

Italian Style Marinated Tomatoes - 1985

20 lg tomatoes, sliced into wedges
½ c red wine vinegar
2 t dried oregano leaves
¼ t pepper

1 c olive or vegetable oil
¼ c fresh chopped basil
4 cloves garlic, minced
2 t salt

Place tomatoes in large bowl. In jar with tight fitting lid, place oil and remaining ingredients, cover and shake well. Pour over tomatoes, toss gently to mix well. Cover and refrigerate for at least 2 hours to blend flavors. Makes 20 cups or 24 servings.

Acorn Squash and Apples - 1990

2 med apples, cored & cubed
1 T fresh lemon juice
4 T butter
¼ t salt

2 acorn squash
2 T chopped walnuts
6 T maple syrup

Pierce whole squash right thru in several places with long metal skewer. Place in opposite corners of micro oven on paper towel. Cook 5 min, turn over and cook 5 min more or until soft to touch. Let stand 5 min, cut in half, remove seeds and fibers. Place cut side down in shallow baking dish. Sprinkle with salt. Toss apples with lemon juice and fill squash halves with apples. Pour ½ T maple syrup over each half and dot each with 1 T butter. Sprinkle with walnuts. Cook covered with paper towel 5-6 minutes or until apples are tender.

How to Save Summer Flavors - 2004

To preserve summer produce, start with just picked farm stand vegetables. Wash and trim and prep produce as you were cooking it now. Remove all stems; core tomatoes, strawberries; string snap peas and green beans, and remove tips; shuck silk corn.

Blanch most vegetables: Boil in unsalted water, microwave or steam for about half the usual cooking time; plunge into ice water. Freeze corn on the cob without blanching and use within 3 months. Veggies skin and seed easily when thawed for quick sauces and salsas.

Tray freeze berries and sliced fruit: Spread berries, peeled sliced peaches, unpeeled sliced nectarines on cookie sheets. Toss fruit with half sugar half water syrup mixture to prevent browning. Pop in freezer for a couple hours, then package tightly. Use when needed.

Best of Show Blueberry Pie - 1995

¾ -1 c sugar, depending on berry sweetness
½ t ground cinnamon or nutmeg
1 t lemon juice
½ t grated lemon peel
Dash of salt

3 T flour
4 c fresh blueberries
1 T butter or margarine
2-9 in pie pastry shells for crust

Mix first 6 ingredients together for filling. Put bottom crust in pie tin. Add filling, sprinkle with 1 t lemon juice. Dot with 1 T butter. Place 2nd crust on top. Cut slits. Bake at 400° oven for 35-40 minutes.

Dilled Carrot & Snow Pea Salad - 1995

1 ½ lbs fresh baby carrots, trimmed
¼ c fresh lemon juice
2 T vegetable oil
pepper to taste

8 oz snow peas, trimmed
¼ c chopped fresh dill
½ t salt

Cook carrots and peas to crisp-tender. In med bowl, mix lemon juice, dill, oil, salt and pepper. Add carrots and snow peas, toss to evenly coat. Cover and refrigerate at least 6 hours or up to 2 days, tossing 3-4 times. Makes 6 servings.

Cool Cucumber Salsa - 2007

1 jalapeño pepper
1 clove garlic, minced
2 med cucumbers, peeled & chopped
2 med tomatoes, chopped
1 t minced fresh parsley
½ t dried dill weed

1 sm onion, chopped
2 T lime juice
½ t salt
½ c chopped green bell pepper
2 t minced fresh cilantro
1 package tortilla chips

In a medium bowl, stir together the cucumbers, tomatoes, green pepper, jalapeño pepper, onion, garlic, lime juice, parsley, cilantro, dill, & salt. Cover and refrigerate for 1 hour. Serve with tortilla chips.

Herb Roasted Corn on the Cob - 1995

12 ears fresh corn
2 T chopped fresh chives
2 T lemon juice
½ t pepper

3 T butter or margarine, melted
2 T minced fresh parsley
¾ t salt
Cooking spray

Remove husks and silks from corn. In small bowl, combine seasonings and butter. Rub mixture evenly over corn and wrap individually in aluminum foil. Coat grill with cooking spray. Cook over med hot coals 15-20 minutes, turning every 5 minutes.

Traditional Pumpkin Pie - 1996

10-9 in unbaked pastry shell
2 ½ c pumpkin - pre-cooked (crushed or mashed)
14 oz can condense milk (not evaporated)
½ t nutmeg

2 whole eggs or 4 egg whites
½ t salt
½ t ginger
1 t cinnamon

Preheat oven to 425°. In large bowl combine all ingredients and mix well. Pour into pastry shell. Bake 15 minutes. Reduce oven temp to 350°. Bake 35-40 min longer or until knife inserted from edge comes out clean. Cool. Refrigerate any leftover pumpkin pie.

t = teaspoon
lb = pound

T = tablespoon
oz = ounce

c = cup
lg = large

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Cheese Zucchini Crisps - 1997

4 small unpeeled zucchini, cut in ½ in strips or slices
½ c breadcrumbs or cornflake crumbs
2 T grated Parmesan cheese
dash garlic powder

¼ c melted butter
½ t seasoned salt

Combine crumbs, cheese and seasoning in a zip-lock bag of crumbs to coat. Place zucchini on baking sheets and bake at 375° for about 10-15 min or until crisp. Makes 4 servings.

Farmers Market Spring Salad - 1998

1 lb fresh peas, shelled, cooked & chilled
1 small head leafy lettuce
½ lb fresh mushrooms, sliced

½ bunch fresh radishes, sliced
2 fresh green onions, sliced

Dressing - Mix all ingredients:
1-pint sour cream
1 clove garlic minced

fresh ground pepper
1 lg head of fresh dill, chopped

Cut or tear lettuce into bite size piece. Combine lettuce with remaining ingredients and mix thoroughly with dressing.

Pumpkin Nut

Chocolate Chip Cookies - 2018

1 c 100 % pure pumpkin
½ c brown sugar
2 t vanilla extract
2 t cinnamon
2 c white, chocolate or dark choc morsels
2/3 c coarsely chopped nuts (we like macadamia)

2 c flour
1 c butter (2 sticks)
½ t baking soda
1 t cardamom
½ c sugar
1 egg

Pre-heat oven to 350°. Mix flour, cinnamon, cardamom, and baking soda. Beat in butter, sugar. Add brown sugar. Continue to add pumpkin, egg and vanilla until well mixed. Stir in nuts and morsels. Use spoon to drop onto baking sheets, flatten slightly. Bake in oven for 11-14 minutes or until centers are fully done. Let cool for 2 minutes on wire rack. Makes 4 dozen cookies... enjoy!

Marinated Asparagus Salad - 1998

2 c cooked asparagus pieces
1 or 2 tomatoes, chopped
salt & pepper

1 sm red onion, thinly sliced
Italian salad dressing

Combine all ingredients with enough salad dressing to moisten well. Stir gently, cover and refrigerate overnight. Stir before serving. Makes 5 serving.

Cook County Farm Bureau®

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Sketches created by CCFB Board member, Patrick Horcher, Horcher's Florist & Greenhouse, first used by the Women's Committee who developed the Recipe Brochures in the early years.

2020 Recipe Collection Cook County Farm Bureau

100 Year Anniversary Edition



Sunflower Strawberry Salad - 1998

2 c sliced fresh strawberry
1 c seedless green grapes, halved
¼ c raisins
2 T sunflower seeds

1 med apple, diced
½ c thinly sliced celery
½ c strawberry yogurt
Lettuce leaves, optional

In large bowl, combine strawberries, apple, grapes, celery and raisins. Stir in yogurt. Cover and refrigerate for at least 1 hour. Add sunflower seeds and toss; serve on lettuce leaves if desired. Serves 6.

Lemon Asparagus & Baby Carrots - 1999

1 lb fresh asparagus, steamed until tender crisp
½ lb fresh small carrots, steamed until tender crisp
Lemon pepper
1 T lemon juice

Drain asparagus and carrots and combine in a casserole dish, cover and refrigerate. When ready to serve, sprinkle with lemon pepper and fresh lemon juice. Serve cold.

Gazpacho - 2002

2 c peeled, seeded, chopped fresh tomatoes
1 c diced green pepper
1 c diced seeded cucumber
2 minced garlic cloves
2 T minced fresh parsley
1 t Worcestershire sauce
1 T minced chives

1 t salt
4 c tomato juice
1 c diced celery
½ c diced onion
½ c tarragon vinegar
2 T vegetable oil
½ t pepper

In large bowl, combine everything but the vegetable oil. Cover and chill for at least 4 hours. Stir in oil before serving. Serve cold. Makes 8 servings.

Carrot Salad - 2014

2 lbs. fresh carrots
1 can tomato soup

1 large onion
1/3 c sugar

1/3 c oil
1 green pepper
1/3 c vinegar

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

Beet Borscht - 1997

2 c shredded fresh beets
1 c shredded cabbage
1 c chopped onion
½ t salt
Sour Cream, optional

1 c shredded fresh carrots
2 cans beef broth (14.5 oz each)
1 T butter
2 c water
1 T lemon juice

In a saucepan, bring the beets, carrots, onion, water and salt to a boil. Reduce heat; cover and simmer for 20 minutes. Add broth, cabbage and butter; simmer, uncovered for 15 minutes. Just before serving, stir in lemon juice. Top each serving with a dollop of sour cream if desired. Makes 8 servings.

How to Cook Pumpkin - 2000

Select full-colored, mature pumpkin; remove the top, discard pulp and seeds. Cut into 3- or 4-inch pieces.

Simmer covered in boiling water 15-20 minutes until tender

Bake in preheated 350° oven skin side up in baking pan with ¼ c water, cover 45-50 minutes

Steam covered 20-25 minutes. Cool completely. Trim off skin and mash or puree in food processor.

Cooked Kale - 1979

4 lbs kale
Salt & pepper to taste
Butter

Wash kale and remove heavy stems. Use a large pot cover with water and cook 25-35 minutes or until tender. Drain, season with salt, pepper and butter. Serves 6-8.

Scalloped Kale: Combine 3 cups coked kale, 3 hard boiled eggs (chopped) and 1 cup white sauce. Arrange in alternating layers with 1 cup grated cheese (your choice) and bake 400° for 15 minutes.

Cauliflower Au gratin - 1980

1 med head cauliflower
1 c grated American cheese
1 c breadcrumbs, butter
¾ t salt

2 T minute tapioca
1/8 t paprika
2 c milk

Cut and cook cauliflower until tender, drain. Place in greased baking dish, combine tapioca, salt, paprika, milk in top of double boiler. Cook 8-10 minutes, stir occasionally. Add cheese and stir until melted. Pour mixture over cauliflower, cover with crumbs browned in butter. Bake 20 minutes at 350°.

Sweet Corn Staw - 1981

3 lg ears sweet corn
1 sm chopped onion
½ t celery & mustard seed
1 T Dijon style mustard
2 T oil
Pepper to taste

3 C shredded cabbage
1 sm red & green pepper, chopped
1/3 c each mayonnaise & sour cream
¼ c cider vinegar
1 T sugar

Cook corn in boiling saltwater for 5 minutes. Drain, cool, and cut from cob and combine with onion, green and red peppers. Mix vinegar, oil, sugar, pepper, celery and mustard seeds in small pan, heat to boiling, pour over corn mixture with mayonnaise, sour cream, mustard and cabbage, toss coat, chill covered until cold. Taste and adjust seasoning.

Fried Green Tomatoes - 1996

1 ½ lbs green tomatoes
2 T milk
½ c flour

1 egg
2 T water
Vegetable oil

1 T bacon drippings
Salt & pepper to taste
¾ c cracker meal

Wash, core and cut tomatoes into 1/3 in thick slices. Set aside end slices for other use. Pat tomato slices dry and season with salt and pepper, both sides. Beat egg with milk and water. Put cracker meal on wax paper; have flour in shallow bowl. Pour vegetable oil with bacon drippings to depth of ¼ in large, nonstick skillet. Heat. Lay tomato slices in flour, shaking off excess from both sides. Se fork to dip slices into the egg mixture, then dip into cracker meal and coat both sides. Fry slices into hot oil, few at a time, for less than a minute on each side, or until golden. Remove with slotted spatula and drain on paper towels.

Simple Garlic and Basil Pesto - 2007

½ c pine nuts
2 T minced garlic
3 c chopped fresh basil
2/3 c grated Parmesan cheese

1/8 c Brazil nuts
½ t chili powder
1 c extra virgin olive oil

Place the basil in a blender. Pour in about 1Tbsp of the oil, & blend basil into a paste. Gradually add pine nuts, Brazil nuts, Parmesan cheese, garlic, chili powder, & remaining oil. Continue to blend until smooth.

Zucchini Bread - 1998

2 c grated zucchini (peel & all)
3 c cinnamon
2 c sugar
1 t baking soda

3 eggs
3 t baking powder
1 c vegetable oil
chopped nuts, if desired

3 t baking powder
3 t vanilla
3 c flour
1 t salt

Beat eggs until light and fluffy; mix remaining ingredients all together. Grease and flour 2 loaf pans and pour ingredients evenly into both. Bake at 350° about 70 minutes. Yields 2 loaf pans.

Nutty Rhubarb Muffins - 1999

½ c buttermilk or sour milk (½ c milk + ½ T vinegar)
1 c diced fresh rhubarb
¾ c packed brown sugar
1 egg, beaten
1 t baking soda

½ t salt
2 c flour
¾ c vegetable oil
1 t vanilla

Topping:
¼ c packed brown sugar
¼ c chopped nuts
½ t ground cinnamon

In small mixing bowl combine brown sugar, buttermilk, oil, egg and vanilla, mix well and set aside. In Med mixing bowl, combine flour, baking soda, and salt. Add egg mixture and diced rhubarb; stir until just combined. Spoon batter into paper-lined muffin tin. Mix topping and sprinkle over. Press down. Bake at 375° for 20 minutes. Makes 18 muffins.

Quick Peach Cobbler - 1997

2 ½ c fresh peaches, peel and slice
1 t baking powder
1 egg, beaten
¾ c milk

1 stick margarine or butter
½ t almond extract
1 c sugar
1 c flour

In 9x13 in baking pan, melt margarine or butter and add sliced peeled peaches. For batter, combine the remaining ingredients and mix well. Pour over peaches. Bake at 375° for 40 minutes or until peaches are tender.

Goebbert Oven Stew - 2013

1 ½ lb round steak (cut into 2 in strips)
1 ½ c tomato juice
2 T tapioca
1 T sugar
1 t salt

2 stalks celery, diced
2 onions, chopped
6 carrots, cut into strips
½ t fresh basil chopped
1 t pepper

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.

Spiced Winter Root Vegetable Soup - 2018

1 butternut squash, peeled + roughly chopped (about 3 cups)
1 onion roughly chopped
2 garlic, cloves, roughly chopped
1 sweet potato, peeled + roughly chopped
2 carrots, peeled + chopped roughly
½ t cinnamon, nutmeg, cayenne

1 c almond milk
1 T olive oil
5 c vegetable stock
1 t cumin and coriander
Salt and pepper to taste

Heat the oil over a low heat; add the onion and garlic. Gently fry until translucent. Add the remaining ingredients and bring to a low boil. Simmer for 30 minutes. Blend the soup until smooth and adjust seasoning to taste.

Glazed Rutabaga - 1984

4 c cubed rutabaga
1/3 c chicken stock
1/8 t pepper
½ t salt

1 t salt, boiling water
¼ c butter, melted
1 t sugar

Peel and cube rutabagas to make 4 cups. Place in pan with 1-inch boiling water and 1 t salt. Bring to a boil and cook till almost tender. Place rutabaga in 9 in buttered pie plate, Add melted butter over rutabaga. Combine pepper, ½ t salt, and sugar and sprinkle over top. Pour in chicken stock. Bake in 350° oven for 45 minutes until browned and glazed. Baste 2-3 times with liquid in pan, serve hot.