

Shells and Tomato Salad

3 cups uncooked large shell pasta ½ cup Italian salad
1 can (14.5 oz.) diced tomatoes, drained dressing
1 can (2 ¼ oz.) sliced ripe olives, drained 2 T grated Parmesan
¼ cup each: sliced green onions, diced cheese (optional)
green bell pepper, diced yellow bell
pepper and thinly sliced carrots

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 cup reduced fat mayo 2 cups imitation crab
2 T chopped red onion ½ cup chopped celery
1 ½ T fresh dill, finely chopped ½ cup chopped cucumber
2 tsp. lime juice

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

Creamy Tomato Salad

1 large cucumber, peeled and 1 cup (8 oz.) sour cream
cut into ¼-inch slices 1 T sugar
1 large tomato, chopped 1 T vinegar
1 small red onion, thinly sliced Salt & pepper to taste
Leaf lettuce, optional

In a bowl, combine cucumber, tomato and onion. In another bowl, combine the sour cream, sugar, vinegar, salt and pepper; mix well. Pour over vegetables and toss to coat. Refrigerate until serving. Serve over lettuce if desired. Serves 6.

Fancy Brussels Sprouts

1 cup water 2 pints fresh Brussels sprouts,
¼ cup minced fresh parsley halved, or 2 pkgs. (10 oz.
1 tsp. sugar each) frozen Brussels sprouts,
1 can (8 oz.) water chestnuts, thawed
drained and diced 1 T margarine
½ tsp. salt-free seasoning blend

In a saucepan over medium heat, bring water, parsley, sugar and seasoning blend to a boil. Add Brussels sprouts. Cover and simmer for 6-8 minutes or until tender; drain. Add water chestnuts and margarine; heat through. Serves 6.

Baked Cauliflower

Head of cauliflower Olive oil
2-3 garlic cloves, minced Salt and pepper
1 lemon Romano cheese

Cut cauliflower and put into baking dish. Add garlic cloves. Squeeze lemon over cauliflower and drizzle with olive oil. Add salt and pepper. Bake at 400° 10 to 15 minutes or until top is slightly brown (test with fork for doneness). Sprinkle with cheese.

Fresh Vegetable Casserole

8 small new red potatoes, 3 T butter
quartered 3 T flour
1 small cauliflower, broken in 2 cups milk
florets ¾ cup Cheddar cheese
8 small carrots, cut in 1-in. pieces Salt and pepper
4 stalks asparagus, cut in 1-in. Chopped fresh parsley,
pieces optional

Cook each vegetable separately until crisp-tender, drain & set aside. Lightly grease 2 qt. casserole with butter. Arrange vegetables in casserole. For sauce, melt butter in med. saucepan over med. heat. Stir in flour until smooth. Gradually stir in milk. Cook until thickened, stirring constantly. Add salt & pepper to taste. Add cheese, stirring until cheese is melted. Pour sauce over vegetables & sprinkle with chopped parsley. Bake at 350° until heated through, about 30 minutes. Serves 4-6.

Beet Salad

2 lbs. fresh beets cooked and 1 T prepared horseradish
sliced or 2 (1-lb.) cans sliced 2 tsp. sugar
beets, drained ½ tsp. caraway seeds
1 small onion, sliced 1 T red wine vinegar
¼ tsp. black pepper ½ tsp. salt

Put beets in bowl with onion. In smaller bowl, combine horseradish, sugar, caraway seeds, vinegar, salt (not necessary with canned beets) and pepper. Pour over vegetables and toss well. Refrigerate, covered, for at least 2 hours. Serve chilled as a first course or a side dish. Good with pork or veal. Serves 4-6.

Crab Deluxe Pasta Salad

8 oz. crab, chopped 1 cup broccoli florets, blanched
1/3 cup mayo ½ cup diced green pepper
¼ cup Italian dressing ½ cup fresh tomato, chopped
2 T Parmesan cheese ¼ cup sliced green onions
1 ½ cup rotini, cooked, drained,
cooled

Combine first three ingredients. Mix well. Add remaining ingredients. Toss, chill and serve.

Cottage Cheese & Confetti Salad

2 cups cream-style cottage 4 radishes, finely chopped
cheese ½ cup chopped cucumber, seeded
1 cup sour cream & peeled
2 small tomatoes, seeded and Salt and pepper to taste
finely chopped Lettuce leaves
4 green onions, sliced
1 small green pepper, finely
chopped

Combine ingredients. Add salt and pepper to taste. Serve in a lettuce-lined bowl. Serves 7.

Spinach Citrus Salad

1 package (6 oz.) fresh baby Dressing:
spinach ¼ cup ruby red grapefruit juice
3 medium navel oranges, ¼ cup olive oil
peeled & sectioned ¼ cup honey
1 large grapefruit, peeled & 1 T Dijon mustard
sectioned 1 T grated onion
6 slices red onion, separated 2 tsp. poppy seeds
into rings 1/8 tsp. salt
Dash of pepper

In a large salad bowl, combine the spinach, oranges, grapefruit and onion. In a jar with a tight fitting lid, combine the dressing ingredients. Shake well. Pour over salad and toss to coat. Serve immediately. Serves 6.

German Cucumber Salad

2 med. cucumbers, thinly sliced Dressing:
4 green onions, thinly sliced ¼ cup sour cream
3 small tomatoes, sliced ¼ tsp. prepared mustard
2 T snipped fresh parsley 2 T minced fresh dill
1 T vinegar
1 T milk
1/8 tsp. pepper

In a bowl combine cucumber, onions, tomatoes and parsley. In another bowl, combine dressing ingredients and pour over cucumber mixture. Toss gently. Cover and chill for at least 1 hour. Serves 4-6.

Apple Turnovers

3 apples (Granny Smith or ½ tsp. cinnamon
McIntosh) ¼ cup sugar
1 can crescent rolls ¼ cup lemon juice

Peel & slice apples. Toss with lemon juice, cinnamon & sugar. Let sit about 10 minutes, then place on flattened crescent rolls and roll into crescent shapes. Bake according to crescent roll can directions. Drizzle with powdered sugar & milk icing over the top. Eat warm.

Cheese Tortellini Salad

1 bag (12 oz.) stuffed cheese ¼ lb. salami, cut into thin strips
tortellini, cooked, drained ½ can black olives, sliced
and cooled Zesty Italian dressing
1 green pepper, thinly sliced 1 clove garlic, diced (optional)
1 med. red onion, thinly sliced Grated Parmesan cheese

Combine all ingredients but the Parmesan cheese. Toss and refrigerate for an hour before serving. Sprinkle with Parmesan cheese before serving.

FAVORITE FRUIT & VEGETABLE RECIPES

2008 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 and other farm products. We hope you enjoy these recipes and will patronize the local fruit and vegetable growers.

Beef and Barley Soup

1 T olive oil
½ lb. ground beef
Brown and Drain
Add 2 cups chopped onion, one minced garlic clove and one cup chopped celery. Cook until tender.
Dissolve 2 beef bouillon cubes in 7 cups of water or use 6 cups beef broth. Add to mix and bring to boil.
Add ½ tsp. dried crushed basil, 1 bay leaf, ½ cup barley, 2 cups diced carrots (or 1 cup carrots and 1 ½ cups cut green beans), and 2 cups diced fresh tomatoes. Simmer at least one hour.
May add salt, 1 T Worcestershire and ½ tsp. hot sauce.

Banana Zucchini Bread

2 ripe bananas	1 ¼ cups flour
1 small zucchini	1 tsp. each: baking soda, baking powder
2 eggs	¼ tsp. salt
1 ½ cups sugar	1 T apple cider vinegar
¼ cup sunflower or canola oil	¼ cup milk
3 T plus 1 tsp. olive oil	1 cup chopped walnuts
1 tsp. vanilla	

Heat oven to 350^o. Mash the bananas with a fork in a large bowl. Grate zucchini; press between paper towels to dry. Add zucchini to the bananas; stir in the eggs, sugar, and oils. Add vanilla and mix lightly. Combine the flour, baking soda, baking powder and salt in a small bowl. Add the dry ingredients to the banana-zucchini mixture; mix briefly until just incorporated. Add the cider vinegar to the milk; let sit 5 minutes, stir the milk mixture into the batter. Fold in the walnuts. Pour batter into a buttered and floured 9x5” loaf pan. Bake until a knife comes out clean, about 50 minutes; cool in pan on wire rack, 15 minutes. Store wrapped in refrigerator.

Kielbasa Split Pea Soup

2 quarts water	2 potatoes, peeled and cubed
1 lb. split peas, rinsed	¾ cup diced carrots
1 ½ lbs. smoked Kielbasa, cut into bite-sized	½ cup chopped celery Salt and pepper to taste

Combine water and peas. Bring to a boil. Add sausage, salt and pepper. Simmer for 30 minutes. Add vegetables and simmer until slightly thick and vegetables are tender. May serve with rye bread. Makes 3 ½ quarts.

Tomato Pie

9-inch pie crust	1 tsp. dried oregano
2-3 cups shredded Monterey Jack cheese	1 tsp. dried basil
2 ripe tomatoes, sliced lengthwise, then into wedges	2 green onions, chopped
	3 T Italian-seasoned bread crumbs
	3 T olive oil

Prick pie shell with fork and bake for about 10 minutes. in 425^o oven; do not brown. Cool shell. Spread cheese in pie shell, evenly. Lay tomatoes on top of cheese in a circle overlapping. Sprinkle onions, basil and oregano over tomatoes. Salt and pepper to taste. Sprinkle with bread crumbs. Drizzle olive oil over all. Bake 20 minutes. Remove, cool and slice.

Cheese and Fresh Vegetable Pizza

1 can (10 oz.) refrigerated pizza crust	1 ½ cups mozzarella cheese
½ cup thinly sliced red onions	shredded (divided)
2 cloves of garlic, minced	4 plum tomatoes, sliced
1 small green or red bell pepper, cut into 1-inch strips	1 tsp. dried basil
½ cup (4 oz.) sliced fresh mushrooms	½ tsp. dried oregano

Spray 12” pizza pan with nonstick cooking spray. Unroll pizza crust, press onto prepared pan. Bake in preheated 425^o oven 6 minutes or until crust is just beginning to brown.

Spray skillet with nonstick cooking spray; stir in onion and garlic. Cook over medium heat 2 minutes until onion is soft. Add pepper and mushrooms; cook 2 minutes. Remove from heat, set aside.

Sprinkle ¾ cup cheese over crust. Arrange tomato slices over cheese; sprinkle with basil and oregano. Top with mushroom mixture and remaining cheese. Bake in preheated 425^o oven 10 minutes or until crust is crisp and cheese is melted.

Corn Quiche

4 ears corn on the cob	1 tsp. salt
5 eggs, beaten	¼ tsp. pepper
1 ½ cups half and half	9” pie crust
1/3 cup grated parmesan cheese	6 strips crisp-cooked bacon
2 T finely chopped onions and green peppers (or pimento)	

Cut kernels off cob. Blend eggs with cream. Blend in cheese, onion, pimento and seasonings. Stir in corn. Put corn mixture into pastry-lined pan. Bake at 400^o for 20 minutes. Remove and arrange cooked bacon over top. (Or, stir in crumbled bacon before baking.) Return to oven, reduce heat to 350^o and bake 20 minutes, or until knife inserted half way between center and edge comes out clean. Serves 6.

Broccoli Potato Supreme

3 cups hot mashed potatoes	2 T softened butter
3 oz. softened cream cheese	1 can French fried onion rings, divided
¼ cup milk	4 ½ cups broccoli florets
1 egg	1 cup shredded cheddar cheese
½ tsp. salt	
¼ tsp. pepper	

In bowl combine first seven ingredients. Beat until smooth. Fold in ½ of onions; spread in bottom and up sides of greased 13x9” pan. Form into a shell. Bake uncovered at 350^o 20-25 mins, until edges are brown. Cook broccoli in small amount of water until tender. Drain and place in potato shell. Sprinkle with cheese and remaining onions. Bake 10 minutes longer. Serves 8.

Zucchini Squares

3 cups zucchini, unpeeled and thinly sliced	¼ tsp. salt
1 cup biscuit mix	½ tsp. dried oregano leaves
½ cup chopped onion	½ tsp. pepper
½ cup parmesan cheese, grated	½ cup vegetable oil
2 T fresh parsley, chopped	4 eggs, slightly beaten

Mix all ingredients together. Pour into a greased 13x9” pan. Bake 25 minutes at 350^o. Serve in squares hot or cold.

Zucchini Rounds

1/3 cup biscuit mix	2 eggs, slightly beaten
¼ cup grated Parmesan cheese	2 cups shredded zucchini, unpeeled
1/8 tsp. pepper	2 T butter for frying

Combine biscuit mix, cheese, pepper and eggs. Add zucchini just when ready to fry. (Mixture will get watery if left standing too long.) Fry as small pancakes. Makes 12 rounds.

Creamy Rice with Asparagus

3 cups water	1 cup grated Parmesan cheese, divided
½ tsp. salt, divided	¼ cup chopped fresh chives, divided
3 cups fresh asparagus, 1” pieces	3 T chopped fresh basil
½ cup uncooked long-grain rice	1 tsp. grated lemon rind
1 T butter	¼ tsp. black pepper
2 eggs	

Bring 3 cups water and ¼ tsp. salt to a boil in large saucepan. Add asparagus; cook until crisp-tender. Remove asparagus with a slotted spoon; rinse under cold water, and set aside. Add rice and butter to cooking liquid; cover and simmer 15 to 20 minutes, set aside.

Combine ¼ tsp. salt and eggs in small bowl, stirring with a whisk until well-blended. Add ¾ cup cheese, 3 T chives, basil, lemon rind, and pepper. Stir well. Stir egg mixture into hot rice. Stir in asparagus, cook rice mixture over low heat for 1 min. Top with 1 T each of cheese and chives. Serves 4.

Carrot Casserole

8 cups sliced carrots	½ tsp. salt
2 medium onions, sliced	¼ tsp. pepper
5 T butter, divided	1 cup shredded cheddar cheese
1 can condensed cream of celery soup	1 cup seasoned croutons

Place carrots in saucepan and cover with water; bring to boil. Cook until crisp-tender. In skillet sauté onions in 3 T butter. Stir in soup, salt, pepper and cheese. Drain carrots; add to the onion mixture. Pour into greased 13x9” pan. Sprinkle with croutons. Melt remaining butter; drizzle over croutons. Bake uncovered at 350^o for 20-25 minutes. Serves 10-12.

Pasta Meatball Stew

1 egg, lightly beaten	Sauce:
¼ cup dry bread crumbs	1 cup chopped onions
¼ cup milk	2 garlic cloves, minced
½ tsp. ground mustard	1 T vegetable oil
½ tsp. salt	2 T flour
½ tsp. pepper	1 ½ cups beef broth
1 pound ground beef	1 can (14 ½ oz.) diced tomatoes
1T vegetable oil	2 T tomato paste
	1 bay leaf
	¾ tsp. dried thyme
	½ tsp. salt
	1 ½ cups sliced carrots
	1 ½ cups chopped zucchini
	1 cup each green and red pepper, chopped
	1 T minced fresh parsley
	2 cups cooked pasta

Combine the first 6 ingredients. Crumble beef over mixture and mix well. Shape into 1” balls. In a Dutch oven over medium heat brown meatballs in oil; drain and set aside. In same pan, sauté onion and garlic in oil until onion is tender. Blend in flour. Gradually add broth, stirring constantly; bring to a boil. Cook and stir 1-2 minutes or until thickened. Add tomatoes, tomato paste, bay leaf, thyme and salt; mix well. Add meatballs and carrots, bring to a boil. Reduce heat, cover and simmer 30 minutes. Add zucchini and peppers; bring to a boil. Reduce heat; cover and simmer 10-15 minutes or until vegetables are tender. Add parsley and pasta; heat through. Remove bay leaf. Serves 6-8.

Fresh Veggie Pizza

2 pkgs. refrigerated crescent rolls	½ cup carrots, shredded
2 (8 oz.) pkgs. cream cheese, softened	¼ cup cauliflower pieces
1 cup mayonnaise	½ cup chopped tomatoes
1 pkg. dry ranch dressing mix	¼ cup broccoli pieces
	¼ cup green onions, sliced
	¾ cup shredded cheddar cheese

Press crescent roll dough onto pizza pan or cookie sheet. Bake at 350^o for 10 mins. Mix cream cheese, mayonnaise and dressing mix. Spread on cooled, baked crust. Top with vegetables. Press into cream cheese mixture. Sprinkle with cheddar cheese. Refrigerate, covered for at least 2 hours. Serves 8.

Zesty Carrot Bake

1 lb carrots, cut into ½” slices	¼ tsp. pepper
¾ cup mayonnaise	½ cup dry bread crumbs
1/3 cup water	2 T melted butter
2 T minced onion	½ cup shredded sharp cheddar cheese
1 T prepared horseradish	

Cook carrots until tender. Place in a 1-qt. baking dish; set aside. In a small bowl, combine the next five ingredients; mix well. Pour over carrots. Combine bread crumbs and butter; sprinkle on top. Bake, uncovered, at 350^o for 25-30 minutes. Sprinkle with cheese. Bake 2-3 minutes more, until melted. Serves 6.