

Baked Pears with Walnuts & Honey

Angelica Carmen, Lemont

2 large ripe pears 2 t honey
 ¼ t ground cinnamon ¼ c crushed walnuts

Preheat the oven to 350°F. Cut the pears in half and place on a baking sheet (cut sliver off end so they sit upright). Using a measuring spoon or melon baller, scoop out seeds. Sprinkle with cinnamon, top with walnuts and drizzle ½ tsp of honey over each half. Bake for 30 minutes. Remove, let cool and enjoy!

Black Bean and Corn Salsa

Yvonna Massie, Rolling Meadows

Dressing: 2 T balsamic vinegar (white)
 1/3 c olive oil 1 t cumim

Combine in a shaker and shake well to mix thoroughly

Salsa:

2 c cooked black beans, rinsed (15 oz can)
 1 ½ c corn, cooked and cut from kernel (11 oz can)
 1 small green or red bell pepper
 1 jalapeño pepper, chopped
 (keep seeds for hotter salsa) 1 clove garlic, finely minced
 2 c fresh tomatoes, peeled, 1/3 c green onion, minced
 seeded and finely chopped 1/3 c fresh cilantro

Combine all ingredients and toss with dressing. Let stand for 1 hour before serving.

Corn Relish Canning

Dorothy Grimm, Hoffman Estates

16 ears of corn, large ½ bundle of celery
 8 c tomatoes, peeled, chopped ¼ t celery seed
 and drained 3 T salt
 4 med red & green ½ c white vinegar
 bell peppers 1 c sugar
 6 large onions

Prepare corn and cut off cob. Add onions, peppers, celery, diced tomatoes. Put in large canning kettle. Add remaining ingredients. Boil 1 hour or until done. Fill pint jars; to seal put in hot water bath till boiling then seal jars.

French Dressing

Evelyn Zoeteman, South Holland

1 c ketchup 1 c sugar
 1 t paprika ½ c vinegar
 1 t salt ¾ c fresh lemon juice
 ¾ c oil 1 onion, grated

Mix all ingredients thoroughly. Refrigerate and use for salads or marinade.

One Pot Wonder Chicken Lo Mein

Lindsay Hodges, Mt. Prospect

½ lb boneless skinless chicken 1 bunch green onions, white
 breast, cut into small chunks part sliced and green part cut
 1 - 13.25 to 16 oz. in 3 inch long strips
 box of linguini or fettuccini ¼ c soy sauce
 pasta, broken in half 1 t garlic powder
 (I use whole wheat) 1 t corn starch
 4 medium carrots, peeled and 1 t sugar
 cut in thin 3 inch long strips ½ t red pepper flakes
 1-2 medium red bell pepper, cut 4 c chicken or vegetable broth
 in thin 3 inch long strips 2 t extra virgin olive oil
 4 cloves garlic, minced

Add chicken, then the pasta, then the remaining ingredients to a large stock pot and cover (Add additional vegetables as you like; I've added broccoli, snow peas, zucchini, summer squash, to this recipe and they all work great!). Bring to a rolling boil over high heat. Stir and reduce the heat to medium-low. Cook covered for about 15 minutes, stirring occasionally. Cook until most of the liquid is gone and the chicken is cooked through. Remove the lid and let the dish rest for 5 minutes before serving.

Homemade Egg Salad Wrap

Janet McCabe, Orland Park

½ c diced tomatoes 1T mayonnaise
 ½ c diced cucumbers handful of romaine lettuce
 1T celery pieces, diced 1 whole wheat wrap
 2 hardboiled eggs

In small mixing bowl, add hard boiled eggs and mash. Add mayo and celery and mix together. Lay wrap flat add prepared egg salad, tomatoes, cucumbers and lettuce. Wrap together and enjoy!

Parmesan Roasted Tomatoes

Aurora Sanchez, Frankfort

6 fresh tomatoes Pinch salt & pepper
 1 T olive oil ½ c grated Parmesan cheese

Preheat oven to 400°F. Slice tomatoes and toss with olive oil, salt and pepper. Arrange on a cookie sheet and top them with grated cheese. Bake for 15-20 minutes or until golden brown.

t = teaspoon T = tablespoon c = cup
 lb = pound oz = ounce lg = large



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Chili Sauce

Phyllis Henning, Lansing

8 c (2 qt) cut fresh tomatoes	1 ½ c vinegar
1 c onion, chopped	2 T mustard seed
2 green bell peppers, cut fine	½ T whole clove, tied in bag
2 red bell peppers	1 cinnamon stick
2 tart apples, grated or chopped	2 ½ c sugar
1 c celery, cut fine	1 T salt

Combine all ingredients in stock pot, boil and cover for 1 to 1 ½ hours. Remove spice bag. Ladle hot sauce into hot jars, leaving ¼ in headspace. Adjust 2-piece caps and process 15 minutes in boiling water bath. Makes 6 pint jars...great gift.

Gazpacho

Yvonna Massie, Rolling Meadows

4 large tomatoes	½ t ground cumin
½ English cucumber, peeled and finely diced	1 pinch oregano
½ c red bell pepper, finely diced	1 pinch cayenne pepper
¼ c green onion, minced	¼ c extra virgin olive oil
1 large jalapeño pepper, seeded and minced	1 lime, juiced
1 pint cherry tomatoes	1 T balsamic vinegar
2 cloves garlic, minced	1 t Worcestershire sauce
1 t salt	2 T thinly sliced fresh basil
	salt & pepper to taste

Combine diced tomatoes, cucumber, bell pepper, green onion, jalapeño and garlic in large bowl. Stir in salt, cumin, oregano, cayenne pepper and black pepper. Place cherry tomatoes, olive oil, lime juice, balsamic vinegar and Worcestershire sauce in a blender, cover and puree until smooth. Pour pureed mixture through a strainer into tomato-cucumber mixture; stir to combine. Place 1/3 of tomato mixture into a blender, cover and puree until smooth. Return to remaining tomato-cucumber mixture, cover and chill for 2 hours. Season cold soup with salt and pepper, ladle into bowls and top with fresh basil.

Zucchini Brownies

Phyllis Henning, Lansing

1 ½ c sugar	½ t salt
2 c zucchini, shredded	½ t vanilla
1 stick butter	2 T cocoa
2 eggs	½ t cinnamon
Topping:	1 c chocolate chips
½ c chopped nuts	2 T sugar

Mix ingredients and pour into 9"x13" greased pan. Mix topping ingredients and sprinkle on top of mixture. Bake in 350° oven for 30-35 minutes.

Mike's Zucchini Bread or Muffins

Mike O'Brien, Summit

Dry Ingredients:	3 c unbleached flour
1 t salt	1 t baking soda
1 t baking powder	3 t cinnamon
3 eggs	6 oz plain/Greek yogurt
2 oz canola oil	1 2/3 c sugar
3 t vanilla extract	2 c grated zucchini
¾ c raisins	2 T crushed spicebush fruits
¾ c walnut/pecans	(optional)

Preheat oven to 325°. Sift together dry ingredients into bowl. In another bowl, whisk together eggs, yogurt, oil, sugar and vanilla until creamy. Fold in zucchini, raisins, nuts, and spicebush fruits. Grease and flour 3 bread loaf pans, and pour mixture evenly into each. Bake 40-50 minutes or until tester comes out clean. If making muffins, decrease baking time by 10 minutes. Spice bush is optional; it's a native shrub that is very aromatic!

My Swiss Chard Soup!

Jill Davis, Bolingbrook

1 bunch of Swiss chard	1 large onion
4 pieces of bacon cut in half	2 garlic cloves
1 can of cannellini beans - drained	red pepper flakes
4 cups of chicken stock	2 dashes of hot sauce
	2 T of olive oil

Wash and clean Swiss chard, remove the ribs and cut into bite size pieces. In a heavy stock pot, heat oil on medium high heat, add bacon, stir, and cook for 5 minutes, add onions and continue cooking until clear (bacon will not be crisp). Add chicken stock, garlic, beans, red pepper flakes, and hot sauce and bring to a boil. Add Swiss chard and cook for 3 minutes, reduce heat to medium, cover pot and cook for 15 minutes. Turn stove off and allow to cool. You can serve or cool completely and freeze in containers.

Hearty Rye Buns

Jane Cunningham, Riverside

1 c warm water	1 t salt
½ c sugar	1 t ground cardamom
5 t yeast	2 eggs
½ c butter, soft	½ c rye flour
¼ c molasses	2-3 c whole grain wheat flour

Combine and mix, warm water, sugar, yeast, butter, molasses, salt, cardamom, eggs. Add rye flour and wheat flour (may need to add more to handle to knead. Rise 2 times and cut into 8 portions and shape into fist size buns onto parchment lined bake sheet. Let rise 30 minutes, egg yolk wash and sea salt, Bake in 400° till hollow sound and release from paper. Great hot or for sandwich later.

Impossible Zucchini Tomato Pie

Phyllis Henning, Lansing

2 c zucchini, chopped	¾ c Bisquick
1 c tomato, chopped	3 eggs
½ c onion, chopped	½ t salt
1/3 c grated Parmesan cheese	¼ t pepper
1 ½ c milk	

Heat oven to 400°. Grease 10 inch quiche dish or pie plate. Sprinkle zucchini, tomato, onion, and cheese in plate. Beat remaining ingredients until smooth, 15 seconds in blender or on high for 1 minute with hand beater. Pour into plate. Bake for 30 minutes or until knife inserted in center comes out clean. Cool 5 minutes; serves 6.

Kugula

Susan Sobota, S Chicago Hts

6-8 med sized potatoes coarsely grated	2 eggs
5 pieces of crisp bacon, crumbled	1 T onion, grated
2 T bacon fat (drippings)	2 T flour
	salt & pepper
	sour cream for topping

Preheat oven to 350°F. Mix all ingredients except sour cream and put into greased shallow dish greased using bacon grease. Bake for 50-60 minutes, until top is golden. Serves 4. Pair with Caesar salad and garlic bread.

Fresh Cherry Slices

Darlene Boomsma, Crete

Fresh Pie Filling (1 can pie filling):

5 to 6 cups fresh pitted cherries, about 2 1/2 to 3 pounds (I used Bing)	2 T fresh lemon juice
½ c water	2/3 c granulated sugar
	4 T cornstarch
	1/4 t almond extract

In a saucepan over medium heat, combine cherries, water, lemon juice, sugar and cornstarch. Bring to a boil; reduce heat to low and cook, stirring frequently, for about 10 minutes. Stir in almond extract. Cool slightly before using as a topping. Proceed with recipe:

½ c butter, 2 sticks	2 c flour, sifted
4 eggs	1 T fresh lemon juice
1 ½ c sugar	

Cream butter and add sugar gradually, adding eggs 1 at a time. Add flour and lemon juice and mix well. Pour into jelly roll pan and mark off 20 squares. Place cherry pie filling in center of each square. Bake at 350° for 40-50 minutes until done. Sprinkle with powdered sugar while still warm. Serves 20.