

Garden Salad

2 packages (3 oz) lime Jell-O dissolved in	2 teaspoons salt
3 cups boiling water, chill until syrupy	Add:
Fold in:	1 cup cucumbers, chopped
2 cups sour cream	1 cup radishes, sliced
2 tablespoons vinegar	1 cup green onions, chopped
	1 cup carrots, shredded

Put in mold or bowl & chill until firm. Yield: 8 – 10 servings.

Spinach Salad With Apples

<u>Dressing:</u>	<u>Salad</u>
1/4 cup red onion, finely chopped	1/2 cup slivered almonds
6 tablespoons apple cider vinegar	2 tablespoons sugar
1/2 cup olive oil	6-oz. package baby spinach leaves
3 tablespoons sugar	1 head romaine lettuce, washed & torn
1 clove garlic, minced (optional)	2 sweet-tart apples, cored & thinly sliced
1/4 teaspoon salt	
1/8 teaspoon freshly ground black pepper	

Place almonds in medium skillet with sugar. Cook over medium-high heat 4 minutes or until coated & browned, stirring constantly; set aside. Combine dressing ingredients in small bowl; stir vigorously. Pour over spinach, lettuce & apples just before serving; toss. Sprinkle with sugared almonds. Yield: 8 servings.

Olive Creamed Potatoes

6 med.-sized potatoes, boiled	1 teaspoon salt
2 cups sour cream	1/2 teaspoon pepper
3 tablespoons onion, finely chopped	1/2 teaspoon paprika
2 tablespoons pimiento stuffed olives, finely chopped	1 tablespoon parsley, chopped

Dice potatoes. Spoon cream into skillet; add potatoes. Heat slowly over medium heat until cream bubbles over potatoes. Add onion & olives. When potatoes are thoroughly heated, add salt & pepper. Serve at once, garnished with paprika & parsley. Yield: 6 servings.

Freezer Pickles

2 pints thin sliced cucumbers	1 1/2 cups sugar
1 large onion, sliced	1/2 cup vinegar
2 tablespoons salt	

Combine first three ingredients. Let stand 2 hours, or more. Drain well. Add sugar & vinegar. Mix & let stand in refrigerator 2 days before freezing. Use celery seed if you like. These keep well in the refrigerator, covered in a glass container.

Moist Corn Bread

1 egg, lightly beaten	1 package (8 1/2 oz) corn bread/muffin mix
1 1/2 cups fresh or frozen corn, thawed	1 cup (8 oz) fat-free plain yogurt
1 can (8 3/4 oz) cream-style corn	1/4 cup reduced calorie stick margarine, melted

In a bowl, combine all ingredients; mix well. Pour into an 8" square baking dish coated with nonstick cooking spray. Bake at 350° for 35-40 minutes or until edges are lightly browned & a toothpick inserted near the center comes out clean. Let stand for 10 minutes before cutting. Yield: 9 servings.

Warm Chicken Spinach Salad

3 cups fresh spinach, torn	1/4 cup walnuts, chopped
1 can (11 oz) mandarin oranges, drained	2 tablespoons olive or vegetable oil
1/2 cup fresh mushrooms, sliced	2 teaspoons cornstarch
3 thin slices red onion, halved	1/2 teaspoon ground ginger
1/2 pound boneless skinless chicken breasts, cut into strips	1/4 cup orange juice
	1/4 cup red wine vinegar or cider vinegar

On two salad plates, arrange spinach, oranges, mushrooms, & onion; set aside. In a skillet, sauté chicken & walnuts in oil until chicken is no longer pink. In small bowl, combine the cornstarch, ginger, orange juice & vinegar until smooth; stir into the chicken mixture. Bring to a boil; cook & stir for 2 minutes or until thickened & bubbly. Pour over salads & serve immediately. Yield: 2 servings.

Stir-Fried Beef ‘n’ Beans

1/4 cup cornstarch	1 pound boneless beef sirloin steak, cut into ¼ inch strips
1/2 cup soy sauce	1/2 pound fresh green beans, cut in half lengthwise
2 tablespoons water	1 teaspoon sugar
1 teaspoon ground ginger, or 4 teaspoons minced fresh ginger root	1/2 teaspoon salt
4 garlic cloves, minced	Hot cooked rice
4 tablespoons vegetable oil, divided	

In a bowl, combine the cornstarch, soy sauce, water, ginger, garlic & 2 tablespoons oil until smooth. Set aside 1/2 cup. Pour the remaining marinade into a large re-sealable plastic bag; add the beef. Seal bag & turn to coat; refrigerate for 25-30 minutes. Drain & discard marinade from beef. In a wok or skillet, stir-fry beef in remaining oil for 4-6 minutes or until no longer pink. Remove & keep warm. In the same skillet, stir-fry the beans, sugar & salt for 15 minutes or until crisp-tender. Stir in the beef & reserved marinade. Bring to a boil; cook & stir for 1-2 minutes or until thickened. Serve over rice. Yield: 4 servings.

Ham ‘n’ Swiss-Topped Potatoes

3 med. baking potatoes (12 oz. each)	1/2 cup Swiss cheese, shredded
2 tablespoons cornstarch	2 cups fully cooked lean ham, cubed
2 cups milk	2 cups steamed cut fresh asparagus
1 tablespoon Dijon mustard	
1/2 teaspoon pepper	

Bake potatoes at 375° for 1 hour or until tender. Meanwhile, in a saucepan, combine cornstarch & milk until smooth. Bring to a boil over medium heat; cook & stir for 2 minutes or until thickened. Reduce heat; stir in the mustard, pepper, & Swiss cheese. Cook & stir until the cheese is melted. Stir in ham & asparagus. Cook for 5 minutes or until heated through. Cut potatoes in half lengthwise; place cut side up & fluff the pulp with a fork. Spoon 2/3 cup sauce over each half. Yield: 6 servings.

Pineapple Chicken Kabobs

1 (10 oz.) can pineapple chunks	cherry tomatoes
1 pound boneless skinless, chicken breasts, cut into cubes	1/3 cup Italian salad dressing or barbeque sauce
1 red or green bell pepper, cut into chunks	Skewers
1 red onion, cut into chunks	

Drain pineapple. Thread pineapple, chicken, peppers, onions, & tomatoes onto skewers. Brush with 1/3 cup Italian dressing or barbeque sauce. Grill or broil 10 to 15 minutes or until chicken is no longer pink, brushing with dressing. Discard remaining dressing. Yields: 4 servings.

Tomato Salad

6 medium tomatoes, seeded and chopped	1/3 cup olive or vegetable oil
2 celery ribs, sliced	3 tablespoons cider vinegar
1/2 medium cucumber, sliced	1/2 teaspoon sugar
1/2 cup onion, chopped	Salt & pepper to taste

In a serving bowl combine the tomatoes, celery, cucumber, & onion. In a jar with a tight fitting lid, combine the oil, vinegar, sugar, salt, & pepper. Shake well. Drizzle over tomato mixture; toss gently to coat. Yield: 6 servings.

Pickled Carrots

2 pounds carrots, sliced	3/4 cup vinegar
1 medium onion	1/2 cup oil
1 medium green pepper	1 cup sugar
1 pint tomato juice	1 tablespoon Worcestershire sauce

Cook carrots in salted water until tender. Dice onion & pepper & spread over cooled carrots. Mix remaining ingredients & pour over vegetables. Chill 24 hours. Stores well.

FAVORITE FRUIT & VEGETABLE RECIPES

2004 Edition



WOMEN’S COMMITTEE

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The Kane County Farm Bureau Women’s Committee presents this brochure 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

Vegetable Slaw

3 cups cabbage, shredded	1/2 cup chopped red onion
5 plum tomatoes, seeded & chopped	1/2 cup sour cream
1 cup fresh broccoli florets, cut into small pieces	1/4 cup mayonnaise
1 cup cauliflowerets, cut into small pieces	1 tablespoon cider vinegar
	3/4 teaspoon salt
	1/4 teaspoon pepper

In a bowl, combine the cabbage, tomatoes, broccoli, cauliflower, & onion. In a small bowl, combine the sour cream, mayonnaise, vinegar, salt, & pepper. Pour over cabbage mixture; toss to coat evenly. Cover & refrigerate until chilled. Yield: 6 servings.

Strawberry Chiffon Pie

1 package (.3 oz.) sugar-free strawberry gelatin	2 1/4 cups sliced fresh strawberries, divided
3/4 cup boiling water	1 reduced-fat graham cracker crust (8 inches)
1 1/4 cups cold water	
1 cup reduced-fat frozen whipped topping, thawed	

In a large bowl, dissolve gelatin in boiling water. Stir in cold water. Refrigerate until slightly thickened. Fold in the whipped topping & 2 cups strawberries. Pour into the crust. Refrigerate for 3 hours or until set. Garnish with the remaining strawberries. Yield: 8 servings.

Schnitzel Beans

4 slices bacon, diced	5 cups green beans, fresh or 2 (1 lb.) cans, drained
1 cup sugar	1 medium onion, chopped
1/2 cup vinegar	

Fry bacon until browned; add sugar & vinegar. Cook until sugar is dissolved. Add beans & onion; simmer approximately 5 minutes (may take a little longer with fresh beans). Yield: 8 servings. Note: This sauce is good on other vegetables.

Cheesy Carrots

1 pound fresh carrots, sliced	Topping:
2 tablespoons butter	1/4 cup butter, melted
1/4 pound Velveeta Cheese, cubed	20 Ritz crackers, crushed

Mix topping ingredients. Cook & drain carrots. Melt 2 tablespoons butter & Velveeta Cheese, mix with carrots. Put in casserole. Top with cracker/butter mixture. Bake 325^o for 30 minutes.

Herbed Potato Wedges

1 1/4 pounds medium red potatoes	1 teaspoon dried thyme
2 teaspoons butter	1/4 teaspoon pepper
2 teaspoons lemon juice	1/2 teaspoon salt
1/4 cup grated Parmesan cheese	

Cut potatoes in quarters. In a bowl, combine butter & lemon juice; brush over cut surfaces of potatoes. Combine the remaining ingredients; dip coated sides of potatoes into cheese mixture. Place potatoes, cut sides up, into a 2 qt. microwave-safe dish. Cover & microwave on high for 12-15 minutes or until potatoes are tender. Yield: 4 servings.

Squash Pasta Bake

1/2 cup yellow summer squash, chopped	1 cup cooked small pasta shells
1/2 cup zucchini squash, chopped	1 cup spaghetti sauce
1 teaspoon olive or vegetable oil	3 tablespoons shredded mozzarella cheese

In a skillet, sauté squash in oil for 2-3 minutes or until tender. Stir in pasta & spaghetti sauce; heat through. Transfer to a greased 3-cup baking dish. Sprinkle with cheese. Bake, uncovered, at 350^o for 5-10 minutes or until heated through & cheese is melted. Yield: 2 servings.

Garlic Tomato Bruschetta

1/4 cup olive or canola oil	1/4 teaspoon pepper
3 tablespoons fresh basil, chopped	4 medium tomatoes, diced
3 to 4 garlic cloves, minced	2 tablespoons grated Parmesan cheese
1/2 teaspoon salt	1 loaf (1 pound) unsliced French bread

In a bowl, combine oil, basil, garlic, salt, & pepper. Add tomatoes, toss gently. Sprinkle with cheese. Refrigerate at least 1 hour. Bring to room temperature before serving. Cut bread into 24 slices; toast under broiler until lightly browned. Top with tomato mixture. Serve immediately. Yield: 12 servings.

Grilled Cherry Tomatoes

2 pints cherry tomatoes, halved	1/2 teaspoon dried oregano
2 garlic cloves, minced	2 tablespoons butter

Place tomatoes on a double thickness of heavy duty foil (24" x 12"). In a skillet sauté garlic & oregano in butter for 2 minutes. Pour over tomatoes. Fold foil around tomatoes & seal tightly. Grill, covered, over medium heat for 8-10 minutes or until heated through, turning once. Yield: 4–6 servings.

Susan’s Strawberry-Walnut Salad

1 package walnut halves/pieces	1 teaspoon soy sauce
1/4 cup butter	2 tablespoons white vinegar (or rice vinegar)
1/3 to 1/2 cup brown sugar	-----
-----	1/4 cup olive oil
1/4 cup cider vinegar	1/4 cup sugar

Melt butter & mix in brown sugar in skillet. Stir in nuts, stirring until sugar begins to thicken. Remove from heat & lay out nuts to cool. For dressing, mix together oil, vinegar, sugar, soy sauce, & white vinegar. Wash & cut strawberries in slices/pieces. Toss dressing, berries, lettuce, & nuts. Serve.

Apple Dip

Several large, tart apples	2 tablespoons brown sugar
7-Up	Dash vanilla
1 – 8 oz. package cream cheese, softened	

Wash, core, & slice apples for dipping. Place in bowl, cover with 7–Up, & refrigerate. Mix softened cream cheese, brown sugar, & vanilla until smooth. Put in serving bowl & refrigerate. Just before serving, drain apples & arrange on serving plate with dip in center.

Summer Melon Salsa

1/4 cup lime juice	1/2 teaspoon salt
1 tablespoon oil	1 cup cantaloupe, diced
2 teaspoon fresh ginger root, grated	1 cup honeydew, diced
1 fresh chile, minced	1 cup cherry tomatoes, halved
1 tablespoon fresh basil, minced	1/2 cup bell pepper, diced

Wisk first 6 ingredients, then toss with remaining ingredients. Let sit for 20 minutes. Serve at room temperature. Eat with chips or as a topping for bean or fish dishes, or burritos.

Layered Fruit Salad

2 cups fresh peaches, sliced	Topping:
2 cups blueberries	2 tablespoons lemon juice
2 cups strawberries	1 teaspoon grated lemon rind
2 cups green grapes	8 oz. cream cheese, softened
Other fruit may be substituted	1 cup whipping cream
	1/4 cup powdered sugar
	1/2 cup walnuts, chopped

Layer fruit in a large glass bowl. Whip cream until peaks form. Add powdered sugar, whip until stiff peaks form. Mix cream cheese, lemon juice, & rind. Fold into whipped cream, spread over fruit, top with nuts.

Blueberry Peach Parfaits

1 - 3 oz. package vanilla pudding mix (not instant)	1 1/2 cups fresh blueberries
2 medium ripe peaches, peeled & sliced	Whipped cream

Prepare pudding according to package directions. Cover & refrigerate until chilled. In six parfait glasses, layer 2 rounded tablespoons of pudding, 2 to 3 peach slices, & 2 tablespoons blueberries; repeat layers. Top with whipped cream. Yield: 6 servings.

Microwave Rhubarb Sauce

3 cups rhubarb, diced	1 - 3 oz. package vanilla pudding mix (not instant)
1 cup water	
1/2 cup sugar	

Combine rhubarb, water, & sugar. Microwave uncovered on high 8-10 minutes until tender. Stir occasionally. Stir in dry pudding mix until blended. Cook 1 – 2 minutes (or until thickened) stirring occasionally. Serve over ice cream if desired.

Apple Crisp

8 cups Cortland apples, peeled & sliced	2/3 cup flour
2 tablespoons lemon juice	2 teaspoons ground cinnamon
2 cups quick cooking oatmeal	1 teaspoon salt
1 cup brown sugar, packed	1 cup butter, melted
	1 cup nuts, chopped (optional)

Place apples in a greased 13 x 9 pan. Sprinkle with lemon juice. Combine oatmeal, brown sugar, flour, cinnamon, & salt. Stir in melted butter until mixture is crumbly. Sprinkle over apples. (nuts can be sprinkled over topping.) Bake uncovered at 375^o for 25 to 30 minutes or until apples are tender. Serve warm. Yield: 8–10 servings.

Two-Bean Tomato Bake

1 1/2 pounds each fresh green beans & fresh wax beans, cut into 2 inch pieces	10 tablespoons butter or margarine, divided
5 medium tomatoes, peeled & cubed	1 1/2 teaspoons garlic, minced & divided
1/2 pound fresh mushrooms, sliced	1 1/2 teaspoons each dried basis & oregano, divided
1 medium sweet onion, chopped	1 teaspoon salt
	1 1/2 cups soft bread crumbs
	1/3 cup gated Parmesan cheese

Place beans in a large saucepan & cover with water; bring to boil. Cook uncovered for 8-10 minutes or until crisp-tender. Drain; add the tomatoes & set aside. In a skillet, sauté mushrooms & onion in 4 tablespoons butter. Add 1 teaspoon **each** garlic, basil, oregano, & salt. Add to bean mixture; toss to coat. Spoon into a greased 3-qt. baking dish. Melt the remaining butter; toss with breadcrumbs, Parmesan cheese & remaining garlic, basil & oregano. Sprinkle over bean mixture. Cover & bake at 400^o for 20 minutes. Uncover; bake 15 minutes longer or until golden brown. Yield: 14-16 servings.