

Coleslaw

3 cups shredded cabbage
¼ cup diced green pepper
1 medium onion
Grated carrot (to color)

Dressing:
1/3 cup mayonnaise
1 Tbs. vinegar
2 tsp. sugar
½ tsp. salt
½ tsp. celery seed

Stir until sugar dissolves. Add to cabbage.

Carrot Cake

2 cups flour
2 cups sugar
2 tsp. baking powder
1 tsp. salt
2 tsp. cinnamon
1½ cups cooking oil
4 eggs
3 cups grated raw carrots

Sift and mix dry ingredients together. Then add oil. Then add unbeaten eggs, 1 at a time (beaten well after each addition). Then add the carrots. Bake at 350° for 30 minutes in 3 8-inch round pans (greased and floured).

Frosting:
1 8oz. package cream cheese (room temperature)
1 lb. confectioner’s sugar (4 cups)
1 stick margarine
1 cup coconut
1 cup chopped pecans

Mix cheese and sugar until light and fluffy. Add melted margarine and mix well. Then add coconut and pecans. Spread on cooked cake.

Pop's Apple Ugly Cake

2 cups sugar
3 cups flour
2 tsp. baking soda
2 tsp. salt
2 tsp. cinnamon

1 1/3 cups vegetable oil
2 eggs
2 tsp. vanilla
4 cups peeled & chopped apples
½ cup raisins

Mix sugar, flour, baking soda, salt, and cinnamon together in large mixing bowl. Stir in the salad oil, eggs and vanilla. Mix in apples and raisins. Pour mixture into a 9x13 greased and floured pan and bake at 325° for 1½ hours.

Swiss Corn Bake

3 cups fresh corn (cut from cob)
1 (5 1/3 oz.) can evaporated milk
1 egg (beaten)
2 Tbs. chopped onion
½ tsp. salt
1/8 tsp. pepper
1 cup shredded Swiss cheese
½ cup cracker crumbs
1 Tbs. melted butter

Cook corn in boiling water 2 to 3 minutes. Drain. Combine milk, egg, onion, salt, pepper, and Swiss cheese. Place in a greased 10x6x1½ casserole pan. Toss crumbs with butter. Sprinkle over corn mixture. Bake in 350° oven for 30 to 35 min.

Bacon-Cauliflower Salad

1 head cauliflower, cut into bite-size pieces
1 cup shredded cheddar cheese
1 bunch green onion, chopped
¾ lb. bacon, cut into 1 inch pieces and fried
1 green pepper, chopped
1 pkg. ranch-style dressing (prepared as directed)

Combine salad ingredients. Toss with ½ -2 cups dressing, depending on size of cauliflower used. Chill overnight.

Asparagus Casserole

4 cups fresh asparagus (cut in 1 inch chucks)
4 hard boiled eggs, sliced
2 cups white sauce
1½ cups cracker crumbs

White Sauce:
¼ cup butter or margarine
¼ cup flour
½ tsp. salt
¼ tsp. pepper
2 cups milk

Melt butter in sauce pan over low heat. Blend in flour, salt, and pepper. While stirring, pour in milk and heat to boiling, stirring constantly. Boil and stir 1 minute. Cook asparagus until tender crisp. Line a greased casserole dish with cracker crumbs. Layer asparagus, eggs and then white sauce. Repeat 3 layers. Top with crumbs. Bake at 350° until heated through.

Garlic Buttered Green Beans

1 lb. green beans
½ cup sliced fresh mushrooms
6 Tbs. butter
2-3 tsp. onion powder
1-1½ tsp. garlic powder
Salt & pepper to taste

Cook green beans until tender. Meanwhile sauté mushrooms in butter until tender. Add onion powder and garlic powder. Add green beans in skillet and toss.

Hamburger-Cabbage Casserole

1 small cabbage (shredded)
1 lb. hamburger
1 small onion (diced)
1 cup raw rice
1 can tomato soup
1 soup can of water
4 oz. cheddar cheese

Brown hamburger and onion. Add raw rice, tomato soup and water. Put ½ cabbage on bottom of 9x13 casserole. Spread hamburger mixture over cabbage. Then add rest of cabbage and sprinkle with cheese. Bake covered at 350° for 45 minutes.

German Potato Salad

5 medium potatoes, cooked and diced
1 chopped onion
4 slices diced bacon
2 Tbs. bacon grease
1 Tbs. flour
¼ cup vinegar
½ cup water
¼ cup sugar
1 tsp. salt
1/3 tsp. dry mustard
1/8 tsp. pepper
½ tsp. onion seasoning
½ tsp. celery salt
Dried parsley

Cook potatoes with skins. Peel and dice while hot. Add onion. Fry bacon until crisp. Add to potatoes and onion. Over low heat, slowly add flour to bacon grease; then gradually add vinegar mixed with water. Cook until thick. Add sugar and spices; pour over potato mixture. Stir gently over low heat until flavor penetrates. Serve warm.

Apple Dip

8 oz. cream cheese
1 tsp. vanilla
¾ cup light brown sugar
¼ cup white sugar
½ cup praline ice cream topping (optional)

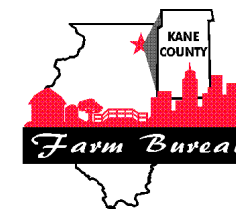
Blend all ingredients. Slice some apples for dipping. (To delay apples from turning brown, slice into pineapple juice.) Grapes or bananas also are fun to dip. Better served at room temperature.

Fried Green Tomatoes

Wash and slice tomatoes. Roll tomato slices in flour. Brown on both sides in bacon fat. Salt slightly.



FRUIT & VEGETABLE RECIPES 2011 EDITION



Women’s Committee
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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

Marinated Mushrooms & Tomatoes

12 oz. fresh mushrooms
4 Tbs. lemon juice (divided)
2 cups cherry tomatoes
¼ cup chopped green onion
2 Tbs. chopped parsley
1/3 cup oil
1 Tbs. dijon mustard
1 Tbs. mayonnaise
½ tsp. salt
½ tsp. sugar
¼ tsp. pepper

Toss mushrooms with 2 Tbs. lemon juice. Add tomatoes, onion, and parsley. Combine 2 Tbs. lemon juice with rest of ingredients. Pour over vegetables. Chill 1 to 2 hours.

Fresh Spinach Salad

10 oz. fresh spinach, washed, drained and dried, remove stems and tear into pieces.
4 oz. fresh bean sprouts, rinsed & drained
Sliced water chestnuts (optional)
8 slices bacon, broken in pieces and fried
3 eggs (hard boiled), sliced
6 mushrooms, sliced

Dressing:
1 cup salad oil
¾ cup sugar
1/3 cup catsup
¼ cup vinegar
1 tsp. Worcestershire sauce
1 medium onion grated
¼ tsp. salt

Mix well. Toss spinach, bean sprouts, water chestnuts, and half of the dressing, use more dressing if desired. Put bacon and eggs on top. (Dressing can be stored in jar.)

Sausage Squash Special

1 lb. bulk pork sausage
1/8 tsp. garlic powder
4 cups cubed squash
½ cup dry bread crumbs
½ cup grated parmesan cheese
½ cup milk
½ tsp. oregano, crushed
½ tsp. salt
2 beaten eggs

Cook sausage, add garlic powder, and drain off excess fat. Cook squash in a small amount of water until tender, drain. Stir squash and bread crumbs, cheese, milk, oregano and salt into meat. Fold in eggs. Transfer to 10x6x1½ baking dish. Bake at 325° for 25-30 minutes

Apple Crunch Muffins

½ cup margarine
1 cup sugar
1 cup milk
2 eggs, beaten (or egg substitute)
½ tsp. butter flavoring (optional)
3 cups flour
1 tsp. salt
2 Tbs. baking powder
1 tsp. cinnamon
2 cups raw apples, chopped

Cream margarine and sugar. Add milk, beaten eggs (or substitute), and flavoring. Combine dry ingredients and add to creamed mixture. Peel, core, and dice apples very finely. Add to batter. Place in greased muffin pan or paper baking cups.

Topping:
2/3 cup brown sugar
1 tsp. cinnamon
2/3 cup chopped nuts

Combine topping and sprinkle over muffins. Bake at 350° for 20-25 minutes.

German Apple Cake

2 eggs
2 cups flour
2 tsp. cinnamon
1 tsp. soda
1 tsp. vanilla
1 cup oil
2 cups sugar
½ tsp. salt
4 cups apples, thinly sliced
1 cup chopped nuts

Mix all ingredients, except apples and nuts. Then add fruit. Do not use mixer for this recipe. (Batter will be thick.) Bake at 350° in greased and floured 9x13 pan for 45 to 60 minutes.

Frosting:
1 (8oz.) package cream cheese (room temperature)
1 tsp. vanilla
3 Tbs. softened margarine
1½ cup powdered sugar

Blend and spread on cooled cake

Rhubarb Pie

Cook and stir 4 cups rhubarb and 1½ to 2 cups sugar. Add 1 pkg. (3oz.) dry strawberry jello. Let cool. Then add 1 pkg. Dream Whip (follow directions on pkg.) Put in 9 inch graham cracker crust (16 crackers, ¼ cup butter and 2 Tbs. sugar.)

Pickled Beets

2 cups beets (cooked until tender)

Combine:
1/3 cup vinegar
¼ cup water
¼ cup sugar
½ tsp. cinnamon
¼ tsp. cloves
¼ tsp. salt

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

Bow Tie Pasta Salad

16 oz. uncooked bow tie, rotini, ziti, or other shaped pasta
2 cups broccoli
2 cups cauliflower
2 cups carrots (sliced)
1 cup light Italian dressing
1 bunch of green onions, thinly sliced
1 cup pitted ripe olives, halved (optional)

Cook pasta according to package directions, drain. Cook broccoli, cauliflower and carrots until tender-crisp; drain. Combine pasta and vegetables with remaining ingredients in a large bowl. Cover and chill until ready to serve.

Spinach Berry Salad

2 bunches spinach
1 pint strawberries

Wash and tear spinach into small pieces. Place into salad bowl. Add washed and sliced strawberries and mix in with spinach.

Dressing:
1/3 cup sugar
¼ cup vinegar
2 tsp. sesame seeds
½ tsp. paprika
½ cup oil
2 Tbs. minced onions
1 Tbs. poppy seeds

Mix all together and add to salad.

Quick Cucumber & Tomato Salad

Slice cucumbers into thin slices.
Cut tomatoes into pieces (with or without skin)
Lightly salt, if desired.

Stir in a small amount of mayonnaise (about 1 Tbs. per 3 cups of vegetables).

Zucchini Brownies

1½ cup sugar
1 stick butter
2 eggs
1 tsp. baking soda
2 Tbs. cocoa
2 cups flour
½ tsp. cinnamon
2 cups shredded zucchini
½ tsp. salt
½ tsp. vanilla

Topping:
1 cup chocolate chips
½ chopped nuts
2 Tbs. sugar

Mix ingredients. Pour into 9x13 inch greased pan. Sprinkle with topping. Bake in 350° oven 30 to 35 minutes.

Rhubarb Crunch

Crumb Topping:
1 cup flour
¾ cup uncooked rolled oats
1 cup brown sugar
½ cup butter, melted
1 tsp. cinnamon

Fruit Mixture:
4 cups rhubarb, diced
1 cup sugar
2 Tbs. cornstarch
1 cup water
1 tsp. vanilla

Mix together crumb topping ingredients until crumbly. Press half of crumbs into 9x9 greased baking pan. Cover with rhubarb. In small saucepan, combine sugar, cornstarch, water and vanilla. Cook, stirring until thick and clear. Pour over rhubarb. Top with remaining crumbs. Bake at 350° for 1 hour. Serve warm (plain or with whipped cream).

Brussel Sprouts

1 cup water
¼ cup minced, fresh parsley
1 tsp. sugar
½ tsp. salt
2 pints fresh brussel sprouts
1 can (8oz.) water chestnuts, drained and diced
1 Tbs. butter or margarine

In saucepan over medium heat, bring water, parsley, sugar, and salt to boil. Add brussel sprouts. Cover and simmer for 6 to 8 minutes or until tender. Drain. Add water chestnuts and butter. Heat through.