

Cauliflower Au Gratin

1 large head cauliflower
¼ cup butter, divided
½ cup diced onion
1 ½ cups (6oz) shredded cheddar cheese

1 cup (8oz) sour cream
¼ tsp. salt
½ cup dry bread crumbs

Break cauliflower into sections; cook for 10 minutes in boiling salted water. Drain well. Add 2 tablespoons butter, onion, cheese, sour cream, and salt. Spoon into a 1 ½ qt. casserole. Melt remaining butter and toss with bread crumbs. Sprinkle on top. Bake at 350° for 30 minutes or until heated through. Serves 10-12.

Linguini Salad

1 lb linguini, cook till just tender, drain, rinse with water
1 can pitted black olives, sliced
3 tomatoes, slice (peel on or off- your preference)

2 long baby zucchini, sliced and cut into bite-sized pieces
½ bottle salad seasoning powder
8 oz bottle Italian dressing

Mix everything together and refrigerate overnight. [If you do not want dressing to soak into linguini, mix about an hour before.] Mix again just before serving.

Baby Turnip & Potato Cheddar Gratin

2 bunches baby turnips, peeled & sliced into rounds.
1 pint baby potatoes, sliced into rounds
Salt, pepper, thyme

½ cup cheddar, grated
1 cup cream (prepare by blending ½ cup cream cheese and ½ cup milk)

Blanch (submerge in boiling water) turnips and potatoes for 2 minutes, drain. Layer turnips and potatoes, sprinkle seasonings. Layer again, sprinkle seasonings and cheddar. Pour cream over all. Broil for 5 minutes or until bubbly & golden brown. Serves 4.

Cole Slaw

1 medium size head of cabbage
1 onion, diced
1 green pepper or carrot, diced
1 T sugar
½ tsp dry mustard

½ cup salad oil
1 tsp salt
½ cup vinegar
½ tsp celery seed

Sprinkle vegetables with ½ cup sugar and set aside. Bring remaining ingredients to a boil and while hot, pour over cabbage. Cover immediately and refrigerate for 4 hours. Toss and eat.

Creamy Cucumbers

¼ cup salad oil
¼ cup vinegar
½ tsp salt
1/8 tsp pepper
1 thin-sliced cucumber

¼ cup minced onions
1 tsp sugar
¼ cup cream
2 T minced parsley

Mix all ingredients together and serve over cucumbers. Serves 4.

Fruit Pie

1 Baked Pie Shell
1 qt fresh strawberries
1 ¼ cup cold water
1 cup sugar
4 T cornstarch
Red food coloring

½ pkg or ¼ cup strawberry gelatin
1 tsp vanilla
1 T butter

Bring water, sugar, 4 T cornstarch and red food coloring, boil until clear. Add ½ pkg strawberry gelatin, 1 tsp vanilla and a little butter. Put a little glaze on bottom of shell to keep berries from soaking into shell. Put all berries on shell and spoon glaze over. Refrigerate and serve with whipped cream.

Other fruit may be substituted for the strawberries, use the same fruit flavor of gelatin as fruit.

Scalloped Potatoes and Pork Chops

5 cups thinly-sliced, peeled potatoes
1 cup chopped onion
1 can (10 ¾oz) condensed cream of mushroom soup, undiluted

½ cup sour cream
6 pork loin chops (1 inch thick)
Chopped fresh parsley
Salt and pepper to taste

In a greased 13x9x2 baking dish, layer half of the potatoes and onion; sprinkle with salt and pepper. Repeat layers. Combine the soup and sour cream; pour over potato mixture. Cover and bake at 375° for 30 minutes. Meanwhile, in a skillet, brown pork chops on both slides. Place chops on top of casserole. Cover and return to the oven for 45 minutes or until chops are tender, uncovering during the last 15 minutes of baking. Sprinkle with parsley. Serves 6.

Glazed Carrots

¼ cup Catalina Dressing
1lb baby carrots
2 T slivered almonds, toasted
2 T chopped fresh parsley

Simply toast the nuts for a few minutes in an ungreased skillet on medium heat, stirring frequently just until lightly browned. Then set aside. Pour dressing over carrots in large nonstick skillet; stir to coat. Cover and cook on medium heat 12-15 minutes, stirring occasionally. Remove from heat. Stir in almonds and parsley. Serves 6.

Sweet and Sour Red Cabbage

1 onion, chopped
3 T butter
9 cups shredded cabbage
1 large tart apple, diced
3 T cider vinegar

½ cup water
3 T brown sugar
1 T caraway seeds
¼ tsp salt
¼ tsp pepper

Cook onion in butter for 5 minutes. Add cabbage and cook 5 minutes longer. Add remaining ingredients; cover and simmer for about 10 minutes. Can add ½ cup raisins.

Two Bean Tomato Bake

1 ½ lb green beans, cut into 2½ pieces
1 ½ lb wax beans, cut into 2½ pieces
5 med. tomatoes, peeled and cubed
½ lb fresh mushrooms, sliced
1 med. sweet onion, chopped
10 T butter, divided

1 ½ tsp minced garlic, divided
1 ½ tsp dried basil, divided
1 ½ tsp dried oregano, divided
1 tsp salt
1 ½ cup soft bread crumbs
1/3 cup grated Parmesan cheese

Place beans in large saucepan, cover with water, and bring to a boil. Cook uncovered, 8 to 10 min or until crisp tender. Drain, add tomatoes and set aside.

In skillet, sauté mushrooms and onion in 4 T butter. Add 1 tsp each of garlic, basil, oregano, and salt. Add to bean mixture; toss to coat. Spoon into greased 3 qt. baking dish. Melt remaining butter; toss with bread crumbs, Parmesan cheese and remaining garlic, basil and oregano. Sprinkle over beans, cover and bake at 400° for 20 minutes. Uncover; bake 15 minutes more or until golden brown. Serves 14-16.

New Potatoes in Dill Cream Sauce

2 ½ lbs. new red potatoes, quartered
1 tub (8oz) Chive & Onion cream cheese spread
¼ cup milk
1 green pepper, chopped
3 T chopped fresh dill, (you may substitute chopped fresh basil leaves or 2 tsp dill weed for the chopped fresh dill.)

Place potatoes in large saucepan. Add enough water to cover potatoes. Bring to boil on medium-high heat. Reduce heat to medium; simmer 15 minutes or until potatoes are tender. Drain. Mix cream cheese spread, milk, and green pepper in large microwaveable bowl. Microwave on High 40-50 seconds or until cream cheese spread is melted; stir until well blended. Stir in dill. Add potatoes; toss to coat. Serves 16.

Rainbow Vegetable Soup

2 (16oz) cans low sodium tomatoes
2 onions, chopped
2 stalks celery, chopped, including leaves
3-5 tsp low sodium beef bouillon or canned beef broth
¼ tsp black pepper
1 bay leaf

2 carrots, chopped
¼ head cabbage, chopped
1 cup other vegetables of choice (beans, peas, etc.)
¼ tsp garlic powder
½ tsp basil
2 T chopped parsley
1 soup bone (optional)

Add all ingredients to 6-quart soup pot. Simmer for at least 3 hours. Serves 12.

FAVORITE FRUIT & VEGETABLE RECIPES

2009 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.

Taco Salad

1 lb hamburger	Yogurt Dressing:
1 pkg taco seasoning	1 cup low fat plain yogurt
1 can kidney beans	¾ cup chili sauce
1 small red onion chopped	¼ cup beer
1 cup celery, chopped	Mix yogurt and chili sauce.
2 cups chopped lettuce	Gradually stir in beer.
1 small green pepper, chopped	
1 avocado, peeled and cubed	
1-2 cups shredded cheddar cheese	
3 tomatoes, chopped	
Taco chips	

Brown hamburger. Add taco seasoning. Mix and cook as directed. Cool. Add beans, onion, celery, green pepper, avocado, and cheese. Mix with yogurt dressing. Refrigerate. Before serving add 2 cups lettuce and top with taco chips. Serves 4-6.

Apple Walnut Salad

1 cup mixed salad greens	¼ cup walnuts
½ small apple, sliced	Balsamic vinegar dressing
½ cup chopped chicken breast	

Mix all ingredients together and toss well. Serve balsamic dressing on the side. Serves 1.

Baked Acorn Squash with Sausage Filling

3 medium acorn squash	1 ½ lbs bulk sausage
½ tsp salt	6 T packed brown sugar, divided
Boiling water	3 T butter, divided

Preheat oven to 375^o. Cut the squash in half lengthwise and remove the seeds; sprinkle with salt. Place cut-side-down in a shallow baking dish, and pour in ½ inch of boiling water. Bake, uncovered, for 35 minutes; drain. Cook the sausage in a large skillet over medium heat until browned. Crumble the sausage while stirring. Remove the sausage and drain off the drippings. Place 1 T of brown sugar and 1 ½ tsp of the butter in each squash cavity. Spoon the sausage evenly into the six squash halves. Bake, uncovered, at 350^o for 25 minutes or until the squash is tender. Serves 6.

Broccoli Slaw

1 pkg broccoli slaw (2 cups)	1/3 cup red wine vinegar
2 pkgs. chicken dry noodles (2 cups)	1/3 cup sugar
1 cup sunflower seeds	1/3 cup olive oil

In bowl combine vinegar, sugar, oil and seasonings from noodles. Break noodles and place in mixture. Add remaining ingredients; mix together and refrigerate. Serves 8.

Mandarin Orange Chicken Salad

¾ lb boneless chicken breasts, cubed	Dressing:
¼ cup reduced-sodium teriyaki sauce	2 T white wine vinegar or cider vinegar
8 cups torn mixed salad greens	2 T olive or canola oil
1 can (11oz) mandarin oranges, drained	1 T reduced-sodium soy sauce
1 medium carrot, shredded	2 tsp sugar
¼ cup slivered almonds, toasted	½ tsp ground ginger
3 T thinly sliced green onions	¼ tsp salt
	¼ tsp pepper

In a large resealable plastic bag, combine the chicken and teriyaki sauce. Seal the bag and turn to coat; refrigerate for 1-2 hrs. Drain and discard the marinade. In a large nonstick skillet coated with nonstick cooking spray, cook and stir the chicken for 5-7 minutes or until no longer pink. Refrigerate until chilled. In a large bowl, combine the salad greens, chicken, oranges, carrot, almonds, and onions. In a jar with a tight fitting lid, combine the dressing ingredients; shake well. Drizzle over the salad and toss to coat. Serves 4.

Greek Salad

2 cups red & green leaf lettuce	½ cup feta cheese, crumbled
2 cups spinach leaves	2 slices red onion, split into rings
½ cup diced cucumber	4 pitted kalamata olives
½ cup diced bell pepper	4 pepperoncini peppers
½ cup diced carrots	2 T balsamic vinegar

Mix all ingredients together except red onions, olives, pepperoncini peppers, and balsamic vinegar. Toss. Place 1 cup of vegetables on each plate top each plate with 2 olives, 1 slice of red onion split into rings, 2 pepperoncini peppers, and 1 T balsamic vinegar. Serves 2.

Minestrone Soup

¾ cup chopped onions	1 cup celery, chopped
¼ tsp garlic powder	1 cup squash with skin
3 T olive oil	1 cup green beans
8 cups vegetable stock	½ tsp basil
1 (16oz) can kidney beans, black beans, etc, drained and rinsed	½ tsp oregano
1 cup raw turnips, chopped	½ tsp rosemary
1 large potato with skin	¼ can tomato paste with salt
1 cup carrots, chopped	¼ cup macaroni noodles
	2 cups fresh spinach
	½ cup grated Parmesan cheese

In 6-quart pot, cook onion and garlic in oil for 5 minutes. Add stock, beans, vegetables, and seasonings. Bring to simmer. Reduce heat, cover and cook 30 minutes or until vegetables are tender. Stir in tomato paste and macaroni and continue to simmer until pasta is tender. Add spinach and cook until it wilts (about 5 minutes). Season to taste. Add Parmesan cheese when served. Serves 8.

Raspberry Spinach Salad

2 T raspberry vinegar	8 cup spinach, rinsed, trimmed and torn into pieces
2 T sugar-free raspberry jam	¾ cup coarsely chopped macadamia nuts or toasted almonds
3 pkts. sugar substitute	¼ cup finely chopped celery hearts
1/3 cup olive oil	
1 cup fresh raspberries	

Dressing: Combine vinegar and jam in blender or small bowl. Add sugar substitute and mix well. Add oil in thin stream, blending well. Salad: Toss spinach with ½ of the nuts, ½ raspberries, ½ of the celery and the dressing. Top with remaining ingredients. Serve immediately. Serves 2.

Lemon Shrimp Pasta Salad

3 cups farfalle pasta uncooked	1 lb cooked shrimp (20-25 count)
1 lb fresh asparagus spears, cut into 2ö pieces	1 cup halved cherry tomatoes
1 tsp dried oregano	1 (8oz) pkg. reduced fat Colby & Monterey Jack Cheese, crumbled or shredded
1 cup reduced fat Italian dressing	
1 tsp grated lemon peel	

Cook pasta as directed on package, adding asparagus to the cooking water for the last 3 minutes of the pasta cooking time. Rinse with cold water and drain well. Meanwhile, mix dressing, oregano and lemon peel. Place pasta mixture in large bowl. Add dressing mixture, shrimp, tomatoes, and cheese; mix lightly. Serve immediately or refrigerate until ready to serve. Serves 12.

Apple Slices

3 lbs. tart cooking apples	Crust:
1 cup water	2 cups flour
1 ¼ cups sugar	¾ cup shortening
1 tsp cinnamon	½ cup water
¼ tsp salt	2 egg yolks, beaten
¼ cup cold water	½ tsp baking powder
2 tsp cornstarch	½ tsp salt
	1 tsp lemon juice

Pare and core apples; then cut into eights. Bring water, cinnamon and salt to boiling point. Add apples and cook slowly for 10 minutes. Blend cornstarch and ¼ cup cold water and add to hot mixture. Cook for 5 minutes longer, stirring gently. Cut shortening into sifted flour, baking powder, and salt as for pie crust. Mix lemon juice, egg yolks and water together and sprinkle over flour mixture. Blend it in lightly. Divide into 2 parts. Roll to fit 9x13öpan. Place in pan and fill with fruit. Cover with 2nd crust. Cut steam vents. Bake in a hot oven 450^o for 20 minutes, then reduce heat to 350^o and bake 25 to 30 minutes longer. Drizzle icing made with 1 cup confectioners sugar, 2 T of milk, and ½ tsp vanilla. Cut into squares and serve.

Greens with Asiago and Toasted Cashews

4 T olive oil	4 cups bitter greens, including Belgian, endive, radicchio
2 T balsamic vinegar	2 ripe pears, cored and thinly sliced
1 tsp honey	(2oz) Asiago cheese, shaved
1 tsp Dijon style mustard	(2oz) unsalted toasted cashews
1 T chopped green onions	
Ground black pepper to taste	

In jar or cruet, combine oil, vinegar, honey, mustard, green onions and pepper to taste. Shake well and set aside. In large salad bowl, combine greens and two-thirds of the dressing. Toss to mix. Top with pears and cashews and cheese. Drizzle with remaining dressing. Serves 4.

Green Garden Gelatin Salad

1 box sugar-free green gelatin	½ cup shredded green pepper
1 cup shredded spinach	2 T vinegar
1 cup shredded cabbage	1 T lemon juice
1 cup shredded carrots	1 ¾ cup water
½ cup shredded celery	

Mix gelatin in ¾ cup hot water and cool. Stir in 1 cup water with vinegar and lemon juice. Add vegetables. Pour into 8x8 inch glass dish. Chill. Cut into squares. Top with 1 T light mayo, lemon yogurt, or light sour cream. Serves 6.

Stuffed Green Peppers

6 medium green peppers	1 egg slightly beaten
1 lb ground beef	½ tsp salt
1 cup cooked rice	1/8 tsp pepper
1/3 cup chopped onion	1 or 2 tomato sauce (15oz)
1 bottle chili sauce	½ cup bread crumbs

Clean and blanch green peppers for 2-3 minutes. Mix meat, rice, onion, half bottle of chili sauce, bread crumbs, egg and salt. Stuff meat mixture into peppers. Place in large covered baking dish. Mix tomato sauce and half bottle chili sauce. Pour over peppers. Bake covered at 350^o for 1 ½ hours.

Brussels Sprouts with Red Onion & Lemon

1 T olive oil	¼ tsp finely grated lemon zest
¼ cup chopped red onion	1 T fresh lemon juice
1 lb Brussels sprouts trimmed, cut into quarters	¼ tsp freshly ground black pepper
½ cup vegetable stock	3/8 tsp salt, divided

In large nonstick skillet, heat 2 tsp olive oil over medium heat. Sauté red onion until soft, about 6 minutes. Stir in 1/8 tsp salt. Transfer to bowl and set aside. In same skillet over medium heat, heat 1 tsp olive oil. Sauté Brussels sprouts until they begin to brown, 3-4 minutes. Add vegetable stock and simmer. Cook uncovered, until Brussels sprouts are tender, 5-6 minutes. Return onion to pan, stir in lemon zest and juice and ¼ tsp salt and pepper. Serve immediately. Serves 4.