

### **Fried Green Tomatoes**

**Submitted by Patricia Piekarski, Harvey**

4 medium green tomatoes  
2 eggs  
Salt and Pepper  
2 cups flour  
2 cups bread crumbs  
corn oil  
1 c milk

Cut tomato thick. Beat milk and eggs in bowl. Add tomatoes. Mix flour and bread crumbs in bowl. Coat both sides of tomatoes. Heat oil in a pan, add tomatoes and cook about 10 minutes on each side. Add oil as needed;

### **Bruscetta**

**Submitted by Carolyn Mulder, Beecher**

4 lg tomatoes, seeded and chopped  
1 clove garlic, minced  
2 tbl fresh basil, minced or 2 tsp dry  
6 tbl extra virgin olive oil  
2 tbl balsamic or red wine vinegar  
salt and pepper

1 loaf French or Italian bread, cut at angled slices and toasted

Combine garlic and olive oil in a bowl. Let stand while you toss together tomatoes, basil, vinegar, salt & pepper. Add the garlic and oil. Let stand at room temperature for an hour.

### **Fennel**

**Submitted by Don Swatosh, Chicago**

6 nice size fennel with tops removed  
olive oil  
salt and pepper  
8 oz shredded parmesan cheese

Preheat oven to 450°

Remove fennel tops and save some of the greenery to sprinkle over top when finished cooking; slice fennel into 1/4 inch slices. Spray jelly roll pan with nonstick spray; arrange fennel slices in a single layer on jelly roll pan; brush with olive oil, sprinkle with salt and pepper. Bake until golden brown and soft approximately 30 minutes. Place in bowl and mix with cheese; sprinkle fennel greens on top for garnish.

### **Onion Casserole**

**Submitted by Frances Mayer, Hodgkins**

Preheat oven to 375°.

2 large onions sliced 1/4 inch thick  
4 slices day old bread, cut into cubes  
3/4 c grated cheddar cheese  
2 eggs, beaten  
3/4 c milk  
3/4 tsp salt  
1/8 tsp pepper  
sprinkle of cayenne pepper  
Dots of butter

Parboil onions for 10 minutes; drain, put half in 8x8 inch shallow baking dish coated with non-stick vegetable cooking spray. Layer with half the bread, half the cheddar cheese, repeat.. Combine eggs, milk, salt and pepper in bowl. Pour mixture over the top layer. Sprinkle with cayenne pepper and dot with butter. Place casserole baking dish into a larger baking dish; add hot water to the outer dish half way up the side of the casserole dish (like making custard). Bake for 40 minutes.

### **Peach & Blueberry Crisp**

**Submitted by Patricia Piekarski, Harvey**

3 cups blueberries  
3 cups fresh peaches, sliced thin  
1 1/2 cups brown sugar  
1 c butter  
1 c flour  
2 cups oats (not instant)  
1 c finely chopped nuts  
350° oven. Spray 13 x 9 with Pam.

Place peaches & blueberries in pan. Blend brown sugar and butter with fork or pastry cutter. Stir in flour. Mix in oats till batter is clumpy. Scatter over fruit and sprinkle with nuts. Bake for 35 minutes. Serve with whip cream or ice cream.

### **Sautéed Zucchini for One**

**Submitted by Carol Tools, Brookfield**

1 young zucchini about 6' long, slice in 1/4" rounds  
1/2 small onion, chopped  
Dash of Italian Seasoning, salt and pepper to taste  
1-2 tsp olive oil

Heat olive oil in 8" non-stick pan. Add vegetables and seasoning. Sauté until translucent and zucchini is slightly browned

### **Fresh Fruit Coffeecake**

**Submitted by Carol Tools, Brookfield**

2 pints fresh fruit from farmstand; if small like plums pit and cut in half, if larger like apples or peaches peel, core and cut in quarters  
2 sticks butter (or one of margarine and one butter) at room temperature  
1 1/4 cups granulated sugar  
1 tsp. vanilla  
3 eggs  
1 1/2 cups all-purpose flour

Plus Streusel topping: 2 T Butter, 1/4 cup sugar, 1/2 cup flour--mix in small bowl until crumbly and set aside.  
Cake: Grease 9 X 13 pan. Put parchment paper on bottom if desired.

Cream butter and sugar. Add vanilla, then eggs one at a time beating after each one. Slowly add flour. Spread batter evenly in pan.

Top with cut fruit (plums would be skin side down). Sprinkle streusel over top. Bake 350 degrees for 45 minutes.

### **Roasted Vegetables**

**Submitted by Kathy Bloomstrand, Hoffman Estates**

1/4 tsp chili powder  
1/2 tsp salt  
1/2 tsp pepper  
5—6 cups coarsely chopped vegetables, such as sweet potatoes, carrots, potatoes, onions, parsnips, cut in wedges  
2 cloves garlic, peeled and cut in half  
2 tbsp olive oil or cooking oil  
1 cup packed spinach leaves

Preheat oven to 425°. In small bowl, combine chili powder, salt and pepper. In large roasting pan, toss vegetables (all except the spinach) and garlic with olive oil. Sprinkle with chili powder mixture; toss again to distribute seasonings. Roast vegetables uncovered for 30-45 minutes, or until lightly browned and tender, stirring once or twice. Remove from oven. Add spinach. Toss just until spinach is wilted. Makes 4-6 servings.

### Spinach Salad

Submitted by Kathy Bloomstrand, Hoffman Estates

3 Tbl cider vinegar  
1/4 cup oil  
1/4 tsp salt  
1/2 tsp sugar or 1 tsp honey  
1 cup diced unpeeled apples  
1/2 cup slivered almonds  
1/4 c chopped sweet onion  
1/4 c raisins or cranberries  
2 c torn fresh spinach  
2 c torn romaine lettuce

Mix vinegar, oil, salt and sugar. Mix all other ingredients except spinach and lettuce and add to oil mixture. Add spinach and lettuce right before serving.

### Green-Bean Soup

(Bohnenschlupp, a Luxembourg traditional recipe)  
Submitted by Sue Schumer, Mt. Prospect

2 cups green beans, cut in half-inch pieces  
2 cups white potatoes (peeled and diced)  
4 cups water  
1 chicken bouillon cube  
Salt and Pepper  
1/2 tsp fresh or diced savory leaves or 1/4 tsp ground savory  
half and half (or use low-fat milk.)

Bring salted water to boil, add green beans, chicken bouillon, and savory. Cook over medium heat for 10 minutes. Add potatoes, bring back to a boil, and cook for 20 minutes until tender (water should cook down.) Before serving, pour 1 – 1 1/2 cups half and half into soup, and salt and pepper to taste. Heat, but do not bring soup to boil. Add bacon bits if you wish.

### Sweet Potato, Banana Salad

Submitted by Carolyn Billington, Brookfield

1 Sweet Potato, cooked, peeled & diced, can be chilled if desired  
1 Banana, sliced  
1/2 cup chopped celery  
Place on salad of mixed greens. Add slivered almonds or walnuts if desired.  
Nice with a Honey Mustard Dressing.

### Corn, Avocado and Tomato Salad

Submitted by Peggy Burns, LaGrange Park

2 tbs olive oil  
1 tbs lime juice  
1/4 c cilantro  
1/2 tsp salt  
1/4 tsp pepper  
2 1/2 cups fresh corn kernels (about 5 ears)  
1 1/2 cups avocado, diced  
1 pint cherry tomatoes  
1/2 cup finely diced red onion

In a large bowl, whisk together the olive oil, lime juice, cilantro, salt, and pepper. Add the corn, avocado, tomatoes and onion and toss to mix. Serve at room temperature. Serves 4—6.

### 1st Place Pumpkin Pie Contest Winner 2009

#### Fallen Leaves Pumpkin Pie

Submitted by Carol Tools, Brookfield

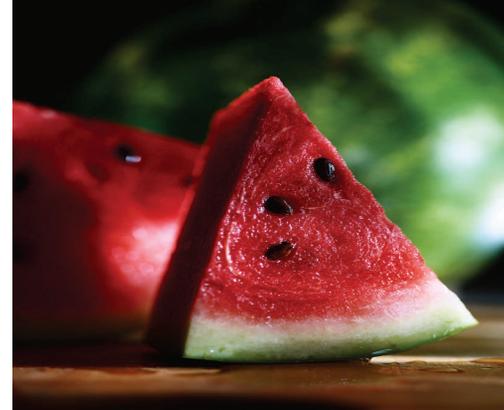
3 - 9" Keebler Shortbread Ready-crusts or 2 - 10 1/2 inch graham crusts  
2 pkgs. (2.9 oz.) Jell-O Cook + Serve Custard Mix  
1 cup sugar  
3 teaspoons pumpkin pie spice  
3 eggs yolks, beaten by hand  
2 12 oz cans evaporated milk and  
1 5 oz. can evaporated milk  
2 15 oz. cans Pumpkin  
Plus whipped topping and toasted sliced almonds for garnish.

Mix dry custard mix, sugar, and spice together in a large saucepan. Add egg yolks, milk and pumpkin. Mix well and stirring slowly, cook over medium heat until mixture comes to a rolling boil. Takes about 15 minutes.

Pour into pie crusts and let cool on counter. Refrigerate.

Before serving, add generous border of whipped topping around the edge and liberally sprinkle with toasted almond slices, letting some fall into the center of the pie so it looks like fallen leaves.

Interested in being a part of the 2011 Recipe Collection? Submit your favorite fresh vegetable or fruit recipe to [www.cookcfb.org](http://www.cookcfb.org) with your name, address, telephone and email and your entry will be considered. Remember, the fresher and more local, the better!



Cook County  
Farm Bureau  
Commodities &  
Marketing Team  
2010 Recipe  
Collection