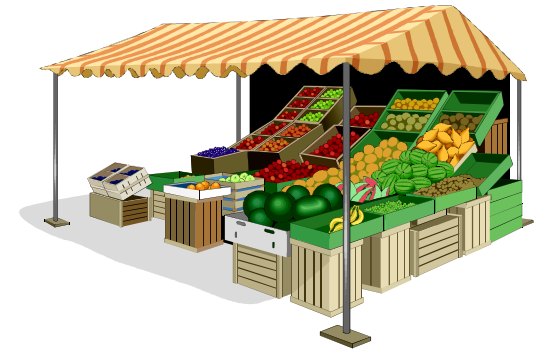


FAVORITE FRUIT & VEGETABLE RECIPES

2001 Edition



Pickled Beets

Mary Diehl

2 cups cooked beets

Combine:

1/3 cup vinegar

¼ cup water

¼ cup sugar

½ teaspoon cinnamon

¼ teaspoon cloves

¼ teaspoon salt

Heat to boiling. Pour over sliced beets. Let stand 6 hours.

Carrot Salad

Louise Johnson

1 cup carrots, chopped

½ cup nuts, chopped

½ cup raisins

½ cup celery, diced

Season with mayonnaise to taste.

Carrots Hawaiian

Louise Johnson

Place 10 or 12 carrots in saucepan & salt to taste. Bring to boil & cook until tender but do not over cook. Cool. Dice into bite-sized pieces. Heat 1 small can crushed pineapple, ¼ cup brown sugar & ½ stick butter or oleo until butter melts. Add carrots. Place in casserole & warm in oven before serving.

Creamy Apple-Lemonade Salad

Nancy Meyer

2 cups lemonade

1 package (3 ounces) orange flavored gelatin

1 container (6 ounces) lemon yogurt, low-fat preferred

2 cups apples, diced

½ cup celery, thinly sliced

1 can (11 ounces) mandarin orange sections, drained

Bring 1 cup of lemonade to a boil over medium heat. Pour over the gelatin in a large mixing bowl & stir to dissolve. Add remaining lemonade & chill until the gelatin begins to set. Stir yogurt until smooth. Add to the gelatin & stir until well combined. Add apples, celery & orange sections & stir again. Pour into a serving bowl & refrigerate until set.

Peach & Raspberry Salad

Louise Johnson

4-5 peaches, cut in chunks, (unpeeled)

3 tablespoons sugar

¼ - ½ cup raspberries

Wash & cut peaches. Sprinkle with sugar. Add berries. Stir. Let set 20 minutes. Stir. (Fruit "draws juice" as it sits.) Taste & add sugar if desired.

Tropical Apple Salad Platter

Nancy Meyer

1 Golden Delicious apple, cored & sliced

1 Red Delicious apple, cored & sliced

1 fresh pineapple, pared, cored & cut into spears

1 honeydew melon, pared & cut into chunks

1 papaya, pared & sliced

1 banana, peeled & sliced

Lime Cream Dressing:

2 cartons (6-8 ounce each) low-fat lemon yogurt

2 tablespoons honey

2 tablespoons lime juice

Arrange fruit on a large platter. Serve with Lime Cream Dressing. Makes 8 servings. To prepare dressing, combine yogurt, honey & lime juice in a small bowl; stir to blend.

Golden Apple Bundles

Dorothy Milnamow

2 cups apples, peeled & chopped

1/3 cup walnuts, chopped

¼ cup packed brown sugar

¼ cup raisins

1 tablespoon all-purpose flour

½ teaspoon lemon peel

½ teaspoon ground cinnamon

Pastry for double-crust pie

milk

sugar

In a bowl, combine the apples, walnuts, brown sugar, raisins, flour, lemon peel & cinnamon; set aside. Roll pastry to 1/8 inch thickness. Cut into 5 inch circles. Spoon about ¼ cup apple mixture into center of each circle. Moisten edges of pastry with water. Fold over & seal edges with a fork. Place on a greased baking sheet. Bake at 450° for 10 minutes. Reduce heat to 400°; bake 10 minutes longer. Brush each with milk & sprinkle with sugar; return to oven for 5 minutes. Yield: 10-12 servings.

Apple Dessert

Mary Diehl

4 cups apples, sliced

1 cup flour

1 cup white sugar

1 teaspoon cinnamon

½ teaspoon salt

½ cup butter

Butter shallow baking dish (8 x 8). Put in apples. Mix flour, sugar, cinnamon, salt & butter until crumbly. Spread over apples. Bake uncovered for 40 minutes at 400°.

Rhubarb Custard Cake

Mary Nagel

1 package yellow cake mix (18 ¼ ounces)

4 cups rhubarb, chopped, fresh or frozen

1 cup sugar

1 cup whipping cream

Prepare cake mix according to package directions. Pour into a greased 13" x 9" pan. Sprinkle with rhubarb & sugar. Slowly pour cream over top. Bake at 350° for 40 to 45 minutes or until golden brown. Cool for 15 minutes before serving. Garnish with whipped cream, if desired.

Zucchini Bread

Mary Diehl

3 eggs

1 cup oil

2 cups sugar

2 teaspoons vanilla

2 cups shredded, unpeeled zucchini

1 can (8 ¼ ounce) crushed pineapple, well drained

3 cups flour

2 teaspoons baking soda

1 ½ teaspoons cinnamon

1 teaspoon salt

¾ teaspoon nutmeg

¾ teaspoon baking powder

1 cup dates, chopped

1 cup nutmeats

Beat eggs, oil, sugar & vanilla; stir in remaining ingredients. Mix well. Pour into 2 greased loaf pans. Bake at 350° for about 70 minutes or until wooden pick inserted comes out clean.

WOMEN'S COMMITTEE

Kane County Farm Bureau

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The Kane County Farm Bureau Women's Committee presents this booklet of recipes to you. Our purpose is to promote the use of fruits and vegetables and other farm products. We hope you enjoy these recipes and will patronize the local fruit and vegetable growers in Kane County.

Vegetable Beef Casserole

Dorothy Milnamow

3 medium unpeeled potatoes, sliced
3 carrots, sliced
3 celery ribs, sliced
2 cups fresh or frozen green beans
1 medium onion, chopped
1 pound lean ground beef
1 teaspoon dried thyme
1 teaspoon salt
1 teaspoon pepper
4 medium tomatoes, peeled, seeded & chopped
1 cup (4 ounces) shredded Cheddar cheese

In a 3-qt. casserole, layer half of the potatoes, carrots, celery, green beans & onion. Crumble half of the uncooked beef over vegetables. Sprinkle with ½ teaspoon each of thyme, salt & pepper. Repeat layers. Top with tomatoes. Cover & bake at 400° for 15 minutes. Reduce heat to 350°, bake about 1 hour longer or until vegetables are tender & meat is done. Sprinkle with cheese; cover & let stand until cheese is melted. Yield: 6-8 servings.

Herbed Pot Roast

Nancy Meyer

1 boneless beef rump or chuck roast (3 to 3-1/2 pounds)
1 tablespoon cooking oil
1 teaspoon salt
1 teaspoon dried marjoram
1 teaspoon dried thyme
½ teaspoon dried oregano
½ teaspoon garlic powder
½ teaspoon pepper
1 can (10-1/2 ounces) condensed beef broth
8 carrots, cut into thirds
8 medium potatoes, peeled & quartered
1 large onion, quartered
1 cup water

In a Dutch oven, brown roast in oil. Combine the seasonings; sprinkle over meat. Add broth & bring to a boil. Cover & bake at 325° for 2 hours, basting occasionally. Add carrots, potatoes, onion & water. Cover & bake for 1 hour or until vegetables are tender. Thicken pan juices for gravy if desired. Yield: 8 servings.

Tomato Pizza

Dorothy Milnamow

6 medium firm tomatoes, thinly sliced
1 large baked pizza crust (13 to 16 inches)
2 tablespoons olive oil
1 teaspoon salt
1 teaspoon pepper
1 can (2-1/4 ounces) sliced ripe olives, drained, optional
½ cup diced green pepper
½ cup diced onion
1 tablespoon chopped fresh basil
1 cup (4 ounces) shredded mozzarella cheese
1 cup (4 ounces) shredded cheddar cheese

Place tomato slices in a circle on crust, overlapping slightly until crust is completely covered. Drizzle with olive oil. Season with salt & pepper. Cover with olives if desired, green pepper & onion. Sprinkle basil over all. Cover with mozzarella & cheddar cheeses. Bake at 400° for 15 minutes or until cheese is melted. Serve immediately.

Herbed Asparagus

Clarice Nepermann

4 pounds fresh asparagus
3 teaspoons salt
¼ cup butter
2 tablespoons lemon juice
½ teaspoon basil leaves

Clean asparagus. Spread stalks in a large skillet. Add 2 inches boiling water & salt. Boil uncovered 5 minutes. Cover & cook until tender - crisp. Drain well. Melt butter. Stir in lemon juice & basil. Pour over asparagus.

Zucchini Casserole

Bernice Thomas

6 cups sliced zucchini
½ cup sliced onion
1 can cream of chicken soup
1 cup sour cream
1 cup shredded carrots
1 (8 ounce) package croutons or cubed, seasoned bread
½ cup melted butter

Cook zucchini & onion in salted water for 5 minutes. Drain. Combine soup, sour cream & carrots. Fold in zucchini. Combine croutons & butter. Spread ½ of crouton mixture on bottom of 9 x 13 inch pan. Spoon on zucchini mixture & top with remaining croutons. Bake at 350° for 30 minutes. Serves 6-10.

Tomatoes Vinaigrette

Louise Johnson

12 thick tomato slices
1 cup salad oil
1/3 cup wine vinegar
2 teaspoons crushed oregano leaves
1 teaspoon salt
½ teaspoon pepper
½ teaspoon dry mustard
2 cloves of garlic, crushed
minced green onions
minced parsley
6 lettuce cups

Arrange tomato slices in 8 x 8 x 2 inch dish. Combine oil, vinegar, & next 5 ingredients. Spoon over tomatoes. Cover. Chill 2-3 hours. Spoon dressing over tomatoes occasionally. To serve, arrange tomato slices in lettuce cups or large glass bowl. Sprinkle with onion & parsley. Drizzle each salad with small amount of dressing.

Creamy Sliced Tomatoes

Dorothy Milnamow

1 cup mayonnaise
½ cup light cream
¾ teaspoon dried basil or 1-1/2 teaspoons chopped fresh basil, divided
Lettuce leaves
6 medium tomatoes, sliced
1 medium red onion, thinly sliced into rings

In small bowl, combine mayonnaise, cream & half of the basil; mix well. Refrigerate. Just before serving, arrange lettuce, tomatoes & onions on individual salad plates. Drizzle dressing over. Sprinkle with remaining basil. Yield: 12 servings.

Cabbage with Cheese Sauce

Clarice Nepermann

¼ cup bacon
1 medium head cabbage
¼ pound sharp cheddar or processed cheese, shredded
2 cups white sauce

Fry bacon until crisp; remove from pan. Use ¼ cup fat or butter; stir in ¼ cup flour; gradually add 2 cups milk. Cook over low heat, stirring constantly until smooth & thick. Cut cabbage into wedges, cook in small amount of water until tender. Add cheese to white sauce & heat until melted; season to taste. Put drained cabbage on platter; cover with cheese sauce & sprinkle with crumbled bacon.

German Potato Bake

Nancy Meyer

4 cups cooked potatoes, cubed
2 tablespoons butter
½ pound cheese or pasteurized cheese spread
5 crisply cooked bacon slices, crumbled
3 to 6 green onions, chopped
¾ cup mayonnaise
¼ cup sour cream
¼ teaspoon pepper
¼ teaspoon paprika

Preheat oven to 350°. In large skillet combine cooked potatoes, butter & half the cheese. Stir over low heat until cheese melts. Add bacon, onions, mayonnaise, sour cream & pepper. Mix well. Spoon into casserole dish & top with remaining cheese. Sprinkle with paprika. Bake 20 minutes. Makes 6 servings.

Marinated Cucumbers

Mary Nagel

6 medium cucumbers, thinly sliced
1 medium onion, sliced
1 cup vinegar
¼ to 1/3 cup sugar
¼ cup olive or vegetable oil
1 teaspoon salt
1 teaspoon dried oregano
½ teaspoon dried marjoram
½ teaspoon lemon-pepper seasoning
½ teaspoon ground mustard

In a bowl, combine the cucumbers & onion. In a jar with a tight fitting lid, combine the remaining ingredients. Shake well. Pour over cucumber mixture. Cover & refrigerate for at least 4 hours. Serve with a slotted spoon.

Baked Acorn Squash

Clarice Nepermann

3 fresh squash
salt to taste
2 to 3 tart apples
butter
6 tablespoons brown sugar

Cut squash in half; remove seeds. Place cut side down in shallow baking dish. Add ½ cup boiling water & cover. Bake in 350° preheated oven 10 minutes. Remove cover, turn cut side up & sprinkle with salt. Peel, core & slice apples. Fill cavities with apples. Dot with butter. Sprinkle each half with 1 tablespoon brown sugar. Add ½ cup boiling water to bottom of pan. Bake 30 minutes or until tender.