

FAVORITE FRUIT & VEGETABLE RECIPES 2002 Edition



WOMEN'S COMMITTEE

Kane County Farm Bureau

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The Kane County Farm Bureau Women's Committee presents this brochure 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.

Rhubarb Squares

1 cup all-purpose flour
1/3 cup powdered sugar, sifted
1/3 cup butter
1 cup granulated sugar
1/4 cup all-purpose flour
2 eggs, slightly beaten
1 teaspoon vanilla
3 cups fresh or frozen rhubarb, finely chopped

In a mixing bowl, combine the flour & powdered sugar. Cut in butter until mixture is coarse crumbs. Pat crumb mixture into the bottom of a 9 x 9 x 2 inch baking pan. Bake in a 350⁰ oven for 12 minutes. In the mixing bowl, beat together granulated sugar, the ¼ cup flour, eggs & vanilla. Stir in rhubarb. (If using frozen rhubarb, thaw just enough so fruit chops easily. Then use the rhubarb as directed.) Pour over warm crust in baking pan. Bake for 35 minutes more or until done. Let cool in the pan on a wire rack. Serve warm or cool. Store in the refrigerator. Makes 16 servings.

Cherry Rhubarb Jelly

6 cups rhubarb, ½ inch pieces
4 cups sugar
21 ounce can cherry pie filling
6 ounce package cherry Jell-O

Mix rhubarb & sugar & let stand over night. Next morning, cook until tender. Stir in 21 oz. can cherry pie filling & 6 oz. pkg. cherry Jell-O. Bring to a boil. Cook, put into containers, & freeze. (You may want to chop cherries before adding.)

Beef & Asparagus Pasta Toss

1 pound ground chuck
3 cups uncooked bow tie pasta
1 pound fresh asparagus, cut into 1 inch pieces
3 tablespoons olive oil
1/4 cup minced shallots (about 2 large)
2 or 3 cloves garlic, minced
salt & pepper

Cook pasta in boiling salted water 10 minutes or until almost tender. Add asparagus; continue cooking 3 to 4 minutes or until pasta & asparagus are tender. Drain well. Meanwhile brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into ¾ inch crumbles. Remove from skillet with slotted spoon; pour off drippings. Heat oil in same skillet over medium heat until hot. Add shallots & garlic; cook 3 to 4 minutes or until tender, stirring frequently. Remove from heat. Add beef; toss to mix. Season with salt & pepper as desired. Combine beef mixture with pasta & asparagus in large bowl; toss well.

Stir-Fry Zucchini

5 cups zucchini, shredded
3 tablespoons corn oil
2 tablespoons sugar
1 teaspoon salt
1 tablespoon vinegar
black pepper

Stir-fry zucchini in corn oil about 3 minutes. Add rest of ingredients. Cook, stirring constantly, for about 3 more minutes.

Breaded Eggplant Slices

1 medium eggplant (about 1 pound)
1/2 cup dry bread crumbs
1/4 cup grated Parmesan cheese
1 bottle (8 ounces) fat-free Italian salad dressing

Cut eggplant into ½-inch slices. In a shallow bowl, combine bread crumbs & Parmesan cheese. Place salad dressing in another bowl. Dip eggplant into salad dressing, then coat with crumb mixture. Arrange in a single layer on baking sheets coated with nonstick cooking spray. Bake at 450⁰ for 12-15 minutes or until golden brown, turning once. Yield: 4 servings.

Cucumber Tomato Salad

2 large cucumbers, peeled & diced
2 large tomatoes, diced
1 medium green pepper, diced
1 medium onion, diced
1 bottle (8 ounces) fat-free Italian salad dressing
sugar substitute equivalent to 2 teaspoons sugar

In a bowl, combine the cucumbers, tomatoes, green pepper & onion. Combine salad dressing & sugar substitute; pour over vegetables. Refrigerate for at least 1 hour. Serve with a slotted spoon. Yield: 14 servings.

Green Beans with Radishes

1 pound fresh green beans
2 tablespoons green onions, thinly sliced
2 tablespoons butter or stick margarine
1 teaspoon lemon juice
1 teaspoon soy sauce
1/4 cup sliced radishes

Place beans in a large saucepan & cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender; drain. In a skillet, sauté onion in butter just until tender. Stir in the beans, lemon juice & soy sauce; cook & stir until heated through. Just before serving, sprinkle with radishes. Yields 4 servings.

Beans With Cherry Tomatoes

4 bacon strips, diced
1 1/2 pounds fresh green beans, cut into 2 inch pieces
4 garlic cloves, thinly sliced
1 1/2 cups halved cherry tomatoes
1/2 teaspoon salt
1/4 cup slivered almonds, toasted

In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels to drain. In the drippings, sauté beans for 12-14 minutes or until crisp tender. Add garlic; cook 2-3 minutes longer. Stir in tomatoes & salt; heat through. Sprinkle with bacon & almonds. Serve immediately. Yield: 8 servings.

Double-Crust Apple Pie Turnover

2 tablespoons butter
1/3 cup brown sugar
1/2 cup pecans
2 prepared pie crusts
apple pie filling

Melt butter in bottom of foil-lined pie pan. Mix brown sugar into the melted butter. Arrange pecans in bottom of pan. Put pie crust over nuts. Fill with apple pie ingredients. Top with a top crust & crimp edges. Bake in a 400⁰ oven for 45 minutes or until crust is lightly browned. Cool 5 minutes, then invert on a serving platter. Cool & serve.

Strawberry Banana Split Cake

2 cups graham cracker crumbs (about 32 squares)
1/2 cup butter or margarine, melted
1/4 cup sugar
Filling:
1/2 cup butter or margarine, softened
2 cups confectioners' sugar
1 tablespoon milk
1 teaspoon vanilla extract
3 large firm bananas, cut into ¼ inch slices
2 cans (8 ounces each) crushed pineapple, drained
2 quarts fresh strawberries, sliced
Topping:
2 cups whipping cream
1/4 cup confectioners' sugar
1 1/2 cups chopped walnuts

Combine the crumbs, butter & sugar; press into an ungreased 13 x 9 x 2 inch dish. Chill for 1 hour. In a mixing bowl, cream butter, confectioners' sugar, milk & vanilla. Spread over crust; chill for 30 minutes. Layer with bananas, pineapple & strawberries. In a small mixing bowl, beat whipped cream until soft peaks form. Add confectioners' sugar; beat until stiff peaks form. Spread over fruit. Sprinkle with nuts. Chill until serving. Yield: 12-15 servings.

Summer Veggie Salad

1 cup carrots, thinly sliced
1 cup fresh green beans, cut into 2 inch pieces
1 cup fresh sugar snap peas
1 cup zucchini, thinly sliced
1 cup yellow summer squash, thinly sliced
1/2 cup green onions, thinly sliced
1/2 cup sweet red pepper, chopped
1 can (2.25 ounces) sliced ripe olives, drained

In a large saucepan, bring 4 inches of water to a boil. Add carrots, beans, & peas; cook for 4 minutes. Drain & rinse in cold water. Place in a bowl; add zucchini, summer squash, onions, red peppers & olives.

Dressing:

6 tablespoons olive or vegetable oil
4 1/2 teaspoons lemon juice
1 tablespoon vinegar
1 tablespoon fresh parsley, minced
1 1/2 teaspoons sugar
1 garlic clove, minced
1/8 teaspoon salt
dash pepper

Combine all in a jar with a tight-fitting lid & shake well. Pour over vegetable mixture & toss to coat. Refrigerate for up to 1 hour.

A TASTE FROM THE PAST 1992 - 2002

The following recipes were compiled from the last ten years of recipe brochures. We hope you enjoy them!

Carrot Cake

Mary Diehl
1992

2 cups flour
2 cups sugar
2 teaspoons baking powder
1 teaspoon salt
2 teaspoons cinnamon
1 1/2 cups cooking oil
4 eggs
3 cups grated, raw carrots

Sift & mix dry ingredients together. Add oil, then unbeaten eggs, 1 at a time (beating well after each addition). Then add the carrots. Bake at 350^o for 30 minutes in 3 - 8 inch round pans (greased & floured).

Frosting:

1 8 ounce package cream cheese (room temperature)
1 pound confectioners' sugar (4 cups)
1 stick margarine
1 cup coconut
1 cup pecans, chopped

Mix cheese & sugar until light & fluffy. Add melted margarine & mix well. Then add coconut & pecans. Spread on cooled cake.

Broccoli Salad

Mary Nagel
1993

1 large head broccoli, chopped
2 cups cauliflower (optional)
1 small onion, chopped
6 strips bacon, cooked & crumbled
1/4 cup raisins
3/4 cup mayonnaise
2 tablespoons vinegar
1/4 cup sugar

Toss together first five ingredients. Mix last three ingredients for dressing & drizzle over all. Chill at least five hours before serving.

Swiss Corn Bake

Joan Flanders
1994

3 cups fresh corn (cut from cob)
1 (5 1/3 ounce) can evaporated milk
1 egg, beaten
2 tablespoons onion, chopped
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup Swiss cheese, shredded
1/2 cup cracker crumbs
1 tablespoon butter, melted

Cook corn in boiling water 2 to 3 minutes. Drain. Combine milk, egg, onion, salt, pepper, & Swiss cheese. Place in a greased 10 x 6 x 1 1/2 inch casserole. Toss crumbs with butter. Sprinkle over corn mixture. Bake in 350^o oven for 30 to 35 minutes. Serves 5-6.

Freezer Coleslaw

Alta Dittmann
1995

1 medium head of cabbage, shredded
1/2 green pepper, chopped
1/2 cup carrots, shredded
1 teaspoon salt

Dressing:

1 cup sugar
1 cup vinegar
1/4 cup water
1 teaspoon salt
1/2 teaspoon celery seed
1/2 teaspoon mustard seed

In large bowl, combine the first four ingredients. Let stand 1 hour. Drain. Bring all dressing ingredients to a boil. Simmer 2-3 minutes. Cool. Pour over cabbage. Pack in freezer containers & freeze.

Zucchini Brownies

Mary Jane Nagel
1996

1 1/2 cups sugar
1 stick butter
2 eggs
1 teaspoon baking soda
2 tablespoons cocoa
2 cups flour
1/2 teaspoon cinnamon
2 cups zucchini, shredded
1/2 teaspoon salt
1/2 teaspoon vanilla

Topping:

1 cup chocolate chips
1/2 cup nuts, chopped
2 tablespoons sugar

Mix ingredients. Pour into 9 x 13 inch greased pan. Sprinkle with topping. Bake in 350^o oven 30 to 35 minutes

Cauliflower Casserole

Mary Diehl
1997

1 head cauliflower
1 can Cream of Mushroom soup
1 jar Cheez Whiz (small)
1 can French fried onion rings

Cook cauliflower & drain. Break into flowerets. Add mushroom soup. Then add cheese. Sprinkle onion rings on top. Bake at 300^o for 20 to 35 minutes.

Mashed Potatoes for a Crowd

Joan Flanders
1998

5 to 6 pounds potatoes, peeled & cooked
1 cup sour cream
8 to 12 ounce cream cheese, softened & cubed
1 stick butter
1/2 to 3/4 cup milk
4 teaspoons minced onion
1 or 2 cloves garlic, crushed
3 tablespoons butter

Grease a 9 x 13 inch pan. Whip everything together except 3 tablespoons butter. Top with remaining butter. Cover with plastic wrap. Keep in refrigerator or bake immediately in 400^o oven for 35 to 40 minutes or until bubbly & golden.

Apple Crisp

Nancy Meyer
1999

1 cup rolled oats
1/2 cup flour
1/2 cup brown sugar
1/4 teaspoon salt
1 teaspoon cinnamon
1/2 cut butter or margarine, softened
4 cups sliced tart apples, peeled & sliced

Place oats, flour, sugar, salt & cinnamon in bowl. Blend. Add butter & blend with pastry blender or fork. Put apples in 8 x 8 inch (2 quart) baking pan. Spread oatmeal mixture on top. Press down lightly. Bake for 30 minutes at 350^o.

Strawberry Cheesecake Tart

Audre Pack
2000

1 9” prepared, refrigerated pie crust
2-8 ounce packages cream cheese, softened
3 tablespoons sugar
1 teaspoon vanilla
3 ounces semisweet chocolate, melted
2 pints strawberries, stemmed & halved
2 tablespoons strawberry or red currant jelly, melted

Heat oven to 425^o. Press pie crust into 9 inch round tart pan. Fold edges 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.

Baked Acorn Squash

Clarice Nepermann
2001

3 fresh squash
salt to taste
2 to 3 tart apples
butter
6 tablespoons brown sugar

Cut squash in half; remove seeds. Place cut side down in shallow baking dish. Add 1/2 cup boiling water & cover. Bake in 350^o preheated oven 10 minutes. Remove cover, turn cut side up & sprinkle with salt. Peel, core & slice apples. Fill cavities with apples. Dot with butter. Sprinkle each half with 1 tablespoon brown sugar. Add 1/2 cup boiling water to bottom of pan. Bake 30 minutes or until tender.