

Sausage Zucchini Casserole

Joan Flanders

1 lb. bulk pork sausage
1/8 tsp. garlic powder
4 C sliced zucchini
1/2 C dry bread crumbs
1/2 C Parmesan Cheese

1/2 C milk
1 Tbl parsley
1/2 tsp. oregano
1/2 tsp. salt
2 eggs, beaten

Brown sausage & drain off fat. Sprinkle with garlic powder. Cook squash until tender. Drain. Stir squash & next 6 ingredients into meat. Fold in eggs. Bake in a 10" x 5" dish at 350° for 25-30 minutes. Makes 4-6 servings.

Green Beans Supreme

Mary J. Nagel

1/2 tsp. grated onion
3 Tbl butter
2 Tbl flour
1/2 tsp. sugar
1/2 tsp. salt
1 lb. green beans, cut & cooked until tender-crisp

dash pepper
1/2 C milk
1/2 C sour cream
4 oz. shredded Swiss cheese
1/3 C cornflake crumbs

Cook onions in 2 Tbl butter for 1 minute. Blend in flour, sugar, salt & pepper. Add milk all at once & cook until thick & bubbly. Remove from heat. Stir in sour cream. Add beans. Spread 1/3 of bean mixture in 1 quart casserole dish. Sprinkle 1/2 the cheese over beans, repeating layers & ending with beans. Add 1 Tbl melted butter to cornflakes & top bean mixture. Bake at 400° for 20 minutes.

Beef Teriyaki with Broccoli

Beulah Swanson

1 lb. boneless round steak, 3/4" thick
3 Tbl teriyaki sauce
1 Tbl lemon juice
2 tsp. cornstarch
1 tsp. gingerroot, finely chopped
1 1/2 C fresh broccoli, chopped
1 small onion, chopped
1 clove garlic, crushed
1 small red or green pepper, cut into thin strips

Trim fat from beef steak. Cut beef across grain into 2" x 1/8" strips. Mix teriyaki sauce, lemon juice, cornstarch & gingerroot in square microwavable dish, 8" x 8" x 2". Stir in beef. Cover and refrigerate at least 20 minutes. Drain beef; reserve marinade. Stir broccoli, onion & garlic into square dish. Cover tightly & microwave on high 6 to 8 minutes, until beef is no longer pink, stirring after 4 minutes. Stir in pepper & marinade. Cover tightly and microwave 2 to 3 minutes or until sauce is thickened. Serve hot with rice.

Carrot Casserole

Dorothy Milnamow

4 C sliced carrots
1 medium onion, minced
3 Tbl margarine or butter
1 can cream of celery soup
1/4 tsp. salt
1/8 tsp. pepper

1/2 C shredded cheddar cheese
1/2 C Pepperidge Farm stuffing
1/3 C melted margarine or butter

Cook carrots until tender. Drain. Sauté onion in margarine; Stir in soup, salt, pepper, carrots & cheese. Put into 2 qt. casserole. Toss stuffing with melted margarine. Sprinkle on top of casserole. Bake 30 minutes at 350°. To make it creamier, add 1/4-1/2 C milk. May add more stuffing.

Green Beans Almondine

Mary J. Nagel

1 lb. fresh green beans, cut into 2" pieces
1/2 C water
1/4 C slivered almonds
2 Tbl butter
1 tsp. lemon juice
1/4 tsp. seasoned salt (optional)

In saucepan, bring beans & water to boil. Reduce heat to medium. Cover & cook for 10-15 minutes or until beans are crisp tender. Drain & set aside. In a skillet, cook almonds in butter over low heat. Stir in lemon juice & seasoned salt. Add beans and heat through.

Hearty Chicken Salad

Dorothy Milnamow

4 C cooked chicken, cubed
1 C chopped celery
1 C chopped apples with skin on
1 C halved, seedless grapes
2 Tbl creamy French Dressing
1 tsp. salt

1/4 tsp. pepper
3/4 C mayonnaise
1 C slivered almonds
1/4 C sour cream
lettuce leaves
tomato slices

Toss chicken, celery, apples & grapes with French Dressing. Cover & refrigerate overnight. Add salt, pepper & mayonnaise. Toast nuts in 350° oven for 5 minutes. Mix in nuts & sour cream. Place on lettuceleaves & garnish with slices of tomatoes.

Vegetable Goulash

Beulah Swanson

1 lb. ground beef
2 small onions, chopped
1 quart tomatoes, peeled
1 small zucchini squash, chopped
1 small yellow summer squash, chopped
1 cup elbow macaroni

Brown beef & onions. Drain off fat. Add chopped squash & tomatoes. Boil macaroni according to package directions. Add to meat & vegetable mixture. Simmer until squash is tender.

Old Fashioned Pot Roast

Nancy Meyer

3 or 4 lb. pot roast
1 bottle (12 oz) chili sauce
1 C water
1 envelope onion soup mix
4 medium potatoes (cut into 1" pieces)
5 medium onions (cut into 1" pieces)
2 celery ribs (cut into 1" pieces)

Place roast in an ungreased roasting pan. Combine chili sauce, water & soup mix. Pour over roast. Cover & bake at 350° for 2 hours. Add vegetables & bake 1 hour longer, or until vegetables are tender.

Cheesy Vegetable Pizzas

Beulah Swanson

4 pita breads, 6" diameter
1/2 C pizza sauce
1/2 C small broccoli flowerets
1/2 C small cauliflowerets
1/2 C cherry tomatoes, sliced
1/4 C peas
1 medium bell pepper, sliced
1 C shredded mozzarella cheese (4 oz)

Heat oven to 350°. Place pita bread on an ungreased cookie sheet. Spread 2 Tbl pizza sauce on each bread. Divide vegetables among pita breads. Sprinkle each with 1/4 C cheese. Bake 8 minutes or until cheese is melted.

FAVORITE FRUIT & VEGETABLE RECIPES

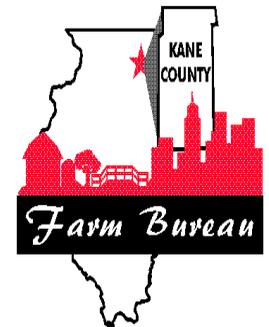
1999 Edition



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.

French Ratatouille

Bernice Thomas

1/2 C oil (olive or peanut) 5 garlic cloves, finely chopped
1 1/2 C onion, chopped 1 1/2 C green or red
1 1/2 C eggplant with pepper, coarsely chopped
skin on, 1 1/2 C zucchini, sliced
coarsely chopped & quartered
1 Tbl salt 1 tsp. black pepper
2-3 Tbl fresh basil 1 1/2 C tomatoes, seeded &
chopped

Heat oil in heavy skillet. Sauté garlic & onions. Stir in pepper, eggplant & zucchini. Add seasonings. Cook for 10 minutes. Add tomatoes & cook for 10 minutes more. (Can add mushrooms, celery or lemon rind.)

Italian Vegetable Toss

Mary Diehl

2 medium zucchini, sliced 1/4 tsp. cracked
2 medium yellow squash, sliced black pepper
10 medium mushrooms, quartered 2 medium tomatoes,
1 Tbl margarine, diced cut in 8 wedges
1 Tbl fresh basil leaves, snipped 1/4 C shredded
Parmesan cheese

In a shallow 2-quart microwave-safe casserole, place zucchini, yellow squash, mushrooms, margarine, basil & pepper. Cover & microwave on HIGH until squash is crisp-tender, 8 to 10 minutes, rotating halfway through cooking time. Add tomato wedges & sprinkle with cheese. Microwave on HIGH 2 - 3 minutes. Makes 4 servings.

Broccoli - Grape Salad

Louise Johnson

4 C broccoli flowerets, cut up
1 1/2 C seedless red grapes, halved
1/2 C roasted & unsalted sunflower seeds
10 strips bacon, crisp & crumbled
Dressing:

1 C mayonnaise
1 1/2 Tbl cider vinegar (or 2 Tbl white vinegar)
1/3 C sugar

Mix broccoli, grapes & seeds in a bowl. Mix dressing ingredients together. Mix dressing & bacon with broccoli mixture just before serving. May substitute 1/2 C raisins for grapes.

Cabbage with Cheese Sauce

Clarice Nepermann

1/4 lb. bacon 2 C milk
1/4 C bacon drippings 1/4 lb. cheddar or processed
1/4 C flour cheese
1 medium head cabbage

Fry bacon & remove from pan. Add flour to bacon drippings. Gradually add milk & cook over low heat, stirring constantly until smooth & thick. Add cheese to sauce & heat until melted. Cut cabbage into wedges & cook in a small amount of salted water until tender. Drain. Put cabbage on platter. Cover with sauce. Top with crumbled bacon.

Fruit Zucchini Jam

Joan Flanders

6 C shredded, peeled zucchini
6 C sugar
1/2 C lemon juice
1 C well-drained fruit (raspberries, pineapple, etc.)
1 (6oz) pkg jello (any flavor)

Add sugar to zucchini. Boil 6 minutes. Add lemon juice and fruit. Boil 6 minutes longer. Remove from heat. Add jello & refrigerate. Freeze for long-term storage.

Fruit Slaw

Dorothy Milnamow

3 C shredded cabbage 1/2 C celery, sliced
1 orange, peeled & sectioned 1 (8 oz) carton orange
1 C seedless red grapes, havled yogurt
1 small apple, cored & chopped

In large salad bowl, combine cabbage, orange, grapes & celery. For dressing, stir together yogurt & apple. Spread dressing over cabbage mixture. Cover & chill. Just before serving, gently toss.

Spinach & Strawberry Salad

Joan Flanders

1 small onion, chopped Fresh strawberries
3/4 C sugar Fresh spinach
1/2 tsp. dry mustard
1/2 tsp. salt
1 C oil
1/3 C cider vinegar
2 tsp. Poppy seeds

Whisk ingredients on left together. Mix with strawberries & spinach.

Fruit Extravaganza

Louise Judd

1/4 C orange juice 4 kiwi, peeled & sliced
1/4 tsp. cinnamon 1 pineapple, chopped
1/4 C honey 2 mangos, peeled & chopped
dash of nutmeg 1/2 pt raspberries or
strawberries

In a bowl combine first four ingredients. Add fruit. Cover & chill several hours or overnight.

Apple Salad

Joan Flanders

1 C sour cream
3 C miniature marshmallows
2 C celery, cut into 1/2" pieces
1 1/2 C whole red seedless grapes
1 1/2 C English walnut pieces
1 small can pineapple chunks, drained
4 red delicious apples

In a bowl, mix sour cream & marshmallows. Add next four ingredients. Mix & refrigerate one hour. Before serving, add apples, cut into 1/2" pieces.

Peanut Butter Apple Dip

Mary Diehl

1 pkg (8 oz) cream cheese, softened
1 C peanut butter
1 C packed brown sugar
1/4 C milk
3 to 4 apples, cut into wedges

In a mixing bowl, combine the first four ingredients; mix well. Serve with apples. Store in refrigerator. Yield: 2 2/3 cups.

Microwave Fruit Crisp for One

Mary Diehl

1 apple, or pear, or peach
2 Tbl brown sugar
2 Tbl Quick Quaker Oats
1 Tbl flour
1/8 tsp. cinnamon
1 Tbl COLD butter or margarine

Peel & slice fruit into small microwave-safe bowl. Combine sugar, oats, flour & cinnamon in a bowl. Cut in butter or margarine until mixture is very crumbly. Sprinkle mixture over fruit. Microwave for 2 1/2 to 3 minutes. (Can be served with whipped topping or ice cream, etc.)

Applescotch Dessert

Dorothy Milnamow

4 C peeled, sliced apples Mix all
1/2 C brown sugar ingredients &
1 Tbl flour put in ungreased
1/4 C skim milk 9" pan.
1/2 C water

Topping:
2/3 C flour 1/4 C sugar
1/2 C quick oats 1 pkg (3.5 oz) reg butterscotch
1/2 C chopped nuts pudding mix
1 tsp. cinnamon 1/2 C melted butter

Combine all topping ingredients. Mix until crumbly. Sprinkle over apples. Bake at 350° for 45 to 50 minutes.

Apple Crisp

Nancy Meyer

1 C rolled oats 1 tsp. cinnamon
1/2 C flour 1/2 C butter or margarine softened
1/2 C brown sugar 4 C sliced tart apples, peeled & sliced
1/4 tsp. salt

Place oats, flour, sugar, salt & cinnamon in bowl. Blend. Add butter & blend with pastry blender or fork. Put apples in 8 x 8 (2 quart) baking pan. Spread oatmeal mixture on top. Press down lightly. Bake for 30 minutes at 350°.

Rhubarb Pudding Dessert

Mary Diehl

1 C graham cracker crumbs
2 Tbl sugar
1/4 C butter or margarine, melted

Filling:
1 C sugar 3 drops red food coloring, optional
3 Tbl cornstarch 1/2 C whipping cream, whipped
4 C rhubarb, chopped 1 1/2 C miniature marshmallows
1/2 C water 1 pkg (3.4 oz) instant vanilla pudding mix

Combine the crumbs, sugar & butter; set aside 2 tablespoons. Press remaining crumbs into an ungreased 11"x7"x2" baking dish. Bake 350° for 8-10 minutes. Cool. For filling, combine sugar & cornstarch in saucepan. Add rhubarb & water;. Bring to a boil. Cook & stir for 2 minutes or until thickened. Stir in food coloring, if desired. Spread over the crust. Chill. Combine whipped cream & marshmallows; spread over the rhubarb layer. Prepare pudding mix according to package directions for pie filling. Spread over marshmallow layer. Sprinkle with reserved crumbs. Cover & refrigerate for 4 hours or overnight. Yield: 9-12 servings.