

### One Pan Oven Roasted Squash Soup- Rick Johnson

2lb Butternut Squash                      1.5 lb. Acorn Squash  
1 Large onion                                2 large apples  
1 whole head of Garlic  
4 oz slivered almonds or other nuts, toasted  
6 cups of low fat/sodium chicken broth  
4 oz half and half                            1T olive oil  
1 T Curry powder                            1 t nutmeg

Line large baking pan with foil, spray with cooking spray.

Split the squash, clean out seeds; cut onion in half; core the apples and wrap in foil; remove the top of garlic bulb, surround with foil, pour olive oil on garlic and seal. Arrange squash and onion face down on the pan along with the apples and garlic. Place in a pre-heated 425 degree oven for 40 minutes. Allow cooling. In a heavy large pot, scoop the squash meat, squeeze out the garlic bulb, and add apples, onion, almonds, chicken broth and spices. Simmer and stir for 15 minutes. Blend in batches until smooth. Return to the pot, add half and half and cook until heated through. Garnish with almonds, sour, cream and green onions.

### Rigatoni and Tomatoes- Barbara Schmeckpeper

3 med tomatoes, chopped                3 T olive oil  
2 T snipped basil                            3 T capers  
1 T fresh lemon juice                      1 t sugar  
½ t salt                                         1/8 t red pepper  
1 clove garlic, chopped                    3 c uncooked rigatoni  
¼ c Parmesan cheese

Mix all ingredients except rigatoni and cheese. Cover and refrigerate at least 2 hours but no longer than 24 hours. Cook rigatoni-drain. Immediately toss with tomato mixture, serve or chill. Sprinkle with cheese. Yield: 6 servings.

### Rhubarb Crisp

Laura Tracy, Santa Fe Landscaping & Nursery Inc.

4 cups chopped rhubarb and toss with ½ c sugar  
Cream: ½ c sugar, ½ c butter & 2 eggs

Stir In: ½ t nutmeg, ½ t vanilla, 1 ½ c cinnamon bread, cubed (no raisin) & 2 c frosted flakes

Place ½ mixture in a greased 9 x 9 in pan. Cover with rhubarb mixture. Place rest of crumb mixture on top and bake 30-35 minutes at 350 degree oven.

### Springtime Salad- Jane Quetsch-Rohrer

1 c water                                        1lb fresh asparagus, trimmed  
¼ c sugar                                        ¼ c vegetable oil  
2 T cider vinegar                            1 ½ t sesame seeds  
1 t poppy seeds                                1 t grated onions  
1/4 t salt                                         1/8 t paprika  
1/8 tsp Worcestershire sauce  
2 c sliced fresh strawberries  
¼ c crumbled blue cheese, optional

In a large skillet, bring water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry; set aside.

In a jar with a tight lid, combine the sugar, oil, vinegar, sesame seeds, poppy seeds, onion, salt, paprika and Worcestershire sauce; shake well. Cover and refrigerate for 1 hour.

In a bowl, combine the asparagus and strawberries. Drizzle with dressing and toss to coat. Sprinkle with blue cheese if desired. Yield: 6 servings

### Zucchini Beef Bake- Our "throw back" recipe from 1994! CCFB Woman's Committee

5 med fresh zucchini                      1 lb ground beef  
1 t chopped onion                            ½ c diced celery  
2 t drippings                                    8 oz tomato sauce  
½ t salt                                            ¼ t pepper  
½ t basil or oregano                        ½ lb mozzarella cheese, grated

Wash zucchini, remove ends. Cut into ¼ in rounds. Line bottom of 13 x 9 pan with zucchini. In large heavy skillet, brown beef, onion and celery in drippings. Stir in tomato sauce and seasonings. Spoon over zucchini. Top with cheese. Bake 350° for 40 minutes.

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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# 2014 Recipe Collection



**Cook County Farm Bureau®**  
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### **Picked Beets & Eggs- Barbara Schmeckpeper**

6-10 whole beets (*depending on size*), peeled  
½ c apple cider                      ¼ c sugar  
½ c water                                3 T pickling spice  
1 cinnamon stick or ½ t cinnamon  
6 hard-boiled eggs, fresh

Place beets in large saucepan. Mix vinegar, water, sugar, and spices. Pour over beets, cover pan and bring to a slow boil. Cook rapidly for 10 minutes. Let beets stand in liquid in the refrigerator for several days. Remove beets and store in airtight container in the refrigerator. Strain the liquid. Peel eggs and add to beet liquid. Refrigerate covered for 2 days. To serve-slice beets and cut eggs in half. Serve with horseradish if desired. Adjust vinegar, water and sugar to the number of beets.

### **Italian Tomato Salad- Joanne Zary**

3 large tomatoes, sliced (*the riper the better*)  
¼ c red onion, chopped  
3 fresh basil leaves, torn into small pieces  
¼ t oregano      ½ c olive or canola oil  
¼ c water      Salt & fresh ground black pepper to taste

Combine all ingredients in a bowl and refrigerate for several hours. Remove from frig and bring to room temperature, if desired before serving. Serve with sliced, hard crusted Italian bread to soak up juices from the salad. Sliced cucumbers are delicious in this salad too.

### **Freezer Corn- Eleanor Vickers**

1 lb. butter or margarine                      1 pint half and half  
Fresh Corn on the Cobb, (*enough to make 20 cups*)  
Cut corn off Cobb and place 20 cups of corn in roasting pan. Pour pint of half & half over top. Cut butter or margarine into slices and place over top. Place in 300° oven for 1 hour stirring every 15 minutes. Cool, place in containers and freeze. Just heat, serve and enjoy! Serves 20.

### **Tomato Bread- Evelyn Zoeteman**

Mix: 1 c butter or margarine                      fresh dill weed  
          1 clove finely chopped garlic              fresh parsley  
1 Loaf of French bread      Sliced medium tomato  
Sliced mozzarella cheese      Grated parmesan cheese  
Spread mixture on open bread. Add sliced tomato to bread and add sliced mozzarella cheese over tomato. Sprinkle with grated parmesan. Bake at 350° for 20 minutes.

### **Chicken Vegetable Soup- Joanne Selden**

4 ounces skinless boneless chicken breast  
14.5 ounces no salt added chicken stock  
2 c water                                      ½ c cooked brown rice  
½ c finely sliced celery                      ½ c finely chopped carrots  
1 c chopped mushrooms                      ¼ c grated onion  
½ t poultry seasoning                      ¼ t black pepper

Place chicken in a 3-qt saucepan and cover with chicken stock. Bring to simmer and cook approximately 20 minutes on low heat until chicken is done. Remove chicken, cool and chop into ½ inch pieces and add back to broth. Add all remaining ingredients and bring to boil over medium heat. Reduce heat, cover, and simmer 10 minutes. Yield: 4, 1 c servings.

### **Carrot Salad- Barbara Berkow**

2 lbs. fresh carrots                      1 large onion  
1 green pepper                              1 can tomato soup  
1/3 c sugar                                      1/3 c oil  
1/3 c vinegar

Cook carrots in boiling water approximately 8 minutes, cool and cut into bite size pieces. Cut fresh onion and green pepper uncooked. Combine soup (*do not dilute*), sugar, oil, vinegar in bowl and mix together. Add carrots, onion, green pepper; mix together and let set for 8-10 hours. Delicious!

### **Slow Cooked Spaghetti Sauce- Barbara Schmeckpeper**

1 lb. ground Italian Sausage                      4 cups diced tomatoes  
1 med onion, chopped                              8 oz. tomato sauce  
6 oz. tomato paste                                      1 bay leaf  
1 T brown sugar                                      4 cloves garlic, minced  
1-2 t basil                                              1-2 t oregano  
1 t salt                                                      ½-1 t thyme

Cooked spaghetti or other pasta. In skillet, cook sausage and onion over medium heat, drain fat. Transfer to slow cooker. Add all other ingredients except pasta. Cook on low 7-8 hours. Discard bay leaf. Serve over pasta. Serves 6-8.

### **Apple Pie in a Jar ~ makes great gifts!**

#### **Judy Wojciechowski**

4 - ½ c sugar                                      1 t cinnamon  
1 c cornstarch                                      5 - ½ c fresh apple juice  
1 t salt                                                      2 - ½ c water  
¼ t nutmeg                                              40-48 apples  
Lidded glass 1 qt. jars

Peel & slice apples. Combine all ingredients except apples to make syrup, cook until thick. Add 3 Tablespoons of fresh lemon juice. Pack scalded jars half full with sliced apples. Pour in enough syrup to cover apples (approximately 2 ladle scoops). Fill jar and pack tightly with more apples, then cover with syrup leaving about ½ inch at top. Seal jars and process in boiling water bath for 20 minutes. Yields 6 or 7 quarts; one jar per 1 8-9 in unbaked pie shell. Pour apple pie in a jar into an unbaked pie shell according to pie crust instructions and enjoy.

### **Fresh Green Beans- Joyce Hoste**

1 lb. fresh green beans                              1 T olive oil  
1 T butter                                              2 cloves fresh garlic  
½ to 1 c onions, chopped                              1 c chicken broth  
½ c red bell pepper, chopped, optional  
¼ to ½ t salt  
Fresh ground pepper to taste

Snap stem end of green beans. Melt butter and olive oil over medium heat. Add garlic and onions and cook for 1 minute. Add green beans and cook for 1 minute or until beans turn bright green. Add chicken broth, chopped red pepper, salt and pepper. Turn heat to low and cover with a lid, leaving lid cracked to allow steam to escape. Cook for 20-30 minutes or until liquid evaporates and beans are fairly soft, yet still a bit crisp. You may add more chicken broth to continue cooking process until onions and peppers caramelize.

### **Garden Fresh Salsa- Yvonne Massie**

2 c fresh tomatoes, diced  
½ c onions, diced  
1 (6 oz) can diced green chiles  
1-2 fresh jalapeno peppers, diced  
1 clove minced fresh garlic  
¼ c cilantro, chopped  
½ t salt  
Mix all ingredients and serve with tortilla chips.