

FAVORITE FRUIT & VEGETABLE RECIPES

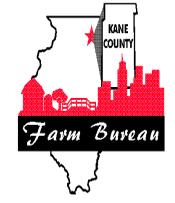
2005 Edition



WOMEN'S COMMITTEE

Kane County Farm Bureau

2N710 Randall Road
St. Charles, IL 60174
(630)584-8660



Special Thanks To All The Recipe Contributors

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

Corn Stuffed Zucchini

- 3 medium zucchini (1/1/2 lbs)
- 1 (10 oz.) pkg. frozen corn (thawed), or same amount
- 3 T. butter
- 1/2 C. onion, chopped
- 1/2 C. green pepper, chopped
- 1 tsp. dried tarragon leaves
- 1/4 tsp. pepper

Cut zucchini in half lengthwise. Scoop out pulp with spoon, leaving 1/4" of shell intact. Sprinkle with 1/8 tsp. salt. Chop zucchini pulp in a bowl. Put butter in 1-quart microwave-safe dish & microwave on high a few seconds to melt butter. Stir in zucchini pulp, onion & green pepper; microwave for 3 minutes on high. Combine corn, tarragon, 1/8 tsp. salt & pepper with onion mixture. Microwave on high 2 more minutes. Spoon mixture into zucchini shells, mounding filling. Place filled shells in a shallow microwave-safe dish. Cover with waxed paper & microwave on high 6 to 8 minutes or until zucchini is just tender. Remove from oven. Let stand covered 3 to 5 minutes before serving. Makes 6 servings.

Wild Rice Dressing With Apples

- 3/4 C. onion, chopped
- 2 T. vegetable oil
- 1 C. each, white & wild rice, rinsed & drained
- 4 C. hot water
- 1 tsp. salt
- 3/4 C. pecans or hazelnuts, coarsely chopped
- 3 C. yellow delicious apples, chopped
- 1/4 tsp. pepper
- 1/4 C. parsley, chopped
- 1/2 tsp. thyme
- 1/4 tsp. rosemary
- 1/2 tsp. oregano

Sauté onion in oil until it is tender. Add raw rice & coat it with the oil & cook. Add water, pepper, rosemary, thyme, oregano & salt; bring to a boil. Reduce heat & simmer covered for 30 minutes. Add apples, nuts & parsley. Continue to simmer or bake in a 3-quart casserole at 375° for 15 to 30 minutes until liquid is absorbed & wild rice is tender. Will make 8 to 9 cups. You can stuff a 12 pound turkey or you can cut recipe in 1/2 if you want to roast a chicken instead.

Zucchini Fritters

- 2 C. zucchini, grated
- 5 T. biscuit mix
- 2 eggs, beaten
- 1/2 C. grated cheddar cheese
- 1/4 tsp. salt

Mix together ingredients; then teaspoon out in fry pan coated with oil spray. Cook until brown & zucchini is slightly done.

Cucumbers in Sour Cream

- 1 large cucumber
- 1 C. thick sour cream
- 1 T. onion, chopped
- 3 T. vinegar
- 1/4 tsp. salt
- 1/8 tsp. white pepper

Pare cucumber. Run tines of fork lengthwise on the cucumber & cut crosswise into thin slices. Combine remaining ingredients & pour over sliced cucumber. Marinate 30 minutes. Makes 4 servings.

Swanky Franks

- 2 small plum tomatoes, chopped
- 3/4 C. fresh basil leaves, minced
- 1/2 C. salad dressing or mayonnaise
- 1/3 C. yellow pepper chopped
- 1 T. honey mustard
- 10 hot dogs
- 10 hot dog buns, partially split
- 1/3 C. cucumber, chopped

Mix all ingredients except hot dogs & buns until well blended; set aside. Grill hot dogs 7 to 9 minutes or until heated through, toasting buns on grill for last few minutes of hot dog grilling time, if desired. Place hot dogs in buns; top each with about 2 T. of the tomato mixture. Makes 10 servings.

Baked Potato Custard

- 5 to 6 potatoes
- Salt
- Egg Custard:
- 2 eggs
- Nutmeg
- 3/4 to 1 C. cheese (grated) (opt.)
- 1/4 C. milk

Peel & wash potatoes, slice thinly, & put into a buttered baking dish. Sprinkle with seasoning & the grated cheese if used. Beat the eggs & milk together & pour over potatoes. Bake at 375° for 30 to 40 minutes until the potatoes are tender & the egg custard has set.

Sunday Vegetables

- 3 or 4 cooked carrots, cut into chunks
- 1 pkg. frozen cut up cauliflower
- 1 pkg. frozen cut up broccoli
- 1 can condensed cream of mushroom soup
- 1 small can evaporated milk
- 1 (3 1/4 oz.) can French fried onions
- 2 T. melted butter
- 1/4 tsp. seasoning salt
- 1 (4 oz.) can mushrooms, opt.

Preheat oven to 350°. In a 3-quart greased casserole, place the vegetables mixed together. Mix milk, soup, melted butter & seasoning salt together & pour over vegetables. Bake 25 minutes until broccoli & cauliflower are done. Remove from oven & place onions on top. Bake for 8 to 10 minutes.

Farmer's Market Summer Salad

- Toss together:
- 1 pint assorted green & wax beans, cut into 1" pieces & steamed
- 6 fresh ears of corn (cooked & cut off cob)
- 1 C. plain croutons

Dressing:
Blend the following ingredients in a food processor:
Dash cayenne pepper
2 cloves garlic
2 T. white wine vinegar
1 T. balsamic vinegar
1 T. frozen orange juice concentrate
1/2 C. fresh basil leaves
1 small onion
Add in 1/4 C. olive oil slowly at the end.
Serve immediately

No-Cook Fresh Tomato Sauce with Pasta

- 1 lb pasta (any kind) cooked as directed on package
- 8 plum tomatoes, chopped
- 1/4 C. fresh basil leaves, chopped
- 2 T. red onion, chopped
- 1/2 C. Italian reduced fat dressing
- 1/4 C. grated Parmesan or Romano Cheese

Combine all ingredients in large bowl. Add drained pasta; toss to coat. Makes 8 servings.

Cabbage Casserole

- 1/2 medium head cabbage
- 1 lb ground beef
- 1 large onion, chopped
- 1/2 C. rice (not instant)
- 1 can tomato soup mixed with 2/3 can water
- Salt & pepper to taste

Brown meat, onion, salt & pepper; drain & set aside. Chop cabbage & put into a large casserole. Layer rice, then meat mixture. Cover with soup & water mixture. Cover & bake at 350° for 90 minutes or until rice is tender.

Zucchini Casserole

- 1 C. shredded raw carrot
- 1 C. sour cream
- 1 can cream of chicken soup
- 1 T. chopped onion
- 2 C. cooked chicken
- 8 C. zucchini, sliced but not peeled
- 8 oz. seasoned stuffing mix
- 1/2 C. melted butter
- 1/2 C. shredded cheese

Combine first 5 ingredients. Cook zucchini in boiling water 5 minutes or until tender. Drain well; fold into mixture. Mix stuffing mix with melted butter. Reserve 1 C. crumb mixture; spread remaining crumbs in bottom of 13" x 9" baking pan. Spoon vegetable mixture over crumbs. Top with shredded cheese & remaining crumbs. Bake at 350° for 30 to 45 minutes.

Fresh Salsa

- 1/3 C. onions or scallions, minced
- 1/2 C. cilantro, finely chopped
- 4 medium tomatoes, finely chopped
- 2 T. Tabasco sauce
- 1 T. red wine vinegar
- 1 T. fresh lemon juice
- 1 garlic clove, minced

Combine all ingredients & refrigerate. You can adjust the amount of Tabasco sauce according to taste. It is better if you let the flavors blend for a while. This will keep well for 3 – 4 days refrigerated.

Rhubarb Slush

- 8 C. rhubarb, cut in pieces
- 8 C. water
- 3 C. sugar
- 1/4 C. lemon juice
- 3 oz. box strawberry gelatin
- Ginger Ale or lemon/lime soda

Cook rhubarb, water, sugar & lemon juice until rhubarb is well done. Strain, if desired. Add in strawberry gelatin. Freeze this mixture. To serve, mix half slush & half carbonated beverage.

Bumper Crop Tomato Salad

5 ripe medium tomatoes, cut into 1” pieces	¼ C. water	2 T. sugar
1 large green pepper, cut into 1” pieces	2 T. vinegar	1 T. salad oil
½ large Vidalia or other sweet onion thinly sliced	6 slices bacon, crisp-cooked, drained & crumbled	
Salt & pepper to taste		

In a bowl, toss together vegetables. Season with some salt & pepper. For vinaigrette: In a screw-top jar, combine water, sugar, vinegar & oil. Cover. Shake well. Pour over tomato mixture. Toss to coat. Cover; chill 1 to 4 hours, stirring gently once or twice. Just before serving, transfer to a serving bowl with a slotted spoon. Sprinkle with bacon. Makes six servings.

Potato Salad

2 lbs. small red potatoes, quartered	½ tsp. salt	¼ tsp. pepper
5 hard cooked eggs	1 large sweet onion, chopped	2 celery ribs, chopped
¾ C. mayonnaise	2 T. cider vinegar	½ C. green onions chopped,
2 T. cider vinegar	1 tsp. sugar	½ C. sweet red pepper, julienned
1 tsp. sugar	1 tsp. ground mustard	¼ C. fresh parsley, minced

Place potatoes in a saucepan & cover with water. Bring to a boil. Reduce heat; cover & simmer for 12-14 minutes or until tender. Drain & cool potatoes for 30 minutes. Chop eggs. In a large bowl, combine the mayonnaise, vinegar, sugar, mustard, salt, & pepper. Add the potatoes, eggs, sweet onion, celery, green onion, red pepper & parsley; toss to coat. Cover & refrigerate for 2 hours or until chilled. Makes 10 servings.

Cream Cheese Rhubarb Pie

¼ C. cornstarch	3 C. sliced fresh or frozen rhubarb (1/2” pieces)
1 C. sugar	1 unbaked pie shell (9”)
Pinch salt	
½ C. water	

Topping:	
1 pkg. (8 oz.) cream cheese, softened	½ C. sugar
2 eggs	Whipped cream
	Sliced almonds

In a saucepan, combine the cornstarch, sugar & salt. Add water & stir until thoroughly combined. Add rhubarb. Cook, stirring often, until mixture boils & thickens. Pour into the pie shell; bake at 425⁰ for 10 minutes. Meanwhile, for topping, beat cream cheese, eggs & sugar until smooth. Pour over pie. Return to oven; reduce heat to 325⁰. Bake for 35 minutes or until set. Cool. Chill several hours or overnight. Garnish with whipped cream & sliced almonds.

Cheddar Potato Chowder

2 C. water	1 tsp. salt
2 C. diced unpeeled red potatoes	¼ tsp. pepper
1 C. carrots, diced	¼ C. all-purpose flour
½ C. celery, diced	2 C. milk
¼ C. onion, chopped	2 C. (8 oz.) shredded cheddar cheese
	1 C. cubed fully cooked ham

In a Dutch oven, combine the first seven ingredients. Bring to a boil. Reduce heat; cover & simmer for 10-12 minutes or until tender. Place flour in a large saucepan; gradually whisk in milk. Bring to a boil over medium heat; cook & stir for 2 minutes or until thickened. Remove from heat. Add cheese; stir until melted. Stir the ham & the cheese sauce into undrained vegetables; stir until combined. Makes 7 servings.

Homemade Chocolate Zucchini Cake

4 oz. unsweetened chocolate squares	2 egg yolks	2 C. cake flour
½ C. milk	1 tsp. baking soda	½ tsp. salt
1 C. brown sugar	1 egg yolk	¼ C. water
1 egg yolk	1 C. grated zucchini	½ C. milk
1 C. grated zucchini	½ C. butter	1 tsp. vanilla
½ C. butter	1 C. sugar	2 egg whites, stiffly beaten

Cook the first five ingredients in a double boiler. Remove from heat when thickened. In a separate bowl, cream the butter, then beat in the sugar & egg yolks. To this add the flour, baking soda & salt (which have been sifted together) alternately with the water, milk, & vanilla (which have been mixed together). After batter is mixed well, fold in the egg whites. Bake in a greased 9” x 13” pan at 350⁰ for 25 minutes.

Cinnamon Apple Muffins

2 ¹ / ₃ C. all purpose flour	2 egg whites
1 C. plus 2 T. sugar, divided	1 C. 1% buttermilk
3 tsp. ground cinnamon, divided	1/3 C. 2% milk
2 tsp. baking powder	1/3 C. reduced fat ricotta cheese
1 tsp. baking soda	3 T. canola oil
½ tsp. Salt	2 tsp. vanilla extract
1 egg	1½ C. finely chopped, peeled tart apples

In a bowl, combine the flour, 1 C. sugar, 2 teaspoons cinnamon, baking powder, baking soda & salt. In another bowl, beat the egg, egg whites, buttermilk, milk, ricotta cheese, oil & vanilla. Stir into dry ingredients, just until moistened. Fold in apples. Coat muffin cups with nonstick cooking spray or use paper liners; fill ¾ full. Combine remaining sugar & cinnamon; sprinkle over batter. Bake at 400⁰ for 18-20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire rack.

End of the Garden Casserole

1 lb medium potatoes, thinly sliced	1 ½ C. (6 oz.) shredded mozzarella cheese
1 med. zucchini, thinly sliced	¼ C. grated Parmesan cheese
½ lb med. onions, thinly sliced	½ tsp. dried basil
1 small eggplant, peeled & sliced	½ tsp. salt
1 lb med. tomatoes, sliced	¼ tsp. pepper
	¼ C. water

Layer half of the first 10 ingredients in a 3 qt. baking dish coated with nonstick cooking spray. Repeat layers. Pour water over the top. Cover & bake at 375⁰ for 60-75 minutes or until tender. Uncover; bake 5 minutes longer or until lightly browned.

Almond Rhubarb Pastry

Pastry:	
3 C. all-purpose flour	1 C. shortening
1 T. baking powder	2 eggs, beaten
1 tsp. salt	¼ to 1/3 C. milk, divided
Filling:	
1 ½ C. sugar	6 C. rhubarb, chopped (fresh or frozen)
¼ C. quick cooking tapioca	
Topping:	
½ C. butter	2 T. milk
¾ C. sugar	½ tsp. vanilla extract
1 C. slivered almonds	

Combine flour, baking powder & salt; cut in shortening as for pie pastry. Mix eggs & ¼ C. milk; add to dry ingredients & stir with a fork, just until dough clings together. Add some or all of remaining milk, if necessary. Shape into a ball. Divide in half. On a floured surface, roll half of dough into a 17” x 12” rectangle. Transfer to a greased 15” x 10” x 1” baking pan. Combine filling ingredients; sprinkle over dough. Roll out remaining dough into a 15” x 10” rectangle. Place over filling. Fold bottom edge of dough over top layer of dough; press edges together to seal. Topping, in a saucepan, melt butter; add sugar & milk. Bring to a gentle boil; boil 2-3 minutes, stirring constantly. Remove from heat; stir in vanilla. Spread over pastry. Sprinkle almonds on top. Bake at 400⁰ for 20 minutes; reduce heat to 300⁰. Bake 30-40 minutes longer or until golden brown. Serve warm or cold. Makes 16-20 servings.

Rhubarb Upside Down Cake

4 C. rhubarb, diced	¾ C. water
1 (18 oz.) yellow cake mix	2 C. sugar
1 C. water	Dash of red food coloring
2 eggs	
Whipped topping or option:	
1 C. sour cream	½ tsp. cinnamon
1 T. powdered sugar	

Put rhubarb in 9’ x 13” pan. Mix cake mix, 1 C. water & eggs & spread over rhubarb. Mix ¾ C. water, sugar & food coloring & bring to a boil until sugar is dissolved. Spoon over cake mix. Bake at 350⁰ for 45-50 minutes. Cool 10 minutes. Invert on platter. Serve with whipped topping or sour cream topping; or serve plain.

Berry Berry Cake

1/3 C. cream cheese spread	1/3 C. sour cream
¾ C. sugar, divided	3 C. mixed fresh blueberries & raspberries, divided
2 egg whites	1 1/2 C. whipped topping,
2 tsp. grated lemon peel	divided
1 C. plus 2 tsp. flour, divided	
½ tsp. baking soda	

Preheat oven to 350⁰. Beat cream cheese spread & ½ C. of the sugar in large bowl with electric mixer on medium speed until well blended. Add egg whites & lemon peel; mix well. Mix 1 C. of the flour & baking soda. Add to cream cheese mixture alternately with sour cream, beating well after each addition. (Do not over mix.) Spray a 9” springform pan with cooking spray; spread cream cheese mixture onto bottom & 1” up side of prepared pan. Toss 2 cups of the berries with remaining ¼ C. sugar & remaining 2 teaspoons flour; spoon over the cream cheese mixture in pan to within ½” of edge. Bake 40 to 45 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes before removing rim of pan. Top with 1 cup berries. Top each serving with 2 T. whipped topping. Makes 12 servings.

Twisted Strawberry Shortcake

2 pkgs. (4 serving size each) pudding & pie filling	1/3 C. orange juice or orange-flavored liqueur
2 C. thawed whipped topping	3 C. sliced fresh strawberries
1 quart (4 cups) cold milk	5 squares white baking chocolate, grated
1 pkg. (12 oz.) store-bought angel food cake, cut into ½” cubes	

Prepare pudding mixes with milk as directed on package. Gently fold in whipped topping. Place cake cubes in large bowl. Drizzle orange juice over cake; then toss to coat. Place half of the cubes in deep glass serving bowl; cover with layers of half each of the pudding mixture, strawberries & grated chocolate. Top with layers of remaining cake cubes, pudding, strawberries & grated chocolate. Refrigerate at least 30 minutes or until ready to serve. Variation: semi-sweet baking chocolate also works well in this recipe. Makes 20 (1/2 C.) serevings.

Grilled Steak & Parmesan Salad

1 boneless beef sirloin steak (1 lb), ½ inch thick	2 medium tomatoes, cut into wedges
1 C. Italian salad dressing, divided	1 medium zucchini, chopped
1 bag (10 oz.) mixed salad greens (about 10 cups)	¼ C. grated Parmesan cheese

Place steak & ½ C. dressing in a resealable plastic bag; seal bag. Marinate in refrigerator 30 minutes. Remove steak from marinade, discard marinade. Grill or broil steak 5 to 10 minutes on each side or until cooked through. Cut steak across the grain into thin slices. Toss greens with tomatoes, zucchini, & remaining ½ C. dressing. Place on serving platter. Top with steak slices; sprinkle with cheese. Makes 4 servins.

Broccoli With Cheese Sauce

4 T. butter	Salt & pepper (to taste)
2 T. flour	1 C. seasoned bread crumbs
1½ C. milk	1 lb fresh broccoli or 2 (10 oz.)
2 oz. sharp cheese, grated	pkgs. frozen
1 (3 oz.) pkg. cream cheese	

Variables: You can use carrots, cauliflower, peas, green beans, or any combination. Cook broccoli until done, drain & set aside in buttered casserole dish. In a heavy skillet, melt 2 T. butter. Blend into it ¼ tsp. salt, pepper & flour. Add milk & stir with wire whisk until smooth. Cook until thick. Blend in cream cheese & then add sharp cheese. Stir until melted & smooth. Pour over broccoli & add bread crumbs on top. Bake at 350⁰ for 45 minutes.