

# FAVORITE FRUIT & VEGETABLE RECIPES

2006 Edition



## WOMEN’S COMMITTEE

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**\*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 & vegetables & other farm products. We hope you enjoy these recipes & will patronize the local fruit & vegetable growers

## Peaches ‘n Crème Pie

1 1/2 C. finely crushed vanilla wafers	3/4 C. boiling water
1/3 C. butter, melted	2 C. ice cubes
1 pkg. (4-srvg.) orange gelatin	1 1/2 C. thawed whipped topping
	1 C. chopped, peeled peaches

Combine crumbs with butter. Press firmly onto bottom of 9” pie plate. Stir gelatin into boiling water until completely dissolved; add ice cubes. Stir until gelatin thickens; remove any unmelted ice. Add whipped topping; stir with wire whisk until well blended. Gently stir in peaches. Refrigerate 15 minutes to thicken (consistency of unbeaten egg whites) so you can pile the filling high. Spoon into crust & refrigerate 3 hours, until set. Makes 8 servings.

## Company Mashed Potatoes

5 lbs. potatoes	8 oz. cream cheese
1 pint sour cream	1/4 lb. butter or margarine

Peel, cut up, & boil potatoes until tender. Drain & mix with other ingredients in mixing bowl with electric mixer. Spoon potatoes into a greased 2 quart casserole dish. Reheat at 375<sup>0</sup> for 45 minutes or until heated through. These can be made ahead & refrigerated.

## Broccoli Potato Supreme

3 C. hot mashed potatoes	1/4 tsp. pepper
3 oz. cream cheese, room temperature	1 can French fried onion rings, divided
1/4 C. milk	4 1/2 C. broccoli florets
1 egg	1 C. (4 oz.) cheddar cheese, shredded
2 T. butter, room temperature	
1/2 tsp. salt	

In medium size bowl, combine the first seven ingredients, beat until smooth. Fold in 1/2 of the onions. Spread in bottom & up sides of a greased 9” x 13” baking dish. Form into a shell. Bake uncovered at 350<sup>0</sup> for 20-25 minutes or until edges are brown. Cook broccoli in small amount of water until tender, drain. Place in potato shell & sprinkle with cheese & remaining onions. Bake 10 more minutes. Yields 8 servings.

## Broccoli Onion Deluxe

1 lb. broccoli cut into 1” pieces	2 T. flour
3 medium onions, quartered	1 C. milk
1/4 tsp. salt	3 oz. cream cheese, room temperature
dash of pepper	Cheddar cheese, shredded
2 T. butter	

Cook broccoli in boiling, salted water until crisp tender – drain. Cook onions in boiling, salted water until tender – drain. Melt butter in sauce pan. Mix flour, salt & pepper. Then blend dry ingredients into melted butter. Add milk. Cook & stir constantly until thick & bubbly. Reduce heat. Blend in cream cheese until smooth. Put vegetables into greased casserole. Pour sauce over vegetables & mix lightly. Bake covered at 350<sup>0</sup> for 30 min. Top with cheddar cheese. Return to oven & bake uncovered until cheese is melted. Serves 6.

## Beef & Cabbage Casserole

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

Chop cabbage into large casserole. Brown beef & onion; drain. Add rice. Spread meat, onion, & rice mixture over cabbage. Top with tomato soup/water mixture. Cover & bake at 350<sup>0</sup> for 90 minutes or until rice is tender.

## Tomato Pie

9” frozen pie crust	1 tsp. dried oregano
2 to 3 C. shredded Monterrey Jack cheese or whatever cheese you like	1 tsp. dried basil
2 ripe tomatoes, sliced lengthwise & then cut into thin wedges	2 green onions, chopped (include the greens)
	3 T. Italian seasoned bread crumbs
	3 T. olive oil

Prick pie shell with fork & bake for about 10 minutes in a 425<sup>0</sup> oven, do not brown. Cool shell. Spread cheese in pie shell, evenly. Lay tomatoes on top of cheese in a circle overlapping. Sprinkle onions, then basil, oregano over tomatoes. Salt & pepper to taste. Sprinkle breadcrumbs over all then drizzle with olive oil. Bake 20 minutes. Remove, cool, & slice.

## Apple Dessert

4 C. sliced apples	1 tsp. cinnamon
1/2 tsp. salt	1 C. white sugar
1 C. flour	1/2 C. butter

Butter shallow baking dish (8”x8”). Put in apples. Sprinkle salt over apples. Mix flour, sugar, cinnamon, & butter until crumbly. Spread over apples. Bake uncovered at 400<sup>0</sup> for 40 minutes.

## Summer Brownie Treat

Top a pan of brownies with whipped cream topping. Arrange slices of strawberries & blueberries over the whipped cream.

## Cooked Carrot Cookies

1 C. sugar	2 C. flour
1/2 C. shortening	1/4 tsp. salt
1 C. mashed, cooked carrots	2 tsp. baking powder
1 egg	2 T. grated orange rind

Preheat oven to 350<sup>0</sup>. Grease baking sheets. Cream sugar & shortening until light & fluffy. Add carrots & egg; beat until mixed. Sift together dry ingredients into mixture. Mix. Stir in orange rind. Drop dough by teaspoon, 2” apart. Bake for 10 – 15 minutes. Makes 4 dozen cookies.

## Apple Raspberry Pie

1 pkg. pie crust from refrigerated case	1 tsp. ground cinnamon
6 tart apples, peeled & sliced	1/4 tsp. ground nutmeg
1 1/2 T. lemon juice	1/4 tsp. ground cloves
1/2 C. granulated sugar	1 C. red raspberries
2 T. all-purpose flour	1 tsp. granulated sugar

Preheat oven to 425<sup>0</sup>. In a mixing bowl, peel, core, & slice apples; toss with lemon juice. In a separate mixing bowl, blend together 1/2 cup sugar with flour, cinnamon, nutmeg, & cloves. Add to the apples & toss until evenly coated. Add red raspberries & toss lightly. Reserve 1/3 of the dough. Roll remaining dough into a circle 5” larger than the pie plate. Fit into the pie plate & trim the overhang to 1”. Spoon in the apple mixture. Roll remaining dough & crimp. Sprinkle 1 tsp. sugar on the crust & cut slits in the center. Bake for 10 minutes, lower the temperature to 400<sup>0</sup> & bake for 40 minutes. Cool. Makes 8 servings.

## Black-Eyed Pea Salad

1 lb. dried black-eyed peas	1/4 C. diced red onion
1/4 C. diced yellow bell pepper	1/4 C. diced celery
1/4 C. diced green bell pepper	1/2 – 1 C. Italian dressing
1/4 C. diced red bell pepper	salt & pepper to taste

Pick over black-eyed peas, discarding any misshaped peas or grit. Rinse in cold water & place in large bowl with water to cover generously. Allow to soak overnight at room temperature. Drain peas & place in a large pan with water to cover generously. Bring to a boil & reduce heat to low. Simmer, partly covered until peas are tender but still firm, 1 to 1 1/2 hours. Drain well & place in a large bowl – let cool. Add peppers, onion & celery & toss to mix. Add salad dressing & mix gently. Season to taste with salt & pepper. Makes 10 – 12 servings.

## Maple Sweet Potatoes

6 sweet potatoes	1/2 C. maple syrup
1 T. butter	1 tsp. salt
1 C. apple juice	1/2 C. water

Boil 6 potatoes until nearly tender. Peel & slice into baking dish. Heat remaining ingredients to the point of boiling & pour over potatoes. Bake at 300<sup>0</sup> for 1 hour. Serves 4 – 6.

## Crab Deluxe Pasta Salad

8 oz. crab, chopped	1 C. broccoli florets, blanched
1/3 C. mayonnaise	1/2 C. diced green pepper
1/4 C. Italian dressing	1/2 C. chopped tomato
2 T. Parmesan cheese	1/4 C. sliced green onion
1 1/2 C. rotini, cooked, drained	

Combine first 3 ingredients. Mix well. Add remaining ingredients; toss, chill & serve.

## Potatoes Au Gratin Bread

4 pkg. yeast	2 tsp. dill weed
4 T. sugar	1/4 tsp. cayenne pepper
1 C. warm water	8-10 C. white flour
2 C. half & half	4 C. shredded raw potatoes
6 T. butter, melted	2 C. shredded Cheddar cheese
2 T. salt	4 T. butter, melted

In large bowl, mix yeast, sugar, & water. After 10 minutes (foamy) add half & half, butter, salt, dill, pepper, & 5 cups flour. Beat to mix well. Stir in potatoes, cheese, & additional flour. Knead 10 minutes. Place in greased bowl; turn to grease top. Cover; let rise in warm place until light & double. Punch down; shape loaves. Cover & let rise until double (about 30 minutes). Before baking, brush top with melted butter. Bake at 400<sup>0</sup> for 35 – 40 minutes. Makes 4 (2 pound) loaves.

## Norwegian Parsley Potatoes

2 lbs. small red new potatoes	1/4 C. chopped fresh parsley
1/2 C. butter	1/4 tsp. dried marjoram

Cook potatoes in boiling salted water for 15 minutes or until tender. Cool slightly. With a sharp knife, remove one narrow strip of skin around the middle of each potato. In a large skillet, melt butter, add parsley & marjoram. Add the potatoes & stir gently until coated & heated through. Makes 6 – 8 servings.

## Eggplant Parmesiani

medium eggplant	salt & pepper to taste
1 jar pasta sauce	8 oz. mozzarella cheese, thinly sliced or grated
1 tsp. oregano	Parmesan or Romano cheese
1 tsp. basil	

Peel & slice eggplant fairly thin. Steam until very tender; drain if boiled in water. Combine sauce & seasonings. In a 1 1/2 quart dish, layer sauce, eggplant, cheese, beginning & ending with sauce, until all is used up. Parmesan or Romano cheese may be sprinkled on top or also between layers. Bake at 350<sup>0</sup> for 20 min. or until bubbly.

## Squash & Pecan Casserole

3 1/2 C. acorn squash, cooked & mashed	1 T. lemon juice
1/2 C. coarsely chopped pecans	1 tsp. salt
1/3 C. honey	1/2 tsp. nutmeg
1/4 C. butter, melted	1/4 tsp. ground cloves
grated rind of 1 lemon ( 2 T.)	whole pecans for garnish
	1/8 tsp. pepper

Combine all ingredients except whole pecans. Blend thoroughly. Spoon into greased 1 1/2 quart casserole. Top with whole pecans. Bake in 375<sup>0</sup> oven for 20 to 30 minutes. Serves 6 – 8.

## Okra Medley

1 1/2 C. sliced summer squash	pepper to taste
1 1/2 C. okra, cut into 1/2” slices	3 T. butter
1 C. thinly sliced pared carrots	1 bunch scallions
1 1/4 tsp. salt	

If squash is large, cut in half lengthwise; then slice. Cook squash, okra & carrots with salt in 1” boiling water, covered, about 7 minutes. Meanwhile, cut scallions (green tops & all) into 1” pieces- add to okra; cook 3 – 5 minutes or until all vegetables are just tender crisp. Serve with pepper, butter, & more salt if needed. Serves 4.

## Chinese Cabbage Salad

6 T. oil	1 pkg. sliced almonds (1/2 cup)
1/4 C. sugar	1 oz. jar Sesame seeds
1/4 C. vinegar	1 medium head cabbage or Chinese cabbage, chopped fine
1 T. soy sauce	1 or 2 bunches green onions (use tops too)
3 T. butter	
2 pkg. Ramen noodles	

Mix in saucepan oil, sugar, vinegar, & soy sauce. Boil one minute. Cool. Sauté 3 tablespoons butter, Ramen noodles (don’t use noodle sauce packet), & sesame seeds. Stir constantly until golden brown. Mix all ingredients together just before serving.

## Baked Pork Chops with Apple Slices

3 T. flour	1/4 C. water
1 1/2 tsp. salt	1 C. current jelly
1/2 tsp. pepper	3 to 4 unpeeled green, tart apples sliced thin
6 bone-in pork chops (1 ½” thick)	

In shallow bowl, combine flour, salt & pepper. Coat pork chops with flour mixture & place in ungreased 15” x 10” baking dish; add water to pan. Bake uncovered at 350<sup>0</sup> for 1 hour or until meat thermometer reads 160<sup>0</sup>. In a large skilled, melt jelly then add apples. Cook over low heat 5 to 7 minutes or until apples are tender, turning occasionally. Serve with pork chops. Makes 6 servings.

## Zucchini and Tomato Casserole

6 zucchini, sliced crosswise	1/2 C. grated sharp cheese
6 medium tomatoes, peeled & sliced	salt & pepper to taste
1/2 large sweet onion, sliced	1/2 stick butter
3/4 C. cracker crumbs	3 T. brown sugar

Alternate layers of zucchini, tomatoes, & onion in a buttered casserole sprinkling each layer with crumbs, cheese, salt & pepper, & dotting with bits of butter. Sprinkle the brown sugar over the tomato layer only. The top layer should be cheese. Bake at 350<sup>0</sup> for 1 hour & 15 minutes. Serves 4 – 5.

## Chicken & Broccoli Casserole

1 lb. broccoli pieces, cooked & drained	1/2 C. milk
1 1/2 C. cooked chicken – cut up	1/2 C. shredded cheddar cheese
1 can cream of broccoli soup	2 T. bread crumbs
	butter

Place broccoli in bottom of 1 1/2 quart casserole. Top with chicken. Pour soup/milk mixture over chicken. Top with cheese, sprinkle with bread crumbs, & dot with butter. Bake at 350<sup>0</sup> for 10-15 minutes.

## Gazpacho Salad

4 large tomatoes, cubed	Dressing
1 large cucumber, chopped	1/3 C. cider vinegar
1 C. chopped red onion	1 T. olive or canola oil
1 C. chopped green pepper	2 garlic cloves, minced
1/3 C. minced fresh basil or parsley	1/2 tsp. salt
	1/2 tsp. pepper
	1/2 tsp. sugar

In a large bowl, combine the first five ingredients. In a small bowl, whisk the dressing ingredients. Pour over vegetables & toss to coat. Cover & chill for at least 1 hour. Makes 12 servings.

## Apple Chicken Salad

1/2 C. fat-free yogurt	3 C. cooked chicken, diced
1/4 C. orange juice	2 C. celery, finely sliced
1/2 C. apple jelly, melted	3 apples, unpeeled & diced
1/4 tsp. salt (optional)	1/2 C. pecan, coarsely chopped,
1 T. lemon juice	

In a large bowl, mix yogurt, orange juice, melted jelly, & lemon juice. Add chicken, celery, & apples. Toss gently to coat all pieces. Season with salt. Chill until ready to serve. Sprinkle with pecans & serve on a bed of romaine lettuce.

## Vegetable Pie

1 1/2 C. milk	2 C. chopped, fresh broccoli
3/4 C. biscuit mix	1/2 C. chopped onion
3 eggs	1/2 C. chopped green pepper
1 tsp. salt	1/2 C. chopped cauliflower
1/4 tsp. pepper	1 C. grated cheddar cheese

In medium bowl, thoroughly blend milk, biscuit mix, eggs, salt, & pepper. Set aside. Heat oven to 400°. Lightly grease 10” pie plate. Cook vegetables about 5 minutes – drain well. Toss the vegetables with cheese in pie plate. Pour batter over vegetables & bake for 35 to 40 minutes or until knife inserted in center comes out clean. Let stand 5 minutes before serving.

## Garden Vegetable Frittata

1 T. each olive oil & butter	1 C. shredded Gruyere or sharp cheddar cheese
3 small red potatoes, cut into 1/4” thick slices	1 tsp. salt
1 small red onion, thinly sliced	1/2 tsp. black pepper
1 small zucchini, cut into 1/4” thick rounds	10 large eggs, lightly beaten
1 small red bell peppers, diced	1/4 C. cream cheese, small pieces
1 C. firmly packed fresh baby spinach leaves, washed	1 T. chopped fresh rosemary

Preheat oven to 400<sup>0</sup>. In 12” ovenproof, non-stick skillet, heat oil & butter over medium high heat. Add potatoes & onion; cook, stirring occasionally, 10 to 12 minutes, until lightly brown & crispy. Add zucchini & bell peppers; cook 3 to 4 minutes, until zucchini is lightly cooked. Add spinach; cook 1 minute, until wilted. In bowl, whisk Gruyere, salt, pepper & eggs; pour over vegetables in skillet. Remove skillet from heat. Gently shake skillet to move eggs through vegetable mixture. Scatter cream cheese over egg-vegetable mixture. Top with rosemary. Place skillet in oven. Bake 18 to 20 minutes, just until eggs are set. Remove from oven. Cut into 6 wedges. Serve immediately or let cool to room temperature. (Frittata can be made up to 2 hours in advance.) Makes 6 servings.

## Mexicali Stuffed Peppers

4 green peppers	1/2 tsp. ground cumin
1/2 lb. ground beef	1 1/4 C. salsa
1 medium onion, chopped	1 C. fresh whole kernel corn
12 cloves garlic, minced	1/2 C. chopped cilantro
2 C. cooked long-grain rice (cooked with salt or fat)	1 C. shredded Cheddar cheese

Cut tops off peppers; remove & discard seeds & membranes. Trim stems from tops, & discard. Chop pepper tops; set aside. Arrange pepper shells in baking dish. Cover with heavy-duty plastic wrap, & vent. Microwave at high 7 minutes, rotating dish every 2 minutes (pepper shells may be precooked in a steamer basket over boiling water. Cover & steam 5 minutes; drain well). Combine meat, onion, garlic, & chopped pepper tops in a large non-stick skillet; cook over medium heat until meat is thoroughly heated, stirring occasionally. Stir in rice, cumin, salsa, corn, & cilantro. Spoon mixture evenly into pepper shells; place shells in an 8” baking dish. Bake at 350° for 20 minutes; sprinkle evenly with cheese & bake another 5 minutes or until cheese melts. Yields 4 servings.

## Tomato Basil Pasta

1 lb. fettuccine pasta	1 – 2 pints cherry tomatoes or 4 - 5 large Roma tomatoes
olive oil for frying	1/2 C. chopped, fresh basil leaves
1 – 3 cloves garlic, chopped	1/2 C. Parmesan cheese

Cook pasta, drain, & keep warm. Sauté the next 3 ingredients in olive oil. Toss with pasta, top with Parmesan cheese. Serves 4-6.