

Grilled Asparagus

1 ½ lbs fresh asparagus spears, stems trimmed
1 Tbs. olive or vegetable oil
Salt and pepper to taste

Heat charcoal or gas grill, then set to medium heat. In a one-gallon resealable plastic bag, place the asparagus, oil, salt and pepper. Move around in bag until well coated. Place on grill, cover and let cook for 5 minutes. Turn asparagus and cook for additional 3-4 minutes or until lightly browned and tender crisp.

Apple Bread

2 cups flour	2 eggs, beaten
1 tsp. baking soda	1 cup raw apples, chopped
1 tsp. salt	1 ½ tsp. evap. milk
½ cup shortening	½ tsp. vanilla
1 cup sugar	½ cup chopped nuts

Topping:
3 Tbs. sugar

1 tsp. cinnamon

Preheat oven to 350°. Grease and flour pan. Mix ingredients. Pour into prepared pan. Sprinkle with topping. Bake for one hour.

Hobo Dinner

1 lb. hamburger	1 green pepper, sliced
4-baking potatoes	3 carrots, sliced
1 small onion, sliced	salt
salt & pepper	celery salt

In 4 large pieces of aluminum foil place ¼ lb hamburger. Top each with 1 sliced potato, carrot slices, onion slices, green pepper slices, salt and pepper to taste. Sprinkle with celery salt. Close foil up and put on cookie sheet. Place cookie sheet in middle of oven, set at 350° or cook on campfire. Bake 45-60 minutes. Check to see that potatoes and carrots are soft.

Oatmeal Applesauce Squares

1 pkg. Duncan Hines Spice cake mix
2 eggs
½ cup butter or margarine, softened
2 cups applesauce
1 cup quick cooking oatmeal
½ cup firmly packed brown sugar

Preheat oven to 350°. Grease 13x9 inch pan. Combine cake mix, eggs, and butter in large bowl. Beat at low speed with mixer until blended. Spread in pan. Bake for 15 mins. Pour applesauce over baked layer. Combine oats and brown sugar in a small bowl. Mix until crumbly. Sprinkle over applesauce. Return to oven for 10 minutes or until lightly brown. Cool and cut into 3" squares.

The Women's Committee of the Kane County Farm Bureau presents this brochure of recipes to promote the use of fruits, vegetables and other local farm products. We hope you enjoy these recipes and will patronize local fruit and vegetable growers highlighted in the "Discover the Bounty of Kane" companion brochure and online at www.bountyofkane.org

Special Thanks To All Recipe Contributors

Garden Taco Rice

1 lb ground beef or turkey
½ cup chopped onion
1 (1 ¼ oz) pkg. taco seasoning mix
1 ½ cup zucchini, thinly sliced
1 14 ½ oz. can stewed tomatoes
1 ½ cup uncooked instant rice
1 cup shredded cheese

In large skillet, brown ground beef and onion; drain. Stir in remaining ingredients except cheese. Stir in rice. Reduce heat to low and simmer, covered for 5-7 minutes or until liquid is absorbed. Removed from heat. Fluff mixture with fork. Sprinkle with cheese. Cover and let stand 3 minutes or until cheese melts. Garnish with cherry tomatoes if desired. Serve with taco chips and a lettuce salad.

Veggie Lasagna

2 small zucchini (12 oz total), trimmed
1 pkg. (8oz) sliced mushrooms
1 sweet red pepper, seeded and diced
15 oz part skim ricotta cheese
8 oz package reduced fat shredded mozzarella or Italian blend cheese
¼ cup packed parsley leaves, chopped
2 cloves garlic, chopped
¼ tsp. black pepper
1 jar (26oz) roasted garlic pasta sauce
8 traditional lasagna noodles (uncooked), broken in half
¼ cup grated Parmesan cheese

Coat slow cooker bowl with nonstick cooking spray. Thinly slice zucchini. Transfer to a large bowl and add mushrooms and sweet pepper. In medium bowl, combine ricotta, 1 cup shredded cheese, parsley, garlic and black pepper. Spread ½ cup pasta sauce over bottom of slow cooker. Top with 2 noodles (4 halves), overlapping as needed. Blend ¾ cup pasta sauce with ½ cup water and set aside. Stir remaining sauce and 2 Tbs. of the Parmesan into zucchini mixture. Layer half of the zucchini mixture over noodles. Top with 2 more noodles spread with ricotta mixture and top with 2 more noodles. Finish layering with remaining zucchini mixture and remaining 2 noodles. Spread with reserve sauce-water mixture. Cover and cook on High for 4 ½ hours or on low for 6 ½ hours, adding remaining 1 cup shredded cheese and 2 Tbs. grated parmesan for last 10 minutes of cook time. Let stand 10 minutes before serving.

Butternut Squash Soup

1 peeled, seeded, chopped butternut squash	2 Tbs. extra virgin olive oil salt and pepper
1 peeled and quartered onion	1 quart chicken broth
1 peeled and quartered baking potato	½ to 1 cup whole milk

Preheat the oven to 400°. In a 9-by-13-inch baking dish, toss the butternut squash, onion and baking potato with 2 Tbs. extra-virgin olive oil to coat; season with salt and pepper. Bake until tender, 45 minutes to 1 hour. Transfer the vegetables and any juices to a large soup pot, add the chicken broth and bring to a simmer over medium high heat. Remove from the heat and using an immersion blender, puree until smooth. Stir in the milk, according to desired thickness and season with salt and pepper.

Zucchini Cake

2 ½ cups all purpose flour
2 cups sugar
1 ½ tsp. ground cinnamon
1 tsp. salt
½ tsp. baking powder
½ tsp. baking soda
1 cup vegetable oil
4 eggs
2 cups shredded zucchini
½ cup chopped walnuts (optional)

Frosting:
3 oz. cream cheese, softened
¼ cup butter or margarine, softened
1 Tbs. milk
1 tsp. vanilla extract
2 cups confectioners' sugar
Additional chopped walnuts, optional

In a mixing bowl, combine flour, sugar, cinnamon, salt, baking powder and baking soda. Combine oil and eggs; add to dry ingredients and mix well. Add zucchini; stir until thoroughly combined. Fold in walnuts, if desired. Pour into a greased 13x9x2 inch baking pan. Bake at 350° for 35-40 minutes or until a toothpick inserted near the center comes out clean. Cool. For frosting, in a small mixing bowl, beat cream cheese, butter, milk and vanilla until smooth. Add confectioners sugar and mix well. Frost cake. Sprinkle with nuts if desired. Store in refrigerator.

Peach Salsa

2 cups diced peeled peaches
1 cup diced tomato
½ cup thinly sliced green onion
¼ cup diced red bell pepper
2 Tbs. lime juice, about 1 med lime
1 to 2 tsp. finely minced hot or mild chili pepper, or to taste
1 Tbs. chopped fresh cilantro, or to taste
Dash ginger
Dash garlic powder
1 Tbs. orange or pineapple juice, optional
Dash freshly ground black pepper
Sugar or honey, if desired, to taste

Combine all salsa ingredients, tasting and adding sugar or honey if you would like the salsa a little sweeter. It really depends on the sweetness of the peaches. Some chopped mango can be used along with peaches in the recipe. Let stand for 45 minutes or refrigerate for a few hours before serving.

Yummy Breakfast Yogurt

8 oz Mascarpone cheese
½ cup sour cream
¼ cup heavy cream
2 Tbs. maple syrup

Mix all ingredients together and enjoy. Top with fruit of your choice.

FRUIT & VEGETABLE RECIPES

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Women's Committee
Kane County Farm Bureau



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Zucchini Rounds

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

Combine biscuit mix, cheese, pepper and egg. Add zucchini just when ready to fry. (Mixture will be watery if let standing too long.) Fry as small pancakes.

Seafood Salad

1 6 oz can of tuna in water, drained, flaked
1 6 oz. can shrimp drained, chopped
1 6 oz. can lobster, diced
1 6 oz. can crab meat, flaked
½ c. diced green pepper
½ med. onion, chopped
1 rib celery, diced
2 tsp. sweet pickles, chopped
1 cup light mayonnaise

Combine all ingredients; mix well. Chill before serving on lettuce leaves or toast.

Au Gratin Cauliflower

4 cups cauliflower florets
¼ tsp. ground nutmeg
3 oz. light pasteurized prepared cheese, cut up
¾ cup reduced-fat sharp cheddar cheese
1 cup corn flakes
¼ cup sliced almonds

Preheat oven to 375°. Place cauliflower in 8 or 9 inch baking dish. Microwave on high 3-4 minutes or until crisp tender. Sprinkle with nutmeg. Top with cheeses. Sprinkle with combined remaining ingredients. Bake 12-14 minutes or until top is golden brown.

Caraway Brussel Sprouts

2 cups Brussel sprouts
2 tsp. buttery substitute
2 tsp. cornstarch
1 tsp. Worcestershire sauce
¼ cup chopped onion
½ cup skim milk
1 tsp. caraway seeds
¼ cup low fat plain yogurt

Cook Brussel sprouts; drain. Cook onion in buttery substitute until tender. In screw-top jar combine milk, cornstarch, caraway, Worcestershire sauce, ½ tsp salt and dash pepper; shake well. Add to onion and cook over low heat, stirring until thickened and bubbly. Stir in yogurt. Add sprouts to sauce and heat through.

Cranberry Beans

1 lb. green beans
1 Tbs. grated orange peel
½ cup dried cranberries
2 Tbs. honey

In 2-quart saucepan, place beans and orange peel in 1 inch of water. Bring to boil and cook uncovered for 5 minutes. Reduce heat, cover and simmer 10-15 minutes or until beans are tender. Drain. Toss with cranberries and honey

New-Potato Bake

3 pounds small red new potatoes, quartered
2 tsp. salt
9 oz baby spinach leaves

Sauce:
3 Tbs. unsalted butter
1 bunch scallions chopped
3 Tbs. all-purpose flour
2 cups milk, warmed
¾ tsp. salt
1/8 tsp. white or black pepper
1/8 tsp. cayenne pepper
Pinch of ground nutmeg
2 cups Swiss cheese, shredded
1 Tbs. plain breadcrumbs

Heat oven to 375°. Place potatoes and salt in large saucepan. Add cold water to cover. Bring to a boil; simmer 8 minutes. Just before draining, add spinach.

Sauce:
In small saucepan, melt butter over medium heat. Add scallions; cook for 5 minutes or until softened. Sprinkle flour over scallions and whisk to blend. In 2 additions, whisk in warm milk until smooth. Add salt, pepper, cayenne, and nutmeg. Bring to a boil over medium heat, whisking occasionally. Remove from heat. Whisk in 1 cup of cheese. Coat 13x9 baking dish with nonstick cooking spray. Layer half the potatoes and spinach in dish; spoon half the sauce over. Sprinkle with half the remaining cheese. Top with remaining potatoes and sauce. Sprinkle with reserved cheese. Bake at 375° for 20 minutes. Top with breadcrumbs. Bake 10 minutes more until browned. Let stand 10 to 15 minutes.

Strawberry Fields Smoothie

3 cups fresh strawberries, sliced
1 cup fat-free milk
1/3 cup low fat plain yogurt
2 tsp. honey (optional)
½ tsp vanilla extract (optional)

In single layer on a plate, freeze the sliced strawberries for at least 1 hour or overnight. Add the frozen strawberry slices to blender container along with the milk, yogurt, and if using honey and vanilla. Cover and puree until smooth. Pour into 2 tall chilled glasses.

Carrot Slaw

In a large bowl, combine 1 lb shredded carrots, ½ cup jumbo raisins, ¼ cup reduced-fat Miracle Whip, ¼ cup reduced-fat sour cream, 3 Tbs. fat-free milk, and 1/8 tsp salt. Cover and refrigerate for at least an hour.

Apple Venison Meat Loaf

1 egg, beaten
½ cup ketchup
1 Tbsp. horseradish
2 cups shredded peeled apples
2 cups unseasoned stuffing cubes
¼ cup finely chopped onion
1 Tbsp. ground mustard
2 lbs. ground venison

In a large bowl, combine the first seven ingredients. Crumble venison over mixture and mix well. Pat into a ungreased 9x5 inch loaf pan. Bake uncovered at 350° for 60-70 minutes or until no pink remains and meat thermometer reads 160°.

Autumn Apple Salad

20 oz can crushed pineapple with juice
2/3 cup sugar
3 oz. pkg. lemon gelatin
8 oz. pkg. cream cheese, softened
1 cup diced, unpeeled apples
½ cup chopped nuts
¾ cup chopped celery
1 cup whipped topping

In pan, combine pineapple and sugar; bring to a boil. Boil 3 minutes. Add gelatin; stir until dissolved. Add cream cheese; stir until combined. Cool. Fold in apples, nuts, celery and whipped topping. Pour into 9 inch square pan. Chill until firm.

Yellow Summer Squash Relish

10 cups shredded yellow summer squash
2 large onions, chopped
1 large green pepper, chopped
6 Tbsp. canning salt
4 cups sugar
3 cups cider vinegar
1 Tbsp. each: celery seed, ground mustard and ground turmeric
½ tsp. ground nutmeg
½ tsp. pepper

In a large container, combine the squash, onions, green pepper and salt. Cover and refrigerate overnight. Drain; rinse and drain again. In a Dutch oven, combine the sugar, vinegar and seasoning; bring to a boil. Add squash mixture; return to a boil. Reduce heat; simmer for 15 minutes. Removed from the heat. Carefully ladle hot mixture into six hot pint jars, leaving ½ inch headspace. Remove air bubbles, wipe rims and adjust lids. Process for 15 minutes in boiling-water canner. Refrigerate remain relish for up to 1 week.

Cheese Delights

Broil or toast 1 side of a slice of bread. Spread mayonnaise on the un-toasted side. Put peeled tomato slice(s) on next. Salt and pepper. Put on a slice of American cheese; spread mayonnaise over the cheese. Now broil or toast the top until the cheese starts to melt.

Asparagus Salad

6-7 asparagus spears cut into 1” pieces
3 plum tomatoes, halved and sliced (or 10-12 halved cherry or grape tomatoes)
1 med. sweet (or red) onion chopped
½ cup dilled white cheese curds (may have to cut larger curds)
Ranch dressing, as desired
Black pepper
Garlic Croutons

Mix all ingredients. Add ranch dressing as desired, sprinkle with black pepper, and top with garlic croutons.

Summer Squash Skillet

½ cup chopped onions
½ cup chopped green pepper
2 Tbs. butter
2 cup zucchini (about ¾ lb)
3 med tomatoes
1½ tsp. sugar
1 Tbs. flour
1 tsp. salt
½ tsp. oregano
¼ tsp. pepper

Cook onion and green pepper in butter till tender: stir in sugar, flour, salt, pepper, and oregano. Add squash and tomatoes sliced and cut up. Cook over low heat until tender.

Green Bean Salad

In a salad bowl rubbed with garlic combine 2 cups cooked green beans (cold). (Preferably cooked whole if small or cut in strips.) Thinly sliced a small onion. 2 Tbs. finely cut celery and ½ head crisp lettuce, broken into pieces. Pour ½ cup French dressing overall and toss lightly.

Spinach Salad

3-4 bacon slices, diced
1 Tbs. sugar
Salt and pepper to taste
½ small onion, chopped
1 egg slightly beaten
1 Tbs. vinegar
4 cups torn spinach greens
Sliced hard boiled egg

In small frying pan, cook bacon until crisp. Do not drain. In a 1 cup measure place egg, sugar, vinegar and enough water to make ¾ cup; pour over bacon and grease. Cook, stirring constantly, until dressing thickens. Season to taste. Pour the hot dressing over greens and onion. Toss; garnish with egg slices.