

Spinach/Romaine Salad

6 c. baby spinach & Romaine lettuce, torn	4 slices bacon cut in ¼” pieces, fried and drained
½ medium red onion, sliced very thin	1 c. chopped pecans
2 oranges, peeled and sectioned	Finely shredded asiago/
1 5 oz. pkg. orange or cherry flavored dried cranberries	Parmesan/provolone cheese, to taste

Mix greens, add all remaining ingredients (reserving a small amount for top) except cheese and toss lightly. Add raspberry vinaigrette or one of your choice. Sprinkle reserved ingredients over top, finishing with cheeses.

Blueberry Roll-Up

2 c. sifted flour	1 egg, beaten
1 T. sugar	1 c. blueberries
3 tsp. baking powder	¼ cup sugar
½ tsp. salt	½ tsp. cinnamon
¼ c. shortening	½ tsp. grated orange peel
½ milk	

Sift together the flour, 1 T. sugar, baking powder, and salt. Cut in shortening. Add milk and beaten egg; stir just until flour is dampened. Knead dough for 30 seconds on lightly floured surface. Roll into a rectangle, ½ -inch thick. Top dough with blueberries. Combine ¼ c. sugar, cinnamon, and orange rind; sprinkle evenly over blueberries. Roll up as for jelly roll; wet edges with a little water or milk to seal. Place roll in a well greased loaf pan and bake at 400° for 30 minutes, or until nicely browned.

Turkey Chili

1 ½ lbs. ground turkey	2 (8 oz.) cans tomato sauce
2 c. chopped onion	½ tsp. Italian seasoning
1 c. chopped green pepper	5 ½ tsp. chili powder
½ tsp. minced garlic	2 tsp. ground cumin
2 lbs. diced fresh tomatoes	½ tsp. ground oregano
1 can (28 oz.) light kidney beans, drained and rinsed	½ tsp. basil
	½ tsp. pepper

In large soup kettle, brown turkey, onion, green pepper and garlic. Add remaining ingredients and simmer about 1 hour. If too thick add a little water.

Broccoli Quiche

4 eggs	1 c. chopped onion
¼ c. milk	¾ c. shredded reduced-fat sharp cheddar cheese
3 slices whole-wheat bread, crusts removed	
4 c. broccoli florets, cooked, chopped	

Preheat oven to 350°. Beat eggs and milk with whisk until well blended. Add bread; mix lightly. Stir remaining ingredients until well blended. Pour into 9-inch square baking dish. Bake 45 minutes or until center is set and crust is lightly browned.

Asparagus Soup with Parmesan Sprinkle

1 T. olive oil	8 c. chicken broth
1 large onion, chopped	Salt and white pepper to taste
2 cloves garlic, minced	2 T. grated Parmesan cheese
5 lb. asparagus, trimmed, cut into 1 ½ in lengths	

Heat oil in large saucepan over medium heat. Add onion, garlic and asparagus. Cook, stirring occasionally, until onion softens, 5-7 minutes. Do not brown. Add broth, bring to simmer and cook until asparagus is just tender, about 10 minutes. Transfer soup to blender and puree, in batches if necessary, or use hand blender. Return to pan and reheat, if necessary. Season to taste. Divide soup into bowls and sprinkle evenly with grated Parmesan cheese. Serve hot.

Hot German Potato Salad

1 lb. potatoes, cubed	2 T. flour
¾ c. chopped onion	1/3 c. cider vinegar
½ tsp. celery seeds	1 T. sugar substitute
1/8 tsp. pepper	12 pcs. turkey bacon, crisped and crumbled
¾ c. water	

Bring potatoes to boil; cook for 12 minutes or until fork tender. Drain. Spray a skillet with cooking spray and sauté onions until soft. Add celery seed, pepper and water. Simmer on low. In covered container, shake flour and vinegar to prevent lumps. Add to onion mixture and cook, stirring constantly, until thick and bubbly. Add sugar substitute and stir. Carefully add potatoes and gently mix. Serve hot, sprinkled with crumbled turkey bacon.

Glazed Carrots

3 c. sliced carrots	1 tsp. ground ginger
½ c. water	1 T lemon juice
½ c. dry white wine	2 tsp. packed brown sugar
2 tsp. buttery spread	

Cook all ingredients, except brown sugar and lemon juice, in 10-inch skillet over medium heat for 12-15 minutes stirring constantly until liquid evaporates. Reduce heat to medium low. Stir in lemon juice and brown sugar. Cook 5 minutes, stirring occasionally, until carrots are glazed.

Spinach Salad

1 (10-oz.) bag spinach leaves, washed and dried (6 c.)	½ c. red onion, cut into thin wedges
2 c. sugar snap peas or pea pods	½ c. toasted sliced almonds
2 c. sliced strawberries	2/3 c. French dressing of choice

Place all ingredients, except dressing, in large bowl. Either add dressing and toss lightly or serve dressing in small bowl on the side.

Wild Rice, Asparagus and Pecan Salad

2 c. trimmed asparagus	2 T. fresh mint, chopped
1 T. unsalted butter	1 c. coarsely chopped pecans, toasted
1 c. brown rice	1 (8-oz) ctn. plain yogurt
½ c. wild rice	Juice of 1 lemon
3 ½ c. chicken broth	2 tsp. lemon zest
1 c. peas, cooked	3 T. olive oil
4 green onion, including tops, chopped	Freshly ground pepper
3 T. chopped fresh cilantro	Optional lettuce leaves for garnish

Trim and cut asparagus into ¾-inch diagonal pieces. Bring 3 cups water to boil. Add asparagus and cook for 3 minutes. Drain, reserving liquid and immediately plunge asparagus into ice water to stop cooking. Pat dry and set aside. Heat butter in large saucepan over medium high heat. When hot add rice and cook, stirring to coat well for 1 minute. Add broth and 1 ½ cups reserved liquid. Bring mixture to simmer, reduce heat to low and cover. Cook 35-45 minutes or until rice is tender but still has bite when tasted. Do not over cook or rice will become too soft. Drain and discard any remaining liquid. Blot rice dry with paper towels. (Rice can be cooked a day ahead, covered and refrigerated.) Place rice, asparagus, green onions, cilantro, mint and pecans in a mixing bowl and toss to mix. Whisk dash salt, yogurt, 1 ½ T. lemon juice, lemon zest and oil in small bowl; add to rice mixture. Toss well to mix. Taste and adjust seasonings. Season with pepper. Salad may be made 3-4 hours ahead, covered and refrigerated. To serve: line platter with lettuce leaves and mound salad on leaves.

Warm Spinach Salad with Bacon

1/3 c. red wine vinaigrette, reduced fat dressing
6 c. packed, torn spinach leaves
1 c. sliced mushrooms
4 slices bacon, cooked and crumbled
½ c. thinly sliced red onion rings

Microwave dressing in microwaveable bowl on high for 30-50 seconds, or until hot. Pour over combined spinach, mushrooms, and onion in large bowl; toss to coat. Sprinkle with bacon.

Zucchini Soup

16 oz. zucchini with skin	¼ tsp. black pepper
¼ c. onion	1 tsp. basil
1 c. chicken broth	1 tsp. cumin seed
1 tsp. salt	Red pepper flakes to taste

Slice zucchini and onion. Add all ingredients to saucepan and simmer until soft. Put in blender and blend until smooth. (Add milk for cream of zucchini soup.) Yields 2 servings.

FAVORITE FRUIT & VEGETABLE RECIPES

2010 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.

Apple Dumplings

1 c. flour
2 scant T. Sugar + 1 tsp. sugar + 1 c. sugar
2 tsp. baking powder
½ tsp. salt
2 rounded T. butter + a small chunk
Milk
5 apples, peeled & cored + 1 grated apple
Dash of cinnamon
1 c. boiling water

Sift together flour, 2 scant T. sugar, baking powder, and salt. Work in 2 rounded T. butter. Add enough milk so can be rolled. Divide dough into 5 balls. Roll each ball into separate rounds. Place a cored apple on each round of dough. Put mixture of 1 tsp. sugar, cinnamon & small chunk of butter into each apple hole. Pull dough up over apples to center and pinch to seal. Put in large casserole (pie pan is too small). Put grated apple around the outside of the dumplings. Put 1 c. sugar around dumplings, on top of grated apple. Pour boiling water over sugar that’s around dumplings. Bake at 375^o for about an hour.

Savory Vegetables

1 c. chicken broth
3 c. cut-up fresh vegetables

Mix all in a sauce pan. Heat to boil. Cover; reduce heat; and cook for 5 minutes, or as desired. Drain and serve.

Hamburger Soup

1 lb. extra lean ground beef	½ c. chopped celery
4 c. water	4 tsp. powdered beef broth
2 large ripe tomatoes	1 ½ tsp. salt
2 c. sliced carrots	¼ tsp. ground black pepper
2 c. skinned, cooked potatoes	¼ tsp. oregano
¾ c. chopped onion	1 c. fresh green beans

In a large saucepan, brown ground beef, drain. Add all other ingredients except green beans and bring to boil. Reduce heat, cover and simmer for 15 minutes or until potatoes and carrots are tender. Add beans, cover, simmer for additional 15 minutes or until beans are tender.

Layered Tomato Dip

1 pkg. (8 oz.) cream cheese, softened
2 cloves garlic, minced
2 small tomatoes, chopped
3 green onions, sliced
¼ c. shredded cheddar cheese
Snack crackers

Mix cream cheese and garlic until well blended. Spread onto bottom of shallow serving bowl or 9-inch pie plate; top with tomatoes, onions and cheddar cheese. Refrigerate several hours or until chilled. Serve with snack crackers.

Springtime Sautéed Spinach

¼ c. zesty Italian dressing or sun-dried tomato dressing
2 cloves garlic, minced
8 c. packed baby spinach leaves
2 T. bacon bits

Heat dressing in large deep skillet or Dutch oven on medium heat. Add garlic; cook and stir 1 minute or until tender. Add spinach; cover. Cook an additional 4 to 6 minutes or until spinach is wilted, stirring after 3 minutes. Sprinkle with bacon bits.

Dilled Potato Salad

5 medium red potatoes
2 hard boiled eggs, chopped
Salt and pepper to taste
1 tsp. dried dill (or 1 T. chopped fresh dill)
¼ c. sour cream
¼ c. mayonnaise
3 green onions, thinly sliced

Cook potatoes, until soft. Cool and cut into small chunks. You can leave the skins on or peel- your choice. Toss potatoes with other ingredients and chill at least an hour before serving.

Fried Green Tomatoes

1 egg, beaten	1 c. all-purpose flour
½ c. water	½ cup cornmeal
1 T. cooking oil	2 to 3 medium green tomatoes, sliced 3/8 inch thick
½ tsp. salt	2 c. cooking oil
¼ tsp. pepper	

In a medium bowl, combine egg, water, the 1 T cooking oil, salt, and pepper. Add ½ cup of flour; beat with a wire whisk until smooth. Set aside. In a shallow bowl, combine remaining flour and cornmeal. Dip green tomato slices in egg mixture, then in the cornmeal mixture, coating both sides of the slices. In a 10-inch skillet, heat the 2 cups cooking oil over medium-high heat. Cook coated tomato slices, a few at time, in the hot oil for 4 to 5 minutes or until coating is golden brown; turn once. Keep fried tomato slices warm in a 300^o oven while frying remaining slices. Season to taste.

Garden Tomato Salad

1 ½ pounds red, yellow and/or orange tomatoes, cut into ¼” slices
1/3 c. olive oil
1/3 c. balsamic vinegar
1 T. sugar
¼ tsp. salt
¼ tsp. pepper
½ c. crumbled feta cheese
1/3 cup fresh basil leaves, thinly sliced

Arrange tomatoes on a serving platter. In a small bowl, whisk the oil, vinegar, sugar, salt and pepper. Drizzle over tomatoes. Sprinkle with cheese and basil.

Very Strawberry Pie

1 pkg. strawberry gelatin (4 serving size)
¾ c. boiling water
½ c. ice cubes
1 pkg. vanilla instant pudding (4 serving size)
¾ c. milk
3 ½ c. thawed whipped topping
1 pint fresh strawberries, hulled and sliced
1 baked 9” pie shell-cooled or 9” graham crust

Completely dissolve gelatin in boiling water. Add ice cubes and stir until melted. Prepare pudding with ¾ c. milk as directed; let stand about 2 minutes. Blend in gelatin. Chill, if necessary, until thickened. Fold in 2 c. of whipped topping and strawberries. Pour into crust. Freeze one hour or chill in refrigerator 3 hours before serving. Can make day ahead. Garnish with remaining whipped topping and additional strawberries if desired.

Tomato Corn Salad

3 large tomatoes, chopped	1 tsp. salt
1 small red onion, halved and thinly sliced	½ tsp. pepper
1/3 c. chopped green onions	4 cups fresh corn (about 9 ears)
¼ c. balsamic vinegar	3 garlic cloves, peeled and thinly sliced
3 T. minced fresh basil	2 T. olive oil or canola oil
1 T. minced fresh cilantro	1 T. Dijon mustard

In a large bowl, combine the first eight ingredients. In a large skillet, sauté corn and garlic in oil until tender; stir in mustard. Add to vegetable mixture; toss to coat. Serve with a slotted spoon.

Rhubarb Pork Chop Casserole

4 pork loin chops (¾” thick)
1 T. cooking oil
Salt and pepper to taste
2 ½ to 3 c. soft bread crumbs
3 c. sliced fresh rhubarb (1-inch pieces)
½ c. packed brown sugar
¼ c. flour
1 tsp. ground cinnamon

In a large skillet, brown pork chops in oil and season with salt and pepper. Remove to a warm platter. Mix ¼ c pan drippings with bread crumbs. Reserve ½ c.; sprinkle remaining crumbs into 13-in x 9-in x 2-in baking dish. Combine rhubarb, sugar, flour and cinnamon; spoon half over the bread crumbs. Arrange pork chops on top. Spoon remaining rhubarb mixture over chops. Cover with foil and bake at 350^o for 30-40 minutes.

“Unfried” French Fries

4 med. potatoes	Salt and pepper to taste
Cooking spray	

Preheat oven to 475^o. Wash and cut potatoes into large slices. Spray baking sheet with cooking spray. Arrange potato slices in single layer. Spray tops of slices with cooking spray. Sprinkle with salt and pepper. Bake for 30 minutes or until golden brown.

Maple-Brined Pork Chops with Crispy Potato Wedges

2 c. boiling water
2 T. kosher salt or canning salt
1 c. unsweetened apple cider or pineapple juice
¼ c. maple syrup
1 tsp. maple extract
¼ tsp. allspice
4-6 bone-in pork chops
3 medium potatoes
½ tsp. table salt
½ tsp. ground pepper
1 T. olive oil
2 Granny Smith apples, peeled and cored, cut into ½ in. thick slices

Stir salt into boiling water and allow to cool. Then add apple juice, syrup, maple extract and allspice. Put into a zip-lock bag and add pork chops. Refrigerate for 4 hours. Shred potatoes and squeeze excess moisture out of potatoes. Spray a non-stick skillet with cooking spray. Put potatoes onto skillet. Press flat with spatula. Brown and then invert onto a plate. Then flip back into skillet and brown other side of potatoes. Then place into a casserole dish (or 8”x8” pan). Add salt and pepper. Drain marinade off pork chops and brown on both sides about 5 minutes in olive oil. Quickly brown apples. Place on top of pork and potatoes. Put lid or foil over the top. Bake for 30 minutes at 300^o. Serve 1 triangle of potatoes with pork chop and apple wedges.

Grandma's Apple Cake

4 c. peeled, diced, tart apples	1 tsp. ground cinnamon
2 tsp. baking soda	½ tsp. salt
½ c. butter, softened	½ tsp. ground nutmeg
2 c. sugar	1 c. chopped walnuts
2 eggs or egg substitute	Whipped cream
2 c. flour	

In a medium bowl, toss together apples & baking soda. Set aside. In large bowl, beat together the butter & sugar with a mixer until creamed. Add eggs; beat well. Stir together flour, cinnamon, salt & nutmeg. Add to creamed mixture. Beat until combined. Stir in apple mixture & nuts. Spread in greased 9” x 13" pan. Bake in a 350^o oven - 45 minutes. Serve warm or at room temperature topped with whipped cream.

Unique Vegetable Salad

2 cucumbers
1 each: green pepper, red pepper, yellow pepper, orange pepper
1 avocado
1 medium-sized red onion
4 large celery stalks
4 or 8 ounces blue cheese
Olive oil
Red wine vinegar

Chop all vegetables into rather small pieces. Line a bowl with olive oil. Mix red wine vinegar with mixture; according to taste. Use 4 or 8 ounces blue cheese according to taste.