

## Shells and Tomato Salad

3 c. uncooked large shell pasta  
1 can (14.5 oz) diced tomatoes, drained  
1 can (2 ¼ oz) sliced ripe olives, drained  
¼ c. each: sliced green onions, diced green bell pepper, diced yellow bell pepper and thinly sliced carrots

½ c. Italian salad dressing  
2 T grated Parmesan cheese (optional)

Cook pasta to desired doneness as directed on package. Drain; rinse with cold water to cool. In a large bowl, combine cooked pasta and all remaining ingredients; mix well. Sprinkle with cheese, if desired. Makes 6 servings.

## Zesty Seafood Salad

½ c. Reduced fat mayo  
2 T chopped red onion  
1 ½ T fresh dill, finely chopped  
2 tsp lime juice

2 c. imitation crab  
½ c. chopped celery  
½ c. chopped cucumber

Combine first four ingredients. Stir in remaining ingredients. Season with salt and pepper. Chill.

## Fried Green Tomatoes

1 egg  
2 Tbsp. milk  
1 c. all-purpose flour  
½ tsp. salt  
¼ tsp. pepper

4 medium green tomatoes, cut into ¼-inch slices  
¼ c. vegetable oil  
1 Tbsp. butter

1. In a shallow bowl, beat egg and milk. In another shallow bowl, combine the flour, salt and pepper. Pat tomatoes dry. Dip in egg mixture, then coat with flour mixture.
2. In a large skillet, heat oil and butter over medium-high heat until butter is melted. Fry tomato slices, four at a time, for 2-3 minutes on each side or until golden brown. Drain on paper towels. Serve immediately. Servings: 6

## Sweet Potato Casserole

4 cups mashed sweet potatoes  
1 cup almonds, chopped  
1 cup mashed bananas

½ stick butter  
½ tsp. salt  
1 tsp. cinnamon

Blend all ingredients. Bake at 400° for 30 minutes or until light brown.

## Delicious Asparagus

1 bunch of asparagus, wash, cut ends off  
Bottle of Italian dressing

Marinate asparagus for several hours in the refrigerator. Take asparagus out of dressing. Broil, grill or fry in small amount of olive oil just till tender for approx. 5 min. Serve hot. Serves: 4-6

## Marinated Green Beans

6 c. fresh green beans, ends trimmed  
¼ c. basil or red wine vinegar  
¼ c. chopped mixed herbs, such as parsley, basil, thyme

2 shallots, finely chopped  
1 clove garlic, minced  
¼ tsp. salt  
black pepper, to taste  
½ c. extra-virgin olive oil

Heat salted water to a boil in a large saucepan over high heat. Add beans; cook until just tender – 4 to 5 minutes. Drain. Whisk together the remaining ingredients in a medium bowl. Add warm beans; toss to coat. Let stand at room temperature for up to 1 hour for flavors to blend. Adjust seasoning, if needed. Serve at room temperature or heated.

Serves: 6

## Apple Fritters

1 ½ c. flour  
1 Tbsp. sugar  
1 Tbsp. baking powder  
3 c. apples, chopped and peeled

¾ c. milk  
1 Tbsp. heated salad oil  
2 beaten eggs  
powdered sugar

Combine dry ingredients. Add milk, salad oil, and apples. Stir until moistened. Drop batter by teaspoonful into ½ inches of hot oil. Cook until brown, 3-4 minutes on each side. Drain and roll in powdered sugar. Makes about 3 dozen.

## Creamy Ham and New Potato Soup

12 ounces tiny new potatoes, quartered (2 c.)  
1 c. water  
1 c. chopped carrot  
½ c. chopped onion  
½ c. chopped celery  
¼ tsp. dried thyme or basil, crushed, or dried dill  
¼ tsp. white or black pepper  
1 ½ c. half-and-half, light cream, or milk

1-10 ¾ oz. can reduced-fat and reduced-sodium condensed cream of celery or cream of mushroom soup  
1 c. cubed cooked ham  
¾ c. shredded American cheese (3 oz.)  
Snipped fresh chives (optional)  
Coarsely cracked black pepper  
Shredded American cheese

Step 1: In a large saucepan combine potatoes, water, carrot, onion, celery, thyme, and pepper. Bring to a boil; reduce heat. Simmer, covered, for 10 to 15 minutes or until potatoes are tender.

Step 2: Stir in half-and-half, soup, and ham; heat through. Do not boil. Reduce heat to low. Add cheese, stirring until melted.

## Amaretto Fruit Dip

8 oz. cream cheese, softened  
1 c. powdered sugar

¼ c. Amaretto  
red food coloring

Combine cheese and sugar. Add Amaretto slowly, mixing well. Add 3 to 4 drops of food color. Serve with apple and pear slices.

## Acorn Squash

2 Tbsp. olive oil  
2 acorn squash  
1 small onion, cut coarsely

½ tsp. Rosemary  
sprinkle salt & pepper  
1-2 Tbsp. Balsamic vinegar

Acorn squash: washed, cut in half, remove seeds, then lightly coat with olive oil.

Bake acorn squash cut side down in 400° oven for approx. 25-30 minutes, until tender. Remove squash from oven. Lightly fry onion in olive oil for several minutes till golden. Scoop out spoon size chunks from acorn squash and place in frying pan with onion; add salt & pepper & Rosemary; & fry for several minutes, stirring. Drizzle Balsamic Vinegar over all and serve.

Serves: 4-6

## Cucumber Onion Dip

2 cucumbers, seeded & chopped  
2-8 oz. cream cheese

½ c. finely chopped onion  
Garlic salt to taste

Mix all together and let set overnight. If too thick, add mayonnaise to desired consistency. Serve with crackers.

## Harvard Beets

¾ c. sugar  
2 tsp. cornstarch  
1/3 c. vinegar  
1/3 c. water

4 c. cooked beets, sliced or diced  
3 Tbsp. butter  
¼ tsp. salt  
1/8 tsp. pepper

Combine sugar and cornstarch, add vinegar and water, and boil for 5 minutes. Add the beets and simmer for ½ hour. Add butter and season with salt and pepper. Serve.

## Apple Coffeecake

½ c. butter  
1 c. sugar  
2 eggs  
1 c. sour cream  
2 c. flour  
1 tsp. baking soda  
1 tsp. baking powder  
½ tsp. salt  
4 apples, peeled & sliced

Topping:  
½ c. sugar  
½ c. chopped nuts  
1 tsp. cinnamon

Grease a 12 c. Bundt pan. Cream butter and sugar. Add eggs and sour cream, beating well. Combine dry ingredients and add to sour cream mixture. Spread half of the batter in pan. Sprinkle with 1/3 of the topping. Arrange apple slices over topping. Sprinkle with another 1/3 of the topping. Pour on remaining batter & sprinkle with remaining 1/3 of topping.

Bake 375° for 40 to 50 minutes.

# FAVORITE FRUIT & VEGETABLE RECIPES

2007 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, vegetables and other farm products. We hope you enjoy these recipes and will patronize the local fruit and vegetable growers.

## Zucchini Nut Bread

2 c. sugar	Sift together:
3 eggs	3 c. flour
1 c. oil	1 tsp. salt
2 c. grated zucchini	1 tsp. soda
3 tsp. vanilla	¼ tsp. baking powder
	3 tsp. cinnamon
	1 cup nuts

Mix dry ingredients. Add remaining ingredients. Pour into 2 regular sized loaf pans or 4 smaller sized pans (greased and floured). Bake at 350<sup>o</sup> for 45-60 minutes (according to pan size).

## Pickled Beets and Eggs

6-12 hard-cooked eggs, peeled	2 tsp. salt
8 small beets, cooked, peeled, and quartered, or one 15-ounce can whole beets, drained	2 tsp. sugar
	1 tsp. yellow mustard seeds
	½ red onion, sliced
	1 ½ c. water

1 ½ c. apple cider vinegar

- Place the eggs and beets in a glass container or jar with a tight-fitting lid.
- Place the remaining ingredients in a small saucepan and bring to a boil for 3 minutes. Remove from heat and let cool to lukewarm.
- Pour the contents of the pot over the eggs and beets. Refrigerate for at least a day. Eat within two weeks.

## Red Cabbage and Apple Salad

1 qt. shredded red cabbage	1 tsp. salt, pepper to taste
2 Tblsp. brown sugar	3 Tblsp. butter
½ tsp. mustard	2 Tblsp. vinegar
½ c. sour cream	1 c. apples quartered and sliced

Melt the butter in a saucepan. Add the cabbage and apple. Stir until the butter coats the mixture and there are signs of softening, but the mixture is not really cooked. Add the vinegar, sugar, seasonings, and mustard. Simmer another 2 minutes, then stir in the sour cream. Serve hot.

## Apple-Stuffed Acorn Squash

3 acorn squash	3 tart red apples
½ c. maple syrup	¼ c. butter, melted
1 c. broken cashew nuts	

Wash squash. Cut in half lengthwise. Scoop out seeds and stringy material. Wash, core, and dice unpared apples. Combine with remaining ingredients.

Fill squash halves with apple mixture. Brush surface with additional melted butter. Put in baking dish and pour boiling water in dish ½” deep.

Cover dish with foil. Bake in preheated 400<sup>o</sup> oven for 45 minutes. Uncover and bake an additional 10 minutes. Test the squash with a fork to make sure it’s tender.

Serves: 6

## Corn Soup

2 red peppers, whole	3-4 c. corn niblets, thawed if frozen
2 Tblsp. vegetable oil	
1 med. onion, finely chopped	3 c. chicken stock
Salt and ground pepper	2/3 c. light cream

- Dry-fry the peppers in a griddle over medium heat, turning them frequently until the skins are blistered all over. Place them in a strong plastic bag and tie the top to keep the steam in. Set aside for 20 minutes, then remove the peppers from the bag and peel off the skin.
- Cut the peppers in half and scoop out the seeds and cores. Set one aside. Cut the other into ½” pieces.
- Heat the oil in a large saucepan. Add the onion and sauté over low heat for about 10 minutes, until it is translucent and soft. Stir in the diced pepper and corn and cook for 5 minutes over medium heat.
- Spoon the contents of the pan into a food processor, pour in the chicken stock and process until almost smooth. (This processing can be done in batches if necessary.)
- Return the soup to the pan and reheat it. Stir in the cream with salt and pepper to taste. Core, seed, and cut the reserved pepper into thin strips and add half of these to the pan. Serve the soup in heated bowls, garnished with remaining pepper strips.

Serves: 6

## Pineapple Carrot Cake

3 c. flour	1 tsp. pumpkin pie spice
2 c. sugar	1 c. grated carrots
1 ½ c. oil	1 c. raisins
3 eggs	¾ c. coarsely chopped walnuts
1 ½ tsp. baking soda	½ tsp. salt
1 ½ tsp. vanilla	1-8 oz. crushed pineapple

Sift flour, sugar, baking soda, salt and spice into large mixing bowl. Make well in center, pour in oil.

Add unbeaten eggs, begin to mix in mixer, then add crushed pineapple and grated carrots, mix about 4 min.

Add raisins and nuts. Pour into greased and floured 9x13x2 in. pan, bake at 350<sup>o</sup> for 50 to 60 min.

Frost if desired.

## Apple-Pear Salad

½ c. mayonnaise	1 large pear, diced
2 Tblsp. lemon juice	1 c. thinly sliced celery
2 Tblsp. milk	½ c. chopped walnuts
¼ tsp. salt	½ c. dark seedless raisins

1 medium red apple, diced

About 20 minutes before serving:

In medium bowl, with fork, mix mayonnaise with lemon juice, milk and salt until well blended. Add remaining ingredients and toss gently. Serves: 6

## Squash and Apple Bake

2 butternut squash, washed	1 tsp. salt
½ c. brown sugar, packed	½ tsp. cinnamon
¼ c. butter, melted	2 baking apples, cored & cut into ½” slices
1 Tbsp. flour	

Heat oven to 350<sup>o</sup>. Cut each squash in ½. Remove seeds and fiber. Pare the squash, and cut into ½” slices.

Stir together the next five ingredients for the topping. Arrange the squash in ungreased baking dish (11 1/2” x 7 1/1” x 1 ½”). Top with apple slices. Sprinkle with the topping. Cover with foil.

Bake 50 to 60 minutes or until squash is tender. Serves: 6

## Chow Mein Casserole

1 lb. hamburger	2 c. chopped celery
½ lb. pork sausage	4 tsp. Soy sauce
2-med. onions diced	1 can cream of mushroom soup
1 c. water	1 can cream of chicken soup
1 c. raw rice	1 can/bag chow mein noodles

Add salt to taste

Add whole button mushrooms for fancy serving. Combine all ingredients (except noodles). Bake in buttered casserole 1 ½ hrs. at 350<sup>o</sup>. Add noodles on top and bake ½ hour.

## Apple Date Cake

1 c. flour	1 c. chopped dates
1 tsp. cinnamon	1 c. chopped nuts
1 c. sugar	2 c. diced apples
½ tsp. salt	¾ c. oil
1 tsp. baking soda	3 eggs

Mix dry ingredients in left column. Add dates, nuts and apples. Stir to coat. Then mix in oil and eggs.

Pour into greased & floured 8x12 pan. Bake at 350<sup>o</sup> for 1 hour.

## Hearty Salad

1 small can shrimp	7 oz. pkg. macaroni
½ green pepper, chopped	½ c. cottage cheese
3 sweet pickles, chopped	½ tsp. salt
½ c. mayonnaise	1/8 tsp. pepper
½ small onion, chopped	1 hard cooked egg

Blanch the cooked elbow macaroni with cold water and chill. Mix all ingredients except mayonnaise and egg. Add mayonnaise and chopped hard boiled egg. Mix together.

## Catalan Style Spinach

2-3 c. fresh spinach, washed, dried and stemmed	1/3 c. raisins
¼ large sweet red or yellow onion, then halved	¼ c. toasted pine nuts
2 garlic cloves, minced	½ -1 Tblsp. extra virgin olive oil
	½ tsp. fresh lemon juice
	Salt and freshly ground pepper, to taste

Note: The ingredients may sound unusual, but when combined, make a super delicious side dish or first course to serve two people.

In a medium size skillet, sauté onions, and garlic in olive oil on low to medium heat until translucent and starting to caramelize or turn light brown. Add raisins. Stir to combine.

Add spinach leaves and stir briefly to combine. Cook briefly, until spinach is barely wilted. Add salt & pepper to taste; sprinkle with lemon juice and pine nuts. Serve and enjoy!

## Favorite Spinach Salad

Dressing:	Salad:
1 Tblsp. fruit-flavored vinegar	3 c. washed and stemmed fresh spinach
1 tsp. sugar	½ c. wiped, sliced, fresh mushrooms
2 tsp. extra virgin olive oil	¼ of a large red pepper, sliced thin
Salt & pepper to taste	¼ of a large red onion, sliced paper thin
	1 small can mandarin oranges, drained
	**1 Tblsp. toasted pine nuts

\*\* Toast pine nuts (in 350<sup>o</sup> oven) on baking sheet. Bake approx. 6 min. until golden brown. Cool.

In the bottom of a large bowl, using a whisk, combine all of the dressing ingredients. Add first five salad ingredients and toss to coat. Sprinkle w/ toasted pine nuts and serve immediately.

(You can make the salad and dressing ahead of time but put the dressing on when ready to serve.)

## Sausage and Potato Pie

6 sweet Italian Sausages	½ tsp. Rosemary
5 med. potatoes (peeled & ¼ inch slices)	1 clove garlic, diced
4 Tblsp. olive oil	Salt and pepper to taste
	1 ½ c. Ricotta cheese
	4 oz. shredded Mozzarella cheese

Place sausage in skillet with water, cook till water evaporates. Turn and brown sausage in own grease, remove and cool in bowl. Slice sausage into rounds and set aside. Combine oil and spices; add potatoes and toss. Grease a 10” pie pan or 9x13 cake pan. Layer sausage, potatoes, Ricotta cheese alternating - finishing with potatoes slices. Bake for 1 hour at 350<sup>o</sup>. Last 15 minutes sprinkle with 4 oz. mozzarella. Serves: 8-10