

Fresh Guacamole Recipe

Linda Tobias

2 ripe avocados
½ onion, minced
½ lime
½ t salt
½ ripe tomato, seeds & pulp removed and chopped
1 Serrano pepper (*not required, if you like mild*)
stems & seeds removed, minced
2 T cilantro (*leaves & tender stems*), finely chopped
Dash of freshly grated black pepper

Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl. Using a fork, roughly mash the avocado. (*Don't overdo it! The guacamole should be a little chunky.*) Add the chopped onion, cilantro, salt and pepper, and squeeze the lime juice into the bowl. If you are using peppers, (*each may vary in their hotness*) start with a half of the pepper and add to the guacamole to your desired degree of hotness. Be careful handling the peppers; wash your hands thoroughly after handling. Mix everything together. Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready. Just before serving, chop the tomato; add to the guacamole and mix. Serve with tortilla chips and enjoy!

Blueberry Zucchini Bread (Boersma Family Favorite)

Darlene Boersma

3 eggs, lightly beaten	1 t salt
1 c vegetable oil	1 t baking powder
3 t vanilla extract	¼ t baking soda
2 ¼ c white sugar	1 T ground cinnamon
2 c shredded fresh zucchini	3 c all-purpose flour
1 pint fresh blueberries	

Preheat oven to 350°, lightly grease 4 mini-loaf pans. In large bowl, beat egg, oil, vanilla and sugar. Fold in zucchini. Beat in flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to prepared mini loaf pans. Bake 50 minutes in the preheated oven, or until a knife inserted in the center loaf comes out clean. Cool 20 Minutes in pans, and then turn out onto wire racks to cool.

Pickled Green Peppers

Dorothy Kuzelka

7-9 large green peppers	8 gloves garlic
2 ½ c white vinegar	4 t vegetable oil
2 ½ c water	2 t salt
1 ¼ c sugar	4 pint jars

Wash peppers, remove seeds and white stems. Cut lengthwise into ¼ inch strips. Place strips in bowl and cover with boiling water. Let stand for 5 minutes or until as soft as desired. Drain. Combine vinegar, water, sugar in pot and boil for 5 minutes. Meanwhile pack peppers into hot sterilized jars. To each jar add 2 cloves of garlic, 1 t vegetable oil and ½ t salt. Immediately pour boiling syrup over peppers, one jar at a time to within ½ of top making sure solution covers peppers. Seal each jar as soon as filled. Makes 4 pints.

Roasted Pumpkin Seeds

Goebbert's Farm

Pumpkins seeds
Salt
2 T vegetable oil
Paper towel

Cut your pumpkin open and scoop out all the seeds. Rinse them with water to remove all the stringy stuff. Spread seeds out on paper towels for a few hours to dry. Once the seeds are dry, preheat your oven to 250° F. Put the seeds in a bowl, add the oil and a little salt. Mix it all together. Spread the seeds on a cookie sheet and bake for about an hour. Stir the seeds around every 15 minutes. Let your seeds cool a bit before you start to eat them.

t = teaspoon

T = tablespoon

c = cup

lb = pound

1 tsp dried herb = 1 T fresh

1 inch = "

Use fresh, locally grown ingredients!

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Grain and Fruit Salad

Kathy Bloomstrand

1 c lightly packed fresh basil
2 c blueberries
¼ c lemon juice
1 c cantaloupe cubes
¼ c olive oil
4 cloves garlic
1 c cherry tomatoes, halved
½ c green onions
1 c walnut pieces, toasted
2 c cooked grains (*quinoa, wild or brown rice*)
½ c snipped or shredded fresh herbs (*dill or mint*)
4 cups mixed salad greens

For basil dressing, in a blender or small food processor, combine the 1 c basil, lemon juice, olive oil, garlic; salt and pepper to taste. Cover and blend until nearly smooth, set aside. In a medium bowl, stir together cooked grains and green onions. Stir in about 2 tablespoons of the basil dressing to coat. For the salad, put greens in a large bowl. Add all other ingredients. Drizzle with half the remaining dressing. Toss gently. Pass the remaining dressing. Makes 8 side dish or 4 main-dish servings.

Oven Stew (*Goebbert Family Favorite*)

Esther Goebbert

1 ½ lb round steak (*cut into 2" strips*)
2 stalks celery, diced
1 ½ c tomato juice
2 onions, chopped
2 T tapioca
6 carrots, cut strips
1 T sugar
1 t salt
1 t pepper
½ t fresh basil chopped

Preheat oven to 250°F. In a large greased casserole dish, combine meat, carrots, and celery. Mix the tomato juice, tapioca, sugar, salt, pepper and basil together. Pour over meat mixture. Cover the casserole and bake in the oven for 4 hours. Do not peek! Serve this with mashed potatoes or over noodles with a tossed green salad.

Stuffed Green Peppers

Kelli McSherry

1 lb Ground Beef (*or Ground Turkey*)
1 onion (*chopped*)
2 c of rice, white or brown (*Minute*)
5-6 medium green peppers
3 c tomato sauce (*could be spaghetti sauce*)
shredded or grated fresh mozzarella cheese
(*can use any cheese you prefer*)

Clean seeds out of peppers and boil for few minutes. Brown beef and chopped onion, drain. Add uncooked rice and about 2 cups of tomato sauce. Fill peppers with meat and rice mixture. Pour a little more sauce over peppers. Cover with aluminium foil and bake at 375° for 25-30 minutes. Remove foil and sprinkle with cheese. Bake for another 10 minutes, uncovered, or until cheese is melted.

Rhubarb Strawberry Crisp

Jayne Quetsch-Rohrer

2 c rhubarb, cut into 1" pieces
2 c strawberries, quartered
2T fresh lemon juice

Topping: 1 c dry oatmeal ½ c flour
½ c brown sugar ½ c sugar
¼ c margarine 1 t cinnamon

Preheat oven to 350° F. In large bowl combine topping ingredients until crumbly. Place fruit into pie pan or 8" baking dish. Sprinkle with lemon juice, cover with topping mixture. Bake 25-30 minutes, or until fruit is bubbly. Let cool 10 minutes before serving.

Blueberry Jam

Dorothy Kuzelka

5 c blueberries 1 T lemon juice
½ c sugar ¼ t kosher salt

In medium pan, combine berries, sugar, lemon juice and salt. Mash with potato masher until berries release juices. Cook over medium-high heat stirring occasionally, until mixture has thickened 18 to 25 minutes. Transfer to jars and refrigerate for up to 1 month or freeze up to 1 year.

Cabbage Patch Casserole

Dorothy Kuzelka

1 head fresh cabbage, sliced
2 onions sliced
5-6 medium potatoes sliced thin
2 lbs ground beef
1 can (*10 ¾ oz*) tomato soup
¼ can water
salt and pepper to taste

In 9x13 baking dish, layer ½ of sliced cabbage and season with salt and pepper. Brown and drain ground beef, spread over cabbage. Add sliced onions over beef, then layer thinly sliced potatoes over onions and season. Top with remaining sliced cabbage. Pour tomato soup mixed with ¼ can water over all, dot with margarine and cover tightly with foil. Bake 350° oven for 2 hours.

Marilyn's Cowboy Salsa

Joanne Halpin-Long

2 Roma tomatoes, chopped
1 can black bean or black eyed peas
1 avocado cubed 1 can white corn- drained
1 c cilantro 1 small red onion, chopped

Dressing: ¾ t salt ⅛ T pepper
1 T cumin ¼ c red wine vinegar
¼ c extra virgin olive oil

Combine all ingredients and pour dressing over them. Marinate 1 day if you can resist blending all the flavors. Serve with your favorite taco, corn or pita chip.

Zucchini Pie

Beth Ann Greenlee

4 cups peeled/ seeded/ cooked/ drained zucchini sliced like apples (*about 6 zucchini*)
1 ½ t cream of tartar 1T lemon juice
Dash of salt 2 T flour
1 ¼ c sugar Dash of nutmeg
1 ½ t cinnamon 2 t butter

Combine together and put in unbaked pie shell.

Topping for Pie:

Blend together, 1 stick butter, ½ c sugar and 1 c flour
Bake at 375° F oven for 45 minutes.