

FAVORITE FRUIT & VEGETABLE RECIPES

2003 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.

Fruit Dip for Apples & Pears

1 can cream of coconut
8 oz. Velveeta Cheese
8 oz. Cool Whip

Mix cream of coconut & Velveeta in blender. Fold in Cool Whip. Use dip for fruit (especially good with apple & pear slices).

Bacon Tomato Spread

8 oz. cream cheese, softened
2 teaspoon prepared mustard
½ teaspoon celery seed
1 medium tomato (peeled, seeded, & chopped fine)
¼ cup chopped green pepper
8 bacon strips, diced
Crackers or raw vegetables

In mixing bowl beat cream cheese, mustard, & celery seed until blended. Stir in tomato & green pepper. Cover & refrigerate 1 hour. Fry bacon until crisp, drain on paper towel, dice and stir into spread just before serving. Serve with crackers or vegetables.

Cucumber & Rye

8 oz. cream cheese, softened
½ cup mayonnaise
1 pkg. Italian Good Season Dressing
1 pkg. cocktail rye bread
cucumbers, sliced
dill (fresh, seed or weed)

Mix first 3 ingredients, spread on bread, place cucumber on top & sprinkle with dill.

Ambrosia Waldorf Salad

2 cups fresh or frozen cranberry halves
1/2 cup sugar
2 cups miniature marshmallows
2 cups diced, unpeeled apples
1 cup seedless green grape halves
¾ cup chopped pecans
1-20 oz. can pineapple tidbits, drained
1 cup whipping cream, whipped
Shredded or flaked coconut

Combine cranberries & sugar. In large bowl, combine the marshmallows, apples, grapes, pecans, & pineapple. Add cranberries & mix well. Fold in whipped cream. Cover & chill. Sprinkle with coconut before serving. Yield: 12-14 servings. Serve with roast turkey or baked ham.

Waldorf Salad & Variation

2 cups diced unpeeled apples
1 cup chopped celery
½ cup walnuts, chopped
½ cup mayonnaise
1 Tablespoon sugar
½ teaspoon lemon juice

Combine apples, celery, & nuts. Blend mayonnaise, sugar, & lemon juice. Mix with apple mixture.
Variation: Omit nuts. Blend 2 Tablespoons chunky peanut butter with mayonnaise mixture & combine with apple mixture.

Quick Fruit Salad

1 can peach pie filling
1 can mandarin oranges, drained
1 can pineapple chunks, drained
1 can crushed pineapple, drained
1 can fruit cocktail, drained
Fresh fruit in season: grapes, apples, strawberries, raspberries, blueberries, (add bananas just before serving).

Mix pie filling with oranges, pineapple, fruit cocktail, & any fresh fruits as desired.

Festive Fruit Salad

1 medium fresh pineapple, peeled, cored, & cubed	1 pint strawberries, halved
3 medium apples (red, green, yellow), cubed	1 pint blueberries
1 small cantaloupe, cubed	4 cups seedless red & green grapes
1 large, firm banana, sliced	3 kiwi fruit, peeled & sliced

Place fruit into a 3 or 4 quart glass serving bowl.

Dressing:

3 oz. pkg. cream cheese, softened	8 oz. carton frozen whipped topping, thawed
½ cup confectioner's sugar	
2 teaspoons lemon juice	

Beat cream cheese until smooth. Gradually add sugar & lemon juice; mix well. Fold in whipped topping. Spread over fruit.

Russian Vinaigrette Salad

3-4 hearty garlic pickles	1 small onion, chopped fine
3-4 baked potatoes in their jackets (allow ½ potato per person)	2 Tablespoons olive oil salt to taste
1 medium size carrot, cooked	prepared mustard to taste
2 beets, cooked	

Peel cooked potatoes, carrot, & beets. Cut vegetables & pickles into small cubes. Add onion & salt. Mix oil & mustard with 2-3 Tablespoons garlic marinade from pickles. Pour dressing over vegetable mixture. Mix well.

Broccoli Cream Soup

9 cups fresh broccoli florets	¼ teaspoon onion salt
4 cups chicken broth	7 Tablespoons flour
1 medium onion, chopped	2 cups milk
8 Tablespoons butter (divided)	1 cup buttermilk
1 bay leaf	½ cup whipping cream
¾ teaspoon salt	
¾ teaspoon white pepper	

In saucepan bring broccoli & broth to a boil. Reduce heat & simmer 5 minutes. In a skillet sauté onion in 2 Tablespoons butter & add to broccoli. Stir in bay leaf & seasonings. Simmer 5 minutes. In a saucepan melt remaining butter. Stir in flour. Slowly stir in milk. Bring to a boil & cook until thickened. Stir into broccoli. Add buttermilk & cream. Heat through, (do not boil). Discard bay leaf. Serves 8.

Crunchy Almond Asparagus

1 pound fresh asparagus
2 cups crushed seasoned croutons
8 oz. shredded Cheddar cheese
1 can cream of mushroom soup
½ cup chopped almonds
1 Tablespoon melted butter

Wash & cut asparagus into ¾" pieces. Cook in 1 cup lightly salted boiling water until tender-crisp. Drain; reserve liquid. Combine seasoned crumbs & cheese; set aside. Combine soup & reserved liquid. Add asparagus. Layer half of crumb mixture in a buttered 2 quart casserole. Top with half of asparagus mixture. Repeat with remaining ingredients. Toss chopped almonds with melted butter; sprinkle over casserole. Bake at 350° 30 to 35 minutes. Yield: 6 servings.

Carrot Casserole

4 cups sliced carrots
1 medium onion, minced
3 Tablespoons butter
1 can cream of celery soup
¼ teaspoon salt
1/8 teaspoon pepper
½ cup shredded Cheddar cheese
1/2 package stuffing mix
1/3 cup melted butter

Cook carrots in water until tender. Drain. In skillet sauté onion in 3 Tablespoons butter. Stir in soup, salt & pepper, carrots & cheese. Pour into 2 quart greased casserole. In separate bowl toss stuffing with 1/3 cup butter. Sprinkle over carrots. Bake 350° – 30 minutes. If a creamier mixture is desired, add ¼ to ½ cup milk to the carrot mixture.

Broccoli Onion Deluxe

1 pound fresh broccoli, cut into 1” pieces
3 medium onions, quartered
¼ teaspoon salt
dash of pepper
2 Tablespoons butter
2 Tablespoons flour
1 cup milk
3 ounce package cream cheese
shredded Cheddar cheese
bread crumbs

Cook broccoli in boiling salted water until crisp tender. Drain. Cook onions in boiling salted water until tender. Drain. Melt butter in saucepan. Blend in flour, salt & pepper. Add milk. Cook & stir until thick & bubbly. Reduce heat. Blend in cream cheese until smooth. Put vegetables into 1 ½ quart greased casserole. Pour sauce over & mix lightly. Top with Cheddar cheese. Bake covered 350⁰ for 30 minutes. Sprinkle crumbs around edges, then bake uncovered until heated through. Serves 6.

Twice Baked Potatoes Casserole

6 medium unpeeled potatoes, baked
¼ teaspoon salt
¼ teaspoon pepper
16 oz. sour cream
8 oz. shredded Mozzarella cheese
8 oz. Cheddar cheese
3 oz. bacon, cooked
2 green onions, chopped with some greens

Cut baked potatoes in cubes. Put half of potatoes in greased 13” x 9” baking dish. Mix rest of ingredients together & put ½ mixture on top of potatoes. Top with remaining potatoes & then last half of cheese mixture. Bake 350⁰ uncovered until cheese melts & top is browned.

Summer Squash Casserole

2 pounds yellow summer squash, sliced (6 cups)
¼ cup chopped onion
1 can cream of chicken soup
1 cup dairy sour cream
1 cup carrots, shredded
8 oz. package herbed seasoned stuffing mix
½ cup butter, melted

In saucepan, cook sliced squash & onion in boiling salted water 5 minutes. Drain. Combine soup & sour cream. Stir in shredded carrot. Fold in squash/onion. Combine stuffing mix & butter. Spread ½ of stuffing mixture in greased 12” x 7 ½” baking dish. Spoon vegetable mixture on top. Sprinkle remaining stuffing over vegetables. Bake 350⁰ – 25 to 30 minutes or until heated through.

Fruit Stuffed Acorn Squash

2 medium acorn squash
¼ teaspoon salt
¾ cup fresh cranberries
¼ cup packed brown sugar
2 Tablespoons butter, melted
¼ teaspoon cinnamon
1/8 teaspoon nutmeg
2 cups chopped, unpeeled tart apples

Cut squash in half; remove seeds. Place squash cut side down in ungreased 13” x 9” baking dish. Add 1” of water. Bake uncovered 350⁰ for 30 minutes. Drain water from pan. Turn squash cut side up. Sprinkle with salt. Combine remaining ingredients – spoon into squash. Bake until tender - 40 to 50 minutes. Serves 4.

Broccoli Cheese Bake

7 cups fresh broccoli
2 ½ cups milk
½ cup cream of wheat cereal
1 ½ pound carton low-fat cottage cheese
1 cup sharp Cheddar cheese, grated
½ teaspoon salt
3 eggs, slightly beaten
1/8 teaspoon pepper
4 oz. jar pimentos, diced

Cook broccoli until tender. Bring milk to a boil & stir in cream of wheat. Cook until thickened. Stir in cottage cheese, eggs, Cheddar cheese, salt, pepper, & pimentos. Pour over broccoli & bake for 1 hour at 350⁰. Yield: 6 – 8 servings. May be baked in microwave for 15 – 20 minutes instead of regular oven.

Winter Squash & Savoy Cabbage with Toasted Sesame Seeds

2 teaspoons vegetable oil
1 teaspoon dark sesame oil
5 cups (1/2 inch) cubed, peeled butternut squash (about 2 pounds)
1 cup diced onion
8 cups coarsely chopped Savoy or green cabbage
½ cup water
¾ teaspoon salt
2 Tablespoons sesame seeds, toasted
1 Tablespoon low-sodium soy sauce

Heat oils in large nonstick skillet over medium high heat. Add squash & onion; sauté for 7 minutes or until lightly browned. Stir in cabbage, water, & salt; cover & cook 5 minutes or until tender. Stir in sesame seeds & soy sauce. Serve immediately. Yield: 6 servings.

Creamed Cauliflower

1 medium head cauliflower (7 cups florets)
1 ½ teaspoon salt, divided
½ cup dry bread crumbs, divided
1 cup half & half cream
1 Tablespoon butter

Place cauliflower in one inch of water & 1 teaspoon salt in saucepan. Bring to a boil. Reduce heat. Cover & simmer 6 to 7 minutes or until crisp tender. Drain. Grease bottom & sides of 2 quart baking dish. Sprinkle with 2 Tablespoons bread crumbs. Add cauliflower. Pour cream over top. Dot with butter. Sprinkle with remaining salt & crumbs. Bake uncovered 350⁰ – 25 to 30 minutes.

Glazed Sweet Potatoes

2 pounds sweet potatoes
½ cup brown sugar (packed)
¼ cup butter
1/8 teaspoon cinnamon
¼ teaspoon salt

Cook sweet potatoes & peel. Put remaining 4 ingredients in frying pan. Slice potatoes 1 inch thick. Arrange in frying pan. Cook covered 10 minutes. Uncover & baste 5 minutes.

Those Potatoes

5 pounds potatoes, peeled
8 oz. shredded Parmesan cheese
4 or 5 half pints whipping cream
Salt & pepper

Boil potatoes only until still hard & firm. Refrigerate overnight. Then grate a layer of potatoes in a large glass baking dish. Salt & pepper & sprinkle with ½ of cheese. Repeat layer. Pour whipping cream over potatoes until it comes up to 2/3 of dish. Bake in 350⁰ oven 45 minutes to 1 hour – until top is golden brown. Delicious!

Whole Apple Cake

2 apples, diced (including peel) 1 teaspoon cinnamon
1 cup sugar 1 teaspoon baking soda
1 cup flour ¼ teaspoon salt
1 egg ½ cup chopped walnuts

Mix above ingredients. Pour into greased 9”x 13” pan. Combine in small saucepan:
½ cup brown sugar ½ cup water
1 Tablespoon flour 1 Tablespoon butter or margarine

Cook until butter is melted and mixture is well blended. Pour this hot syrup over apple batter. Bake at 350⁰ for 25-30 minutes. Can serve warm or cold. Leave plain or top with ice cream, milk/cream, sprinkling of powdered sugar, or iced with cream cheese frosting.

Rhubarb Crunch

1 cup flour 4 cups diced rhubarb
¾ cup uncooked oatmeal 1 cup sugar
1 cup brown sugar 2 Tablespoons cornstarch
½ cup melted margarine 1 cup water
1 teaspoon cinnamon 1 teaspoon vanilla

Heat oven to 350⁰. Mix first 5 ingredients until crumbly. Press ½ of mixture in a greased 9” baking dish. Combine sugar, cornstarch, water & vanilla & cook until thick & clear. Put rhubarb on crumbs & cover with sauce. Cover with remaining crumbs & bake 350⁰ one hour. Serve warm with whipped cream or vanilla ice cream.

Zucchini Bundt Cake

1 yellow cake mix (18.25 oz.) 2 cups shredded zucchini
4 eggs ½ cup raisins (optional)
½ cup oil ½ cup walnuts, chopped
1 teaspoon cinnamon powdered sugar
1 Tablespoon vanilla

Combine first 5 ingredients. Beat 2 minutes. Add raisins, nuts, & zucchini. Bake in greased tube pan at 350⁰ for 45 to 50 minutes. Cool 15 to 20 minutes. Remove from pan & sprinkle with powdered sugar.

Microwave Fruit Crisp for One

1 apple (or peach or pear)
2 Tablespoons brown sugar
2 Tablespoons Quick Quaker Oats
1 Tablespoon flour
1/8 teaspoon cinnamon
1 Tablespoon cold butter or margarine

Peel & slice fruit into small microwave safe bowl. Combine sugar, oats, flour, & cinnamon in a bowl. Cut in margarine until mixture is very crumbly. Sprinkle mixture over fruit. Microwave for 2 ½ to 3 minutes (can be served with whipped topping or ice cream).

Apple-Orange-Cranberry Crisp

¼ cup flour 2 Tablespoons sugar
¼ cup cornmeal 2 teaspoons grated orange rind
¼ cup sugar 3 Tablespoons orange juice
¼ cup packed light brown sugar
¼ cup chilled butter, cut into small pieces
7 cups diced peeled Rome apples (3 pounds)
1 cup fresh or frozen cranberries

Preheat oven to 375⁰.

Combine flour, cornmeal, & sugars in a bowl. Cut in butter with a pastry blender until mixture is crumbly. Combine apples & remaining ingredients in a large bowl; toss well. Spoon into 8” square baking dish. Sprinkle with the crumb mixture. Bake at 375⁰ for 45 minutes or until golden brown. Yields 9 servings.