

Balsamic Roasted Beets

University of IL Extension

3 beets medium peeled & diced (about 3 cups)
½ t salt

1 T honey or pure maple syrup
1 T olive oil
1 T balsamic vinegar

Preheat oven to 425°F. Wash hands with soap and warm water. Spray a large baking sheet with cooking oil. Set aside. Wash and peel beets. Cut into 1-inch cubes. Toss beets with 1 tablespoon olive oil and ½ teaspoon salt. Spread beets evenly onto a baking dish. Bake beets for 15 to 20 minutes.

While beets are baking, combine in a small bowl balsamic vinegar and honey. Remove beets from the oven. Stir, then bake for an additional 10 minutes, or until beets feel soft to the touch.

Then remove beets from the oven and add the honey/vinegar mixture to the beets. Stir until all the beets are evenly coated. Return beets to the oven for the final 10 minutes baking period, stirring after 5 minutes. Roast until the balsamic/honey mixture coats the beets and is no longer runny. Remove from the oven and serve warm or store and serve with your favorite salads.

Chipotle Quinoa Chili

Karen Fuechsl

1 T oil
4 garlic cloves, minced
1 T cumin
2 red peppers, chopped
¼ c quinoa, rinsed
2 cans (28 oz) diced tomatoes, undrained

1 onion, chopped
2 T chili powder
½ t cayenne
1 c frozen corn
2 cans beans, drained & rinsed

Heat oil in large pan, add onion and garlic. Cook for 5 minutes. Add seasonings, cook for 1 minute. Add tomatoes, beans, peppers, corn, and quinoa. Stir and boil. Cover and simmer 25 minutes.

Fire-Grilled Vegetables

illfbpartners.com/Charlyn Fargo

1 lg green bell pepper, seeded & sliced
1 lg large yellow bell pepper, seeded & sliced
1 med zucchini, cut in to ¼in slices
1 T fresh basil, finely chopped, or 1 t dried basil

¼ c low-fat Italian dressing
1 lg red bell pepper, seeded & sliced
1 med yellow squash, cut into ¼ in slices
freshly ground black pepper
1 T balsamic vinegar

Combine the peppers, yellow squash, and zucchini in a bowl. Sprinkle with fresh ground pepper and mix gently. Whisk the Italian dressing, balsamic vinegar, and basil in a bowl. Pour over the vegetables, tossing to coat. In a grill-safe vegetable pan, grill the vegetables over medium-hot coals for 10 to 12 minutes or until the desired degree of crispness.

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Fresh Tomato Galette

Jessi Heggan

For Crust:
1 ¼ c all-purpose flour
½ t salt
5-6 T cold water
1 egg, whisked

For Filling:
1 lb tomatoes on the vine
4 oz goat cheese

½ c (1 stick) cold unsalted butter, cut into tablespoons
Fresh thyme, for garnish (optional)

½ t salt
½ c Parmesan cheese, shredded

In the bowl of a food processor, combine the flour, butter, and salt. Pulse until the mixture resembles coarse meal. Slowly add the water 1 tablespoon at a time, pulsing a few times between each addition, until dough forms a ball. Place the dough on a floured surface and shape into a disc. Cover with plastic wrap and chill in the refrigerator for 30 minutes. While dough chills, preheat oven to 400°F and line a baking sheet with parchment paper. Set aside. Slice the tomatoes and place them on a paper towel-lined plate. Sprinkle with salt and set aside until dough is done chilling.

On a floured surface, roll dough out into a 10- to 12- inch circle about ¼-inch thick. Transfer to prepared baking sheet. Sprinkle goat cheese and Parmesan over the dough, leaving a 2-inch border around the edges. Pat the tomato slices with a paper towel to remove excess liquid and arrange tomatoes on top of the cheese in a circular pattern, overlapping as needed. Fold the edges of the dough over the sides of the galette and brush dough with whisked egg. Bake for 45 to 50 minutes, or until crust is golden brown and crispy. Let cool for 10 to 15 minutes and garnish with fresh thyme before serving, if desired.

Zucchini Rollatini with Smoked Mozzarella

Joyce Holste

2 lg zucchini, trimmed
½ t ground pepper, divided
8 T shredded smoked mozzarella cheese, divided
3 T grated Parmesan cheese, divided
1½ c part-skim ricotta
1 - 10 oz pkg frozen spinach, thawed & squeezed dry

1 clove garlic, minced
2 t extra-virgin olive oil
¼ t salt, divided
1 lg egg, lightly beaten
¼ c low-sodium marinara sauce, divided
2 T chopped fresh basil

Use a vegetable peeler or mandoline to quickly slice the zucchini into uniform thin strips—this will ensure easy rolling and even cooking.

Position racks in upper and lower thirds of oven; preheat 425°F. Slice zucchini lengthwise to get 24 total strips, about ⅛ inch thick each. Toss the zucchini, oil, ¼ teaspoon pepper, and ⅛ teaspoon salt in large bowl. Arrange the zucchini in single layers on 2 rimmed baking sheets. Bake the zucchini, turning once until tender about 10 minutes total.

Meanwhile, combine 2 tablespoons mozzarella and 1 tablespoon Parmesan in a small bowl; set aside. Mix egg, ricotta, spinach, garlic, and the remaining 6 tablespoons mozzarella, 2 tablespoons Parmesan, ¼ teaspoon pepper, and ⅛ teaspoon salt in a medium bowl. Spread ¼ cup marinara in an 8-inch square baking dish. Place 1 tablespoon of the ricotta mixture near the bottom of a strip of zucchini. Roll it up and place, seam-side down in the baking dish. Repeat with the remaining zucchini and filling. Top the rolls with the remaining ½ cup marinara sauce and sprinkle with the reserved cheese mixture. Bake the rollatini until bubbly and lightly browned on top, about 20 minutes. Let stand for 5 minutes. Sprinkle with basil before serving. **To make ahead:** Prepare all ingredients, cover and refrigerate up to 1 day, then bake. Serves 4.



2026 Recipe Collection



Honey Pumpkin Tiramisu

Recipe by Chef Tamara Westerhold for the National Honey Board

For Coffee Sauce:

2 ½ c coffee (brew strong) ½ c whole milk
¼ c honey

For Filling:

2 T confectioner's sugar 16 oz Mascarpone cheese, room temperature
2 T honey ¼ c light brown sugar
15 oz unseasoned pumpkin puree ½ t ground ginger
1 tsp ground cinnamon 1 t orange zest
½ t ground nutmeg ½ c unsweetened cocoa powder
4 dozen ladyfinger cookies
2 c heavy whipping cream

For Coffee Sauce: Stir hot coffee, honey, and milk together until honey melts. Let cool, set aside.

For Filling: Whip confectioner's sugar and heavy whipping cream in a mixing bowl until stiff peaks form, set aside. In another mixing bowl, gently fold honey, Mascarpone cheese, pumpkin puree, brown sugar, spices, and orange zest with a flexible spatula until well mixed and smooth. Gently fold the whipped cream mixture into the pumpkin mixture until smooth and set aside. Individually dip the ladyfinger cookies into the coffee sauce and layer them evenly in the bottom of a 9x13-inch pan. Spoon about a third of the filling over the cookies. Repeat layers two more times. Sift cocoa powder over the top. Refrigerate 6 hours (or overnight) and serve chilled. Makes 8 servings.

Tip: Individual servings can be made in a specialty glass; use same layering technique.

Kugelis

Vaida Lagoneckyte

3 lg eggs 2 c whole milk
1 lb bacon 1 T salt
1 t black pepper 2 T flour
5.5 lb potatoes (Yukon Gold or Russett) 4 med size onions (Vidalia sweet onion)
Butter for 9x13-in baking dish

Grate potatoes and 2 onions with zesting side of the grater. Nutri Bullet can be used if a baker is not up to a challenge to use a manual grater. Brown the other 2 onions with bacon in the frying pan. Once it is nice and crisp mix with grated potatoes, then pour boiling milk into the mixture. Mix well. Add the eggs, salt, pepper, and flour. Pour the mixture into buttered baking dish. Heat oven to 375°F and bake 60 minutes. Edges should be browned, and top should be a golden color.

Vanilla Pound Cake

Kathy Lesser

¾ c butter, softened 8 oz cream cheese
1 ½ c sugar 2 t vanilla
4 eggs 2 cups all-purpose flour
1 ½ t baking powder Powdered sugar
9x5-in loaf pan

Preheat oven to 325°F. Combine softened butter, cream cheese, sugar, and vanilla. Mix until well blended. Add eggs and blend until well blended. Slowly add flour and baking powder and mix until well blended. Pour into well-greased loaf pan. Bake for 1 hour 20 minutes. Cool for 1 minute, remove from pan, and sprinkle with powdered sugar. If needed, you can substitute gluten free flour and it tastes exactly the same!

Lemony Orzo with Grilled Shrimp & Asparagus

Jodie Shield, Farm Flavor

6 T olive oil, divided 4 T fresh lemon juice of 1 lg lemon, divided
Zest of 1 lemon 3 cloves garlic, minced
½ t salt ¼ t black pepper
2 c water ¼ t turmeric
1 ½ c whole-wheat orzo, uncooked 6 T Parmesan cheese, grated
1 lb asparagus, ends trimmed 2 c low-sodium chicken broth
1 lb raw jumbo shrimp (15-18 ct), peeled, deveined and tails removed

In a small bowl, combine ¼ cup oil, 2 tablespoons lemon juice, lemon zest, garlic, salt, and pepper. Whisk until the dressing emulsifies a bit. Set aside. Place the shrimp in a medium bowl. Pour the remaining 2 tablespoons oil and 2 tablespoons lemon juice over the shrimp and toss to coat. Set aside to marinate. Lay the asparagus stalks in a 9x13-inch baking dish. Pour boiling water over the asparagus (just enough to cover). Cover the dish with plastic wrap and let sit for about 10 minutes. Drain the water and cut the asparagus stalks into 2-inch pieces. In a large pot, combine the chicken broth and water and bring to a boil. Add the turmeric and orzo and cook until tender, about 10 minutes. Drain the orzo but do not rinse. Transfer orzo to a large bowl. Add the asparagus and lemon dressing and toss to combine. Preheat grill to high. Remove shrimp from marinade and place on grill. Grill until pink and opaque, about 2 to 3 minutes per side. Divide the orzo mixture evenly between 6 serving bowls. Top each serving with grilled shrimp and Parmesan. Serve warm. Makes 6 servings.

Tips: Save time by preparing the lemon dressing and marinating the shrimp in advance. Grill shrimp on pre-soaked bamboo skewers for a festive presentation.

Mike's Potato Bean Soup Skillet

Mike O'Brien

4 c chicken or vegetable stock 1 T pepper
2 carrots, peeled/chopped 4 c potatoes, peeled/chopped
4 cloves garlic, chopped 2 celery stalks, washed/chopped
3 strips bacon, browned & chopped up 2 c chopped ham or smoked sausage
1 c prepared quinoa ½ c extra virgin olive oil
2 c lima or navy beans, dry soaked/dissolved or canned 1 c ice water with corn starch dissolved
1 T thyme 1 T rosemary

Prepare chicken or vegetable stock in large pot and bring to a simmer. Brown bacon strips in a skillet and chop up, add ham or smoked sausage, and mix, set aside. Add chopped celery, carrots, and garlic into bacon grease skillet and sauté with olive oil. Add chopped potatoes to simmering stock. Add sautéed vegetables to potato stock base. Add the meat to stock base and continue to simmer ½ hour. Add thyme, rosemary, and pepper. Dissolve corn starch in ice water and add to pot and continue to simmer and thicken. Add prepared quinoa to good consistency. Simmer until done—YUM! **Vegetarian option:** Use veg stock and remove bacon/meat ingredients.

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LEGEND

t = teaspoon
T = tablespoon
c = cup
lg = large
lb = pound
oz = ounce
° = degree

Pumpkin Pancakes

Farm Flavor

3 c milk 1 c pumpkin puree
1 egg 2 T vegetable oil
2 T vinegar 2 c all-purpose flour
3 T brown sugar 2 t baking powder
1 t baking soda 1 t ground allspice
1 t ground cinnamon ½ t ground ginger
½ t salt Maple syrup, if desired

In a bowl, mix together the milk, pumpkin, egg, oil, and vinegar. In a separate bowl, combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger, and salt. Add dry mixture to the pumpkin mixture, stirring just enough to combine. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approx. ¼ cup for each pancake. Brown on both sides, flipping first side when bubbles form, and serve hot.

Tip: To sweeten this fall breakfast treat, add chocolate chips to the batter just before pouring into the cast iron skillet.

Squash & Apple Bake with Sausage

Partners, ILFB

2 lbs butternut or butternut squash ½ c brown sugar
¼ c butter, melted 1 T flour
1 t salt ½ t mace (the outer shell of nutmeg)
2 apples, cored & cut into ½-in slices ½ lb sausage, lightly browned

Preheat oven to 350°F. Cut the squash in half. Pare squash (scoop out the seeds and pulp from the middle, then cut off the tough outer rind). Cut into ½-inch slices. In a separate bowl, stir together brown sugar, butter, flour, salt, and mace. In an ungreased 12x7-inch baking dish, arrange squash and top with apple slices. Sprinkle cooked sausage and brown sugar mixture over top. Cover with foil. Bake for 50 to 60 minutes and serve.

Tip: For a pretty presentation, serve the bake in a cooked acorn squash.

Garlic Scape Pesto

Honey Bee Gardens Farm

1 c chopped garlic scapes Salt & pepper to taste
½ c olive oil ½ c grated Parmesan cheese
½ c nuts (pine nuts, walnuts, or almonds) Juice of ½ lemon

In a food processor, pulse scapes and nuts until finely chopped. Add Parmesan, lemon juice, salt, and pepper. Slowly stream in olive oil while blending until smooth. Toss with pasta, spread on sandwiches, or swirl into soup.

Roasted German Extra Hardy Garlic Butter

Honey Bee Gardens Farm

2 heads German Extra Hardy garlic 1 stick (½ cup) unsalted butter, softened
1 T fresh herbs (parsley, rosemary, or thyme) Pinch of salt

Preheat oven to 400°F. Slice the tops off garlic heads, drizzle with olive oil, wrap in foil, and roast for 30 to 40 minutes until soft and golden. Squeeze roasted garlic cloves into a bowl, mash, and mix with softened butter, herbs, and salt. Spread on fresh bread, melt over veggies, or use to finish meats and fish. **Note:** Our German Extra Hardy garlic scapes are ready in late spring, and bulbs are harvested mid-July. Get them fresh at the farm!