 cup plain yogurt

- Using a sharp knife, slice off the orange skins, removing all the white pith and catching any juices on a plate or in a bowl. Slice each orange crosswise into 5 or 6 slices and place in a shallow bowl.
- In a small bowl, stir together honey, vanilla, cinnamon, sesame seeds and collected juice; mix until combined. Drizzle over the orange slices and chill for up to 45 minutes.
- Divide the slices among 4 plates. Top each with 2 tablespoons goat cheese, drizzling the sauce on top.

Per serving: 197 calories; 13g fat; 7g saturated fat; 41mg cholesterol; 2g protein; 20g carbohydrate; 2g fiber; 14mg sodium.

Adapted from "The Sweet Life," by Sam Talbot (Rodale, 2011)

STOUT FLOATS

Yield: 6 servings
8 tablespoons chocolate syrup, chilled, divided
6 tablespoons Kahlua or other coffee liqueur, divided
6 generous scoops chocolate ice cream

- (12-ounce) or 2 (1-pint) bottles stout, chilled
Unsweetened whipped cream, optional
- Pour 1 tablespoon chocolate syrup and 1 tablespoon coffee liqueur into each of 6 tall 10- to 12-ounce glasses. Add a scoop of ice cream to each.
- Add 5 to 6 ounces of stout to each glass, tilting the glass and pouring gently down the side to prevent too much head from forming. Garnish with whipped cream, if desired, and drizzle each serving with 1 teaspoon chocolate syrup.

Per serving: 370 calories; 8g fat; 5g saturated fat; 20g cholesterol; 5g protein; 52g carbohydrate; 37g sugar; 1.5g fiber; 60mg sodium; 85mg calcium.

Adapted from "Sinfully Easy Delicious Desserts," by Alice Medrich (Artisan, 2012)

ROQUEFORT PEARS

Yield: 4 servings
3/4 cup crumbled Roquefort or other good blue cheese
1/2 cup mascarpone or cream

 2011 Chevrolet HHR LT 1p94, p. windows-drs, seats, XM, CD, brown, 14,566 miles WAS: \$22,825 NOW: \$13,996	 2011 Chevrolet Aveo LT 1RNT1, auto, air, cruise, p. win-drs-sunroof, alum whls, leather seats, keyless entry, 13,009 miles, silver WAS: \$19,970 NOW: \$13,998	 2011 Chevrolet Express Van 1p143, 12 passenger, p. win-drs-seat, keyless, white, 19,300 miles WAS: \$35,795 NOW: \$20,988
 2010 Ford F-250 Super Duty Ext. Cab Diesel XLT 1p16, 4x4 p. win-drs, keyless, CD, 24,078 miles, white WAS: \$48,950 NOW: \$30,949	 2008 Hummer H3 1p82a, p. win-drs-seat, XM, OnStar, alum whls, silver WAS: \$26,950 NOW: \$19,788	 2008 Jeep Grand Cherokee 1p15a, 4wd, p. win-drs-seat-sunroof, keyless, rfd, CD, alum whls, silver WAS: \$22,995 NOW: \$16,993
 2006 Jeep Commander 4WD Limited 0p107a, p. win-drs-seat-sunroof, htd, leather, DVD, alum whls, red WAS: \$17,995 NOW: \$13,987	 2006 Chrysler Town & Country 1p139b, p. win-drs-seat, keyless, fwd, black WAS: \$9,995 NOW: \$6,998	 2005 Ford 250 1p59a, 4wd, p. win-drs, keyless, rfd, CD, white/silver, diesel WAS: \$22,950 NOW: \$14,877
 2005 Chevrolet Colorado LS 1p7b, automatic, air, rwd, CD, alum whls, black WAS: \$11,995 NOW: \$7,559	 2005 Chrysler Town & Country 1p105c, p. win-drs-seat, keyless, fwd, alum whls, quad seats, silver WAS: \$11,995 NOW: \$7,449	 2004 Dodge Dakota Sport Ext. Cab 1p169a, 4wd, p. win-drs, CD, alum whls, white WAS: \$10,995 NOW: \$6,974

CARS	SPORT UTILITIES & CROSSOVERS	TRUCKS & VANS	JUST IN
2n32 *12 Chevy Sonic LTZ, p. win-drs-seat-sunroof, leather, XM, alum whls, white, 4,800 miles.....\$21,405 \$18,887	2p12a *00 Chevy Suburban LT, 4WD, p. win-drs-seat, keyless, CD, heated leather, alum whls, pewter.....\$11,995 \$8,978	2n35 *12 Chrysler Town & Country "L" Touring, quad leather (htd) seats, p. win-drs-seats, Stow n Go, backup rear camera, dual TV/DVD, blue...\$38,998 \$28,869	2n22 *012 Chevrolet Impala LTZ, p. windows-doors-seat, heated leather, XM, alum whls, black, 13,212 miles
2n37 *11 Chevy Impala LT, p. win-drs-seat, remote start, alum whls, blue.....\$18,995 \$15,993	1p148d *98 Chevy Blazer SLT, 4WD, p. win-drs-seat-sunroof, CD, leather, alum whls, black.....\$8,495 \$5,989	2n23 *11 GMC Sierra SLE, crew cab, 4x4, amp in CD, p. windows-drs-seat, remote start, rfd, polished alum whls, black, 7,325 miles.....\$43,860 \$33,839	2n50 2012 Chevrolet Traverse 2LT, p. windows-doors-seat-sunroof, quad, TV/DVD, rear camera, remote start, silver
2n39 *11 Chevy Impala LT, p. win-drs-seat, remote start, alum whls, blue.....\$19,695 \$15,988	2n39 *11 Chevy Impala LT, p. win-drs-seat, remote start, alum whls, red.....\$18,995 \$15,989	1p175 *11 Chevrolet Silverado, ext. cab, 4x4, auto, air, cruise, tilt, p. windows-doors, AM/FM/CD, bed liner, polished chrome wheels, bright red.....\$33,970 \$24,889	2n54 2012 Chevrolet Impala LTZ, p. windows-doors-seat-sunroof, heated leather, spoiler, CD, XM, silver
2n40 *11 Chevy Impala LT, p. win-drs-seat, remote start, alum whls, red.....\$18,995 \$15,989	2n42 *11 Chevy Impala LT, p. win-drs-seat, remote start, alum whls, black.....\$18,995 \$15,979	1p179 *11 Chevrolet HHR2 LT, auto, air, cruise, p. win-drs-sunroof, leather, gray metallic, 9,460 miles.....\$26,580 \$18,447	2n51 2011 Chevrolet Cruze LT, RS pkg., p. windows-doors-seat-sunroof, spoiler, leather, CD, mp3, alum whls, silver
1p107b *06 Pontiac G6 SE, p. win-drs-seat, sunroof, spoiler, alum whls, air, cruise, tilt, red.....\$18,995 \$11,495	1p170a *07 Pontiac Grand Prix, p. win-drs-seat-sunroof, keyless, rfd, CD, FWD, heated leather seats, white.....\$12,450 \$9,989	1p183 *11 Chevrolet Crew Cab Silverado 4x4, air, p. win-drs, alum whls, boxliner, chrome pkg, hitch, CD, silver.....\$34,995 \$29,889	1p84 2011 Chevrolet Silverado, p. windows-doors-seat, Bluetooth, CD, remote start, blue
1p95b *04 Chevrolet Impala LS, p. win-drs-seat-sunroof, CD, fwd, htd, leather, alum whls, spoiler, gray.....\$11,995 \$8,998	1p166b *04 Pontiac Grand Prix GT, p. win-drs-sunroof-seat, keyless, rfd, cass/cd, alum whls, green.....\$11,795 \$9,778	2p17 *11 Chevrolet Silverado LTZ pkg, 3/4-ton crew cab, 4x4 pickup, htd leather, rear camera, remote start, TV/DVD, alum whls, black, 14,551 miles.....\$51,995 \$39,993	2n52 2011 Buick Lucerne XCL, p. windows-doors-seat, CD, heated leather, alum whls, white
		1p147a *06 Chrysler Town & Country, p. win-drs-seat-slider, DVD, FWD, alum whls, quad seats, silver.....\$11,795 \$7,779	2n47 2011 Jeep Liberty Sport, p. windows-doors, alum whls, silver, 4x4
		2p4b *05 Chevrolet Colorado LS, 4wd, p. win-drs, keyless, rfd, CD, alum whls, silver.....\$15,995 \$13,979	2n48 2011 Chevrolet Impala LT, p. windows-doors, alum whls, silver
		1p181a *03 Ford Ranger Edge, extended cab, 4wd, CD, keyless, alum whls, blue.....\$12,995 \$11,487	2n55a 2010 Buick Lucerne CXL, p. windows-doors-seat, heated leather, alum whls, pearl white

SPORT UTILITIES & CROSSOVERS

2n30 *12 GMC Yukon XL SLT, p. win-drs-seat-liftgate, htd, leather, rear camera, remote start, brown, 12,163 miles.....\$53,980 \$42,878
2n43 *12 Chevy Captiva Sport LT, p. win-drs, Bluetooth, CD, SM, polished alum whls, crystal red, 11,300 miles.....\$30,970 \$26,769
2p18 *11 GMC Yukon SLT 4x4, p. windows-drs, seats-lift, rear camera, remote start, htd leather, alum whls, silver, 12,289 miles.....\$49,980 \$39,959
2n33a *11 GMC Yukon Denali XL AWD, p. win-drs-seat-sunroof, heated/cooled seats, navigation, TV/DVD, polished alum whls, white, 6,900 miles.....\$64,980 \$54,679
2p13, *11 GMC Acadia Denali All Wheel Drive, auto, air, cruise, tilt, p. drs-wins-sunroof, seat, htd, leather, Navigation, p. liftgate, tow pkg., heads up display, XM CD Bose stereo, 6,600 miles, silver.....\$51,475 \$43,998
2n29, *11 GMC Acadia Denali, DVD, p. win-drs-seat-sunroof-liftgate, navigation, polished alum whls, heated/cooled seats, white diamond, 530 miles.....\$49,670 \$43,559
2p19 *11 Chevy Tahoe LT, p. win-drs-seat, heated leather, remote start, black.....\$47,680 \$36,989
2p14 *11 Chevrolet 4x4 Tahoe LT, auto, air, cruise, tilt, p. drs-win-seat-sunroof, leather seats, video entertainment DVD system, alum whls, tow pkg., remote start, CD/XM/Bose stereo, 12,775 miles, silver.....\$49,970 \$38,877
2p15a1 *08 GMC Envoy SLT, 4wd, p. win-drs-seat-sunroof, keyless, rfd, polished alum whls, heated leather, black, low miles.....\$23,950 \$20,877
2p1a *07 Chevrolet Tahoe LT, 4wd, p. windows-doors-seat-sunroof, CD, alum whls, maroon.....\$26,950 \$21,887
2p16b *07 Chevy Tahoe, 4WD, p. win-drs-seat, keyless, CD, alum whls, white.....\$26,950 \$22,949
1p57a *05 GMC Yukon Denali XL AWD, p. win-drs-seat-sunroof, CD, DVD, htd, leather, quad seats, black.....\$22,995 \$17,977
1p65a *02 Chevy Blazer LS, 4WD, 4-dr, p. win-drs, rd, CD, brown.....\$7,995 \$5,469

JUST IN

1p178a 2006 Chrysler PT Cruiser, p. windows-doors, fwd, blue, air conditioning, cruise
1p98b 2005 Ford Explorer XLT, p. windows-doors-seat-sunroof, alum whls, white
0p98b 2004 Chrysler Sebring LX, p. windows-doors-seat-sunroof, fwd, CD, alum whls, gray, 59,542 miles
2cm1a 2003 GMC Sierra SLE 4x4 Extended Cab, p. windows-doors-seat, CD, black/silver
1p186a 2000 Chevrolet Blazer, 2 dr., p. windows-doors, 4wd, alum whls, black
1p38c 1999 Oldsmobile Cutlass GL, p. windows-doors, fwd, CD, rfd, beige
1p81b 1999 Subaru Forester, p. windows-doors, awd, black, automatic
1p13c2 1998 Oldsmobile Intrigue GL, p. windows-doors-seat, rfd, fwd, leather, alum whls, black
1p106b 1993 GMC Sierra SE Extended Cab, 4wd, p. windows-doors, gold, alum whls, automatic, air, running boards

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