

Apple Salad

Louise Johnson

1 C sugar	4 C diced apples, with peels
1 egg	1 C broken pecan halves
1 C water	1 C grapes, halved
2 Tbsp flour	1 C mini marshmallows
2 tsp butter	8 oz. can pineapple tidbits,
3 Tbsp vinegar	drained

Mix first 6 ingredients & boil, stirring constantly until thickened. Cool. Pour cooled dressing over remaining ingredients. Mix. Refrigerate 1 hour to blend flavors.

Asparagus Almond Bake

Mary Diehl

1 ½ lbs. Fresh cooked asparagus	1 Tbsp soy sauce
1 can French Fried onion rings	1 C slivered almonds
1 can bean sprouts	
1 can cream of mushroom soup	

In casserole dish, alternate layers of asparagus, bean sprouts & onion rings. Blend soup & soy sauce. Pour over vegetables. Sprinkle nuts on top. Bake 25 min. in 350° oven. Serves 6-8.

Carrot Casserole

Louise Johnson

4 C sliced carrots	1/2 C shredded cheddar
1 medium onion, minced	cheese
3 Tbsp margarine or butter	1/2 C Pepperidge Farm
1 can cream of celery soup	stuffing
1/4 tsp. salt	1/3 C melted margarine or
1/8 tsp. pepper	butter

Cook carrots until tender. Drain. Sauté onion in margarine. Stir in soup, salt, pepper, carrots & cheese. Put into 2 qt. casserole. Toss stuffing with melted margarine. Sprinkle on top of casserole. Bake 30 minutes at 350°. To make it creamier, add 1/4-1/2 C milk. May add more stuffing.

Cauliflower Salad

Joan Flanders

1 head lettuce	2 C salad dressing
1 head cauliflower	1/3 C Parmesan cheese
¼ small red onion	1/3 C sugar
	bacon bits

Layer lettuce, cauliflower and red onion in large bowl. Mix salad dressing, Parmesan cheese and sugar in another bowl. Pour over the top. Set overnight. Sprinkle bacon bits on top.

Colorful Crunch Salad

Dorothy Milnamow

4 C fresh broccoli florets	DRESSING:
4 C fresh cauliflowerets	1 C fat-free mayonnaise
1 medium red onion,	½ C nonfat sour cream
chopped	1 Tbsp sugar
2 C cherry tomatoes,	1 Tbsp vinegar
halved	pepper to taste

In a large salad bowl, combine vegetables. Whisk the dressing ingredients until smooth; pour over vegetables & toss to coat. Cover & chill for at least 2 hours. Yield: 18 servings.

Cucumber Salad

Clarice Nepermann

Peel & slice 3-4 large cucumbers paper-thin. Soak 2 hours in 2 Tbsp salt & ice water. Drain & press dry. Blend into a dressing of ½ Tbsp sugar, ½ tsp dry mustard, 3 Tbsp cider vinegar & 1 C sour cream.

Fresh Corn Chowder

Dorothy Milnamow

2 Tbsp butter or margarine	¼ tsp black pepper
1 C chopped fresh onion	1 ½ C water
½ C chopped celery	2 chicken bouillon cubes
1 ½ C diced pared potatoes	¼ tsp dried leaf thyme
cut in ½ inch cubes	2 C milk
2 C fresh corn cut from cob	1 C light cream
(about 4 ears)	

In medium saucepan melt butter, add onion & celery & cook until tender. Add potatoes, corn, pepper, water, bouillon cubes & thyme. Cover & simmer for 15 minutes or until potatoes & corn are tender. Add milk & cream. Heat through. Makes 5 cups (4-6 servings).

Orange Glaze Carrots

Joan Flanders

4 C carrots, sliced	2 tsp cornstarch
& cooked	½ tsp salt
½ C butter	½ C orange juice
3 Tbsp sugar	

Melt butter. Mix cornstarch, salt & sugar into orange juice. Add this mixture to the melted butter slowly, stirring constantly. When thickened, pour over cooked carrots. Top with chopped parsley for garnish, if desired.

Old-Fashioned Cabbage Slaw

Nancy Meyer

1 large cabbage	2 medium-size tart red
½ C sugar	apples
3 tsp salt	2 Tbsp lemon juice
1 tsp fennel seeds,	1 C mayonnaise OR
crushed	salad dressing
	½ C dairy sour cream

Shred cabbage finely. Combine with sugar, salt & fennel seeds in a large bowl. Mix well. Let stand at room temperature, tossing occasionally, about ½ hour. Drain, discarding liquid. Slice unpeeled apples thinly. Toss with lemon juice. Just before serving, blend the mayonnaise & sour cream. Toss apples with drained cabbage. Pour dressing over mixture; tossing to evenly coat. Makes 8 servings.

Carrot Salad

Joan Flanders

6 medium carrots
½ C coconut
¼ lb currants (or raisins)

Peel & grate carrots. Wash & dry currants. Toss all ingredients lightly together. This salad is delicious without dressing.

Sparkling Rhubarb Salad

Nancy Meyer

4 C diced fresh or frozen rhubarb	1 C fresh orange juice
1 ½ C water	1 Tbsp grated orange peel
½ C sugar	2 C sliced fresh strawberries
1 pkg (6 oz) strawberry-flavored gelatin	

In saucepan, combine rhubarb, water & sugar. Cook over medium heat until the rhubarb is tender, 5-10 minutes. Remove from the heat. Stir in gelatin until dissolved. Add orange juice & peel. Chill until slightly thickened, 2 to 2 ½ hours. Add strawberries; pour into a 2-qt. bowl. Chill until firm, about 2-3 hours. Yield: 8-10 servings.

Yogurt Dilled Tomatoes

Clarice Nepermann

½ C plain yogurt	¼ tsp dill weed
¼ C mayonnaise	dash pepper
1 ½ tsp lemon juice	¼ tsp salt
1 tsp dry mustard	3-4 large tomatoes

Blend yogurt & mayonnaise. Add rest of ingredients except tomatoes. Chill at least 1 hour. Peel & slice tomatoes. Place in shallow dish & pour dressing over them.

Zesty Herb Roasted Potatoes

Mary Nagel

½ C Miracle Whip	1 tsp seasoned salt
1 Tbsp each dried rosemary	1 Tbsp water
(or dried oregano leaves),	2 lbs small red potatoes,
garlic powder & onion powder	quartered

Mix dressing, seasonings & water in large bowl. Add potatoes; toss to coat. Place potatoes on greased cookie sheet. Bake at 400° 30 to 40 minutes or until golden brown, stirring after 15 minutes.

Chicken Apple Salad

Dorothy Milnamow

4 C diced, cooked chicken	½ C pineapple tidbits, drained
2 C chopped apples	½ C grapes, cut in ½ lengthwise
½ C chopped celery	1 C mayonnaise or salad dressing
½ C chopped water chestnuts	

Mix all ingredients well. Chill several hours before serving to blend flavors.

Corn Scramble

Louise Johnson

2 Tbsp butter or margarine	1/8 tsp black pepper
¼ C chopped fresh onion	¼ tsp dried leaf thyme
¼ C chopped fresh green pepper	8 eggs
2 C cooked fresh corn, cut	¼ C water
from cob (about 4 ears)	
¾ tsp salt	

In large skillet melt butter. Add onion & green pepper; cook 5 minutes, or until tender. Add corn, salt, pepper & thyme. In medium bowl beat together eggs & water; add all at once to skillet. Cook over medium heat, stirring occasionally, until eggs are set. Makes 4 servings.

Ham Quiche

Audre Pack

½ C low-fat mayonnaise	1/3 C chopped onion
2 Tbsp flour	2 C shredded Swiss cheese
½ C milk	1 9-inch deep dish unbaked
2 eggs	pastry crust
2 C cubed, cooked ham	1 tsp dried parsley
1 C chopped broccoli,	
lightly steamed	

Whisk mayonnaise & flour together in a medium bowl. Add milk & eggs; whisk together until mixture is smooth. Add ham, broccoli, onion & cheese. Pour mixture into pastry crust. Sprinkle with parsley. Bake at 350° for 50 to 60 minutes. Serves 6 to 8.

FAVORITE FRUIT & VEGETABLE RECIPES

2000 Edition



WOMEN'S COMMITTEE

Kane County Farm Bureau

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The Kane County Farm Bureau Women's Committee presents this booklet of recipes to you. Our purpose is to promote the use of fruits and vegetables and other farm products. We hope you enjoy these recipes and will patronize the local fruit and vegetable growers in Kane County.

Pizza Salad

Nancy Meyer

1 pkg (16 oz.) shell macaroni	2 garlic cloves, minced
1 med sweet red pepper, chopped	1 tsp dried oregano
1 med green pepper, chopped	½ tsp salt
1 large tomato, chopped	¼ tsp pepper
4-6 green onions, sliced	1 bottle (8 oz) Italian salad dressing
1 C fresh (or 4 oz. can, drained) mushrooms, sliced	1 C (4 oz) shredded mozzarella cheese
1 can (2-1/4 oz) sliced ripe olives, drained	2 Tbsp grated Parmesan cheese
2 ½ oz. sliced pepperoni, halved	

Cook macaroni according to package directions; drain & cool. Place in a large bowl; add the next seven ingredients & toss. Add garlic, oregano, salt & pepper; toss. Refrigerate. Just before serving, add dressing & cheeses; toss. Yield: 12-16 servings.

Zucchini Quiche

Mary Nagel

3 C zucchini, unpeeled & thinly sliced	½ tsp oregano
1 C biscuit mix	1/8 tsp pepper
½ C chopped onion	½ C vegetable oil
½ C Parmesan cheese	4 eggs, slightly beaten
2 Tbsp fresh parsley, chopped	2 C shredded cheese
½ tsp salt	(use your favorite)

Butter a 9" x 13" pan thoroughly. Mix all above ingredients well & spoon into pan. Bake at 350° for 25 minutes or until brown. Cut & serve.

Apple Crumb Coffeecake

Dorothy Milnamow

1 yellow cake mix (18.25 oz)	1 tsp cinnamon
¾ C vegetable oil	1 C chopped walnuts or pecans
¼ C sugar	2 C powdered sugar
4 eggs	4 Tbsp milk
1 8 oz. low-fat sour cream	1 tsp vanilla
2 C chopped tart apples	2 Tbsp butter, melted
1 C brown sugar	

Preheat oven to 350°. Combine cake mix, oil, sugar, eggs & sour cream. Mix well. Fold in apples. Pour ½ the batter into a 9" x 13" pan that has been sprayed with non-stick vegetable coating. Combine brown sugar, cinnamon & nuts. Sprinkle ½ the mixture over batter in pan. Swirl throughout the cake with a knife. Add remaining batter. Sprinkle remaining brown sugar mixture over top. Swirl topping lightly into last layer. Bake 50 to 60 minutes. Combine powdered sugar, milk, vanilla & butter. When cake is baked, pierce holes in top of cake with a toothpick. Pour powdered sugar topping over warm cake. Allow to cool approximately 1 hour before serving.

Apple Pie

Mary Diehl

Topping:	
¼ C graham crackers	1 Tbsp butter or margarine, melted
1 ½ tsp sugar	
4 ½ C sliced & peeled apples	1 3-oz pkg peach gelatin (reg. or sugar-free)
1 ½ C water	1 3-oz pkg vanilla pudding mix (reg. or sugar-free)
1 Tbsp butter or margarine	9-inch prepared crust, baked (or graham cracker crust)
¼ tsp cinnamon	
¼ tsp nutmeg	

Combine topping ingredients & set aside. In a large saucepan, combine apples, water, butter, cinnamon & nutmeg. Bring to a boil; reduce heat & simmer, uncovered, for 10 minutes or until apples are tender. Gradually stir in gelatin & pudding mix. Bring to a boil, stirring constantly. Remove from heat & let stand 5 minutes. Pour into pie shell & sprinkle topping over filling. Chill 3-4 hours or until firm. Serves 8.

Strawberry Cheesecake Tart

Audre Pack

1 9" prepared refrigerated pie crust
2 8 oz. pkg cream cheese, softened
3 Tbsp sugar
1 tsp vanilla
3 oz. semisweet chocolate, melted
2 pints strawberries, stemmed & halved
2 Tbsp strawberry or red currant jelly, melted

Heat oven to 425°. Press pie crust into 9" round tart pan. Fold edge in & press firmly against side of pan. Prick crust with fork. Refrigerate 10 minutes. Bake 10 to 12 minutes until lightly browned. Cool. Beat cheese, sugar & vanilla thoroughly. Spread chocolate over bottom of shell. Refrigerate 5 to 10 minutes until set. Spread cheese mixture over chocolate. Arrange strawberries on cheese mixture & brush lightly with jelly. Refrigerate at least 1 hour before serving.

Crispy Rhubarb Cobbler

Louise Johnson

1 C sugar	TOPPING:
1/3 C pancake mix	1 egg beaten
4 C diced fresh or frozen rhubarb, thawed & drained	¼ C vegetable oil
	2/3 C sugar
	½ C pancake mix

In a bowl, combine sugar & pancake mix. Add the rhubarb & toss to coat. Transfer to a greased 8" square baking dish. Combine topping ingredients; spread over rhubarb mixture. Bake at 350° for 45 minutes or until filling is bubbly & top is golden brown. Yield: 6 servings

Fresh Peach Cobbler

Beulah Swanson

½ C sugar	3 Tbsp shortening
1 Tbsp cornstarch	1 C flour
¼ tsp nutmeg	1 Tbsp sugar
4 C peeled, sliced fresh peaches	1 ½ tsp baking powder
1 tsp lemon juice	½ tsp salt
	½ C milk

Heat oven to 400°. Mix ½ C sugar, cornstarch & nutmeg in 2-quart saucepan. Stir in peaches & lemon juice. Cook over medium heat, stirring constantly until thick & boiling. Boil & stir 1 minute. Pour into ungreased 2-quart casserole. Combine flour, sugar, baking powder & salt. Cut in shortening until crumbly. Stir in milk. Drop by spoonfuls onto hot peach mixture. Bake 25 to 30 minutes. Serve warm with ice cream or whipped cream.

Chocolate Zucchini Bread

Mary Diehl

1 ½ sticks butter	1 ½ tsp salt
2 C sugar	1 tsp cinnamon
3 eggs	½ C milk
2 tsp vanilla	2 C grated zucchini, unpeeled
2 ½ C flour	1 C nutmeats
½ C cocoa	
2 ½ tsp baking powder	

Preheat oven to 350°. Grease 2 loaf pans. Cream butter & sugar. Add eggs & vanilla. Stir in dry ingredients alternately with milk. Then fold in zucchini & nuts. Bake at 350° for 1 hour (or until wooden pick comes out clean).

Zucchini Squares

Nancy Meyer

¾ C butter or margarine	Frosting:
1 C firmly packed brown sugar	½ C confectioner's sugar
¼ C granulated sugar	2 Tbsp milk
2 eggs	¼ C butter, softened
1 ½ tsp vanilla	1 tsp almond extract
1 ¾ C flour	½ tsp allspice
2 tsp baking powder	¼ tsp nutmeg
1 C shredded coconut	
2 C shredded unpared small zucchini	
1 C finely chopped almonds	

Preheat oven to 350°. In medium bowl, beat butter or margarine & sugars until light & fluffy. Add eggs one at a time. Add vanilla; stir in flour & baking powder. Stir in zucchini, coconut & almonds. Grease 15" by 10" jelly roll pan; sprinkle with flour. Spread batter in pan. Bake 40 minutes; cool. Combine frosting ingredients & mix until smooth; spread over cooled cake. Makes about 35 - 2" squares.