

### **Spinach/Strawberry Salad**

**Submitted by Dianne Morrison, Lansing**

- 1 bag spinach or 1 lb. fresh – washed & stems removed
- 1 quart fresh strawberries – washed, hulled & sliced
- 1 cup coconut

Layer above ingredients in a glass 9"x13" serving dish

Dressing:

- 1 cup sour cream
- ½ cup honey
- 1 teaspoon lime juice
- nutmeg to taste

Mix the day before; drizzle on top when serving.

### **Fresh Tomato Relish**

**Submitted by Barbara Berkow, Northbrook**

This quick relish is great with pork.

- 2 medium tomatoes coarsely chopped (1 cup)
- 1 small onion chopped (½ cup)
- ½ cup chopped green pepper
- 2 tablespoons vinegar
- 1 teaspoon sugar    ½ teaspoon salt    dash pepper
- ½ teaspoon celery seed

Combine tomato, onion, and green pepper. Stir together vinegar, sugar, salt, celery seed and pepper. Stir into tomato mixture, chill thoroughly. Drain well before serving.

### **Apple Cheese Spread**

**Submitted by Marti Comstock, LaGrange Highlands**

- 1 8 oz. pkg. cream cheese
- ½ cup mayo
- ⅛ cup sugar
- 1 red apple finely chopped, unpeeled
- ½ cup chopped celery
- 1 cup grated sharp cheese

chopped pecans  
Mix all ingredients except nuts. Form a mound on plate and top with nuts. Refrigerate. Serve with crackers.

### **Zucchini Casserole**

**Submitted by Esther Goebbert, Huntley**

- 1 lb. bulk pork sausage, browned and drained
- 5 cups diced zucchini
- 4 slices white bread, cubed, a few slices Velveeta cheese
- 1 clove garlic, minced
- 1 egg, ¼ cup oil

Beat egg and oil together, add all other ingredients except Velveeta cheese and bake covered 45 minutes at 350°. When done, lay sliced Velveeta cheese on top and bake uncovered 5 minutes.

### **BLT Dip**

**Submitted by Marti Comstock, LaGrange Highlands**

- 1 lb. bacon fried crisp
- 1 cup sour cream
- 1 cup mayo
- 1 large tomato chopped
- 1 cup shredded lettuce
- 1 loaf bread

In bowl, crumble bacon, add sour cream, mayo, and tomato. Mix. Place in a round serving dish. At serving time, add lettuce around the edges. Toast bread lightly. Trim crusts and cut into 4 squares for dipping or spreading.

### **Fresh Fruit Punch**

**Submitted by Agatha Broza, Lansing**

- 2 apples, unpeeled, cubed
- 2 pears, unpeeled, cubed
- 1 liter 7UP
- 1 8oz. sherbet, orange or lime

Take 7UP fill ice cube tray and freeze. Mix fruit and sherbet in bowl, add rest of 7UP. Refrigerate for at least one hour. Just before serving add 7UP ice cubes. Very good and refreshing.

### **Hearty Tortellini Soup**

**Submitted by Vic Maurello, Streamwood**

- 1 pound Italian sausage
- 3 cloves garlic crushed
- 1 onion peeled
- ½ red pepper, stem and seeds removed
- 7 cups beef stock
- 1 8 oz. can tomato sauce
- 1- 1lb. can crushed tomatoes
- ½ teaspoon basil leaves
- 3 carrots
- 1 9 oz. package cheese tortellini
- 1 zucchini
- 6 oz. fresh mushrooms
- ¼ cup fresh, chopped parsley
- parmesan cheese

Heat 6 qt. or larger pan and brown sausage. Remove drippings. Add garlic, sliced onions, sliced red pepper and sauté. Stir in beef stock, tomato sauce, crushed tomatoes, and basil leaves. Shred carrots and stir into soup. Stir thoroughly, simmer 30 minutes. Add cheese tortellini and cook 3 minutes. Slice zucchini and mushrooms into soup. Add chopped parsley and continue to cook for 3 minutes. Top each serving with parmesan cheese.

### **Easy Moroccan Medley**

**Submitted by Carol Tools, Brookfield**

- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, minced (or 2 tablespoons)
- 1 red onion, diced
- 1 small zucchini, diced
- 1 teaspoon ground cumin
- 2 cans chick peas (garbanzo), drained & rinsed\*
- 2-3 fresh tomatoes chopped or one 14 oz. can
- 2 sprigs fresh thyme or ½ teaspoon dried
- 2 teaspoons honey
- 2 teaspoons lemon juice
- 1 ¾ cups chicken or vegetable broth
- cooked rice or couscous for serving
- chopped parsley for garnish.

\*May substitute one can of soy or other beans.

Chop garlic, onion and zucchini. Heat oil and sauté vegetables for 5 minutes. Sprinkle with cumin and stir to blend. Add remaining ingredients (chick peas to chicken broth) and bring to a boil; season with salt and pepper if desired and simmer for 20 minutes. Cook rice or couscous. Remove thyme sprigs from vegetables, stir in parsley and serve over rice or couscous in shallow bowls. Serves 4-6.

### **Broccoli Casserole**

**Submitted by Marie Chizek, Rolling Meadows**

- 2 pkg. frozen broccoli spears or 1 head fresh broccoli
- 1 can celery soup
- 1 small jar pimentos, chopped
- 1 can sliced water chestnuts

Thin celery soup with ¼ to ½ cup milk. Add the pimentos and water chestnuts and pour over the broccoli. Top with buttered bread crumbs.  
Bake at 350° about 45 minutes or until broccoli is only crisp.

### **Cole Slaw**

**Submitted by Jean Iannotti, Chicago Ridge**

- 1 head cabbage, shredded
  - 1 medium onion, minced
- Dressing:

- 1 cup mayo or miracle whip
- 2 teaspoons yellow mustard
- 3 tablespoons sugar
- salt and pepper to taste

Blend dressing ingredients together and mix with cabbage and onion and refrigerate.

### **Eileen's Medley Soup**

**Submitted by Eileen Nash & Robert Burkot,  
Oak Lawn**

1/2 medium onion sliced  
1/2 head garlic  
olive oil to coat the bottom of the pan  
3 stalks of celery, chopped  
2 cans 15 oz. kidney beans  
3 carrots chopped into half moons  
1 bunch kale  
2 small cans of corn\*      1 cup frozen peas\*  
3 cans vegetable broth      3 cans chicken broth  
3 small bunches of broccoli pureed or cut up finely  
1/3 cup head cauliflower pureed or cut up finely  
1 small can of Italian seasoned tomato paste  
5 medium tomatoes diced  
2 large cooked chicken breasts diced  
Add the following spices to taste: salt, pepper, cumin, oregano, 2 bay leaves, small amount of basil

Mix all ingredients together in large stock pot, simmer for 90 minutes. (\*Can substitute fresh vegetables)

### **Tomatoes Lutice**

**Submitted by Dorothy Kuzelka, Tinley Park**

8 tomatoes      1/4 teaspoon parsley  
1 clove garlic      1 teaspoon oregano  
1 teaspoon salt      1/4 teaspoon pepper  
1 teaspoon sugar      1/4 cup oil  
2 tablespoons cider vinegar      2 teaspoons mustard

Mix and let stand at room temperature for 20 minutes or longer. Do not put in refrigerator. This is a great way to use up extra tomatoes.

### **Eggplant Tomato Bake**

**Submitted by Esther Goebbert, Huntley**

1 medium eggplant, peeled, cut into 1/4 inch slices  
1 egg, slightly beaten      1/2 teaspoon salt  
2 tablespoons water  
1 cup crushed crackers      1/3 cup butter or margarine  
6 tomato slices, remove skins  
6 slices mozzarella cheese      1/2 teaspoon oregano

Mix egg, water, and salt. Dip eggplant into egg mixture then coat with cracker crumbs. Brown lightly on both sides in butter or margarine. Place on jelly roll pan or other shallow baking pan. Top each piece with a slice of tomato and mozzarella cheese. Sprinkle with oregano. Bake at 350° for about 15 minutes or until heated through.

### **Zucchini-Pineapple Bread**

**Submitted by Mary Belcher, Oak Forest, IL**

3 eggs  
2 cups sugar  
1 cup salad oil or 1/2 oil & 1/2 applesauce to reduce fat  
2 teaspoons vanilla  
2 cups coarsely shredded, unpeeled zucchini  
1 can crushed pineapple (drained well)  
3 cups flour      2 teaspoons baking soda  
1 teaspoon salt      1/2 teaspoon baking powder  
1 1/2 teaspoons cinnamon      1/4 teaspoon nutmeg  
(optional) 1 cup finely chopped walnuts or raisins

Preheat oven to 350°. Lightly grease two 9x5 inch loaf pans; set aside. In a bowl, beat eggs with electric beater till frothy. Beat in sugar, oil and vanilla, continue beating until thick and foamy. Stir in zucchini and pineapple. In another bowl, stir together flour, baking soda, salt, baking powder, cinnamon and nutmeg and nuts, if using. Add to zucchini mix and stir just until flour is moistened. Spoon into prepared pans. Bake for 50-60 minutes or wooden toothpick inserted in center comes out clean.

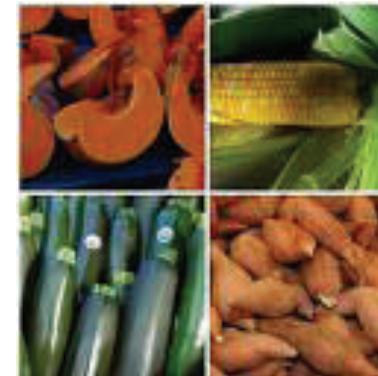
### **2008 Winning Pumpkin Chiffon Pie Recipe**

**Submitted by Peggy Burns, LaGrange Park**

1 envelope unflavored gelatin  
1/4 cup water      1/4 teaspoon salt  
4 eggs, separated      1/2 teaspoon cinnamon  
1 1/4 cups sugar      1/2 teaspoon allspice  
1 1/4 cups pumpkin      1/2 teaspoon nutmeg  
2/3 cup evaporated milk      1/4 teaspoon ginger  
1 recipe for a 9-inch single pastry crust, baked

Mix the gelatin and water in small bowl, set aside. In medium bowl, beat the egg yolks until thick. Mix in 3/4 cup sugar, pumpkin, evaporated milk, salt, cinnamon, allspice, nutmeg and ginger. In a double boiler, cook the mixture over boiling water, stirring constantly, until thick. Mix in the gelatin. Remove from heat and allow the mixture to thicken. In medium bowl, beat egg whites until soft peaks form. Gradually mix in 1/2 cup sugar, beat until firm. Fold in pumpkin mixture. Transfer to crust, chill until firm.

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## **Cook County Farm Bureau Commodities & Marketing Team 2009 Recipe Collection**



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