

Mushroom Medley & Angel Hair Pasta |
Gibby's Gourmet Mushrooms, LLC

3 T butter
 1 med onion, diced
 1-2 lg garlic clove, minced
 ½ lb chestnut mushrooms
 ½ lb shiitake mushrooms (don't use shiitake stems, save for stock)
 ½ lb oyster mushrooms
 Fresh oregano to taste
 1 package angel hair pasta, cook to package directions
 olive oil
 8-10 oz fresh spinach
 medium jar artichokes with juice
 fresh lemon
 1 small jar Alfredo sauce
 1 lb chicken breast tenderloins, add Italian seasoning and Parmesan, pounded thin, sautéed 2 – 3 minutes each side.

In large pot, melt butter and sauté onion. Add mushrooms and continue to sauté until tender. Add spinach, stir through and add garlic, continue to sauté another 2 minutes. Keep on low heat and stir occasionally. Prepare Angel Hair pasta to package directions. Drain, place in large bowl or platter, drizzle (or drown) in olive oil. Heat Alfredo in saucepan. Stir in artichokes and juice and cook on low-medium heat, until hot. Plate pasta and add large scoop(s) of Mushroom Medley. Top with Chicken Tenderloins. Drizzle Alfredo to desire. Squeeze fresh lemon and add fresh shaved Parmesan.

Shrimp and Cheesy Cauliflower Grits |
Cheryl Armstrong, My IN Home

Makes: 2 servings
 14 raw medium (31-40 count) shrimp, unpeeled
 1 T olive oil
 1 T Old Bay seasoning
 1 t Worcestershire sauce
 1 lg head cauliflower, about 2 lbs
 1 c milk
 2 cloves garlic, minced
 6 T butter, divided
 ½ t salt
 ¼ t freshly ground black pepper
 ¾ c sharp cheddar cheese, shredded
 crushed red pepper flakes, to taste
 ½ cup green onions, chopped

Peel the shrimp, leaving the last segment above the tail on. Place the prepared shrimp in a gallon-size, zip-close bag. Add olive oil, Old Bay seasoning and Worcestershire sauce; seal the bag; and toss to coat the shrimp. Set aside. Cut cauliflower into 8 to 10 pieces. Using a coarse grater, grate the cauliflower into pieces about the size of rice grains. Place the riced cauliflower in a medium saucepan. Add the milk, garlic, 4 T butter, salt and black pepper to the saucepan and stir to combine. Cook over medium-high heat until the mixture starts to bubble, then reduce heat and simmer, stirring frequently, for about 10 minutes until the mixture is soft and looks like corn grits. Remove from heat and stir in the cheese. Adjust the seasoning and add red pepper flakes to taste. Cover with a lid to keep warm. In a medium skillet over medium-high heat, melt the remaining 2 T butter, just coating the bottom. When the butter starts to bubble, add shrimp to the skillet and arrange in a single layer. Cook shrimp for 2 minutes on each side. Immediately remove to a plate. Divide the cauliflower grits between 2 shallow bowls or rimmed plates. Sprinkle with half the green onions, then place 7 shrimp on top of each serving of grits and sprinkle with the remaining green onions. Serve immediately.

Spring Greens Mixed Berry Salad with Garlic Vinaigrette
| Jodie Shields, Partners Spring 2022

Garlic Vinaigrette:
 3 T extra-virgin olive oil
 2 T white wine vinegar
 4 cloves garlic, minced
 1 t Dijon mustard
 ¼ t salt
 ½ t freshly ground black pepper

Salad:
 6 c mixed spring greens (about 6 ounces)
 1 c fresh strawberries, sliced
 1 c fresh blueberries
 1 c fresh blackberries
 6 T slivered almonds

In a small bowl, whisk together the oil, vinegar, garlic, mustard, salt and pepper. Set aside. Place all spring greens into a large bowl. Add the vinaigrette and toss to coat. Divide the salad between 6 salad plates and top each with an equal amount of strawberries, blueberries and blackberries. Sprinkle 1 tablespoon of almonds over each salad before serving. Tips: For a smoky flavor, toast the almonds in a preheated oven at 325 degrees for 10 minutes before topping the salad. Don't like blackberries? Feel free to toss in your favorite mixed berries.

Your Choice Ragoon | Michael O'Brien

1 c chopped savoy cabbage
 4 oz cream cheese
 ¼ c onion and garlic mix
 3 T soy sauce if using pork/chicken
 3 T fish sauce if using fish/seafood
 1 T dried cayenne pepper flakes
 ¼ c fresh parsley or cilantro
 ½ t sea salt and ½ t pepper
 ½ lb meat or seafood choice: pork, chicken, pan fish fillets, salmon, shrimp or crab meat
 1 package Won Ton wrappers, (about 20)
 1 egg, whisked
 2 c vegetable or canola oil for cooking

Mix meat/seafood choice with all ingredients (no egg) in a bowl and chill. Lay out won ton wrappers and brush with whisked egg. Spoon 1 heaping T of chilled filling mix onto prepared individual wrapper and fold to close and seal. Heat oil to a med/high heat, add wrapped ragoon, 6 at a time to oil, cook until golden, turning once. Cooking is swift so don't burn or over cook. With slotted spoon, remove and dry on paper towel. Enjoy with or without dipping sauce of choice.

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

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Beef Tenderloin, Cranberry & Pear Salad | Illinois Farm Families

4 beef Tenderloin Steaks, cut ¾ in thick (4 oz each)
½ t freshly ground black pepper
1 package (5 oz) mixed baby salad greens
1 med red or green ripe pear, cored, cut into 16 wedges
¼ c dried cranberries
¼ c coarsely chopped pecans, toasted
¼ c crumbled goat cheese (optional)

Honey Mustard Dressing:

½ c prepared honey mustard 1 t white wine vinegar
2–3 T water ¼ t freshly ground black pepper
1 ½ t olive oil ½ t salt

Season beef tenderloin steaks with pepper. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Meanwhile, whisk Honey Mustard Dressing ingredients in small bowl until well blended. Set aside. Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries.

Carve steaks into thin slices, season with salt, as desired. Divide steak slices evenly over salads. Top each salad evenly with dressing, pecans and goat cheese, if desired. Recipe adapted from *The Healthy Beef Cookbook*, published by Houghton Mifflin Harcourt. Recipe courtesy of Beef – it's what's for dinner. Cook's Tip: To toast pecans, spread in single layer on metal baking sheet. Bake in 350°F oven 3 to 5 minutes or until lightly browned, stirring occasionally. (Watch carefully to prevent burning.) Set aside to cool.

Blueberry Buckle Coffee Cake | Kathy Lesser

2 c flour ¼ c butter (softened)
¾ c sugar ¾ c milk
2 ½ t baking powder 1 egg
¼ t salt 2 c well drained fresh blueberries

Topping:

½ c sugar 1 t cinnamon
1/3 c flour ¼ c butter

Preheat oven to 375 degrees. Mix the flour, sugar, baking powder and salt together. Blend in the butter, milk and egg. Beat until well blended. Fold in blueberries. Pour into a 9x9x2 greased pan. In a new bowl combine the sugar, flour and cinnamon. With a fork cut in the butter until crumbly and spoon on top of the batter. Bake for 45 to 50 minutes. Serve warm or cool.

Cabbage Patch Casserole | Dorothy Kuzelka

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

In 9x13 baking dish, layer ½ of sliced cabbage and season with salt and pepper. Brown ground beef, drain and spread meat over cabbage. Add sliced onion over beef, then layer thinly sliced potatoes over onions and season with salt and pepper. Pour can of tomato soup mixed with ¼ can of water over casserole contents. Dot with margarine or butter and cover tightly with foil. Bake at 350° oven for 2 hours.

Corn Queso | IL Farm Families, thekitchen.com

2 T butter
2 T cornstarch
2 oz cream cheese
4 oz Sharp Cheddar cheese, cubed
4 oz Monterey Jack cheese, cubed
1 (12 oz) can evaporated milk
1 c Rotel (diced tomatoes with green chilis)
5 ears of corn

Shuck the corn, and then steam it in a large pot filled with 2 inches of water. It takes about 8-10 minutes for the corn to get tender. Let the corn cool and then slice it off the cob. Melt the butter in a saucepan over medium heat. Whisk in the cornstarch, and let cook over the heat for one minute, while whisking. Then whisk in the evaporated milk and continue to whisk until the milk and cornstarch mixture are well blended. Let the mixture thicken a little. Reduce the heat to low. Stir in the cream cheese. Once the cream cheese has been mixed in, add the cheddar and Monterey Jack a little handful at a time. Wait for each addition of cheese to melt before you add more, this is the way to make sure your queso is nice and smooth. Once all of the cheese has been added and is melted, stir in the Rotel and the corn. Heat the queso up until it begins to bubble again, and then serve with tortilla chips. Makes 8-10 servings

Creamy Chestnut & Shiitake Mushroom Soup | Gibby's Gourmet Mushrooms Llc

2 T butter or oil
½ onion, diced
1 – 2 lg garlic cloves, minced
½ lb chestnut and ½ lb. shiitake mushrooms (don't use shiitake stems, save for stock)
4 sprigs fresh thyme
48 oz (6 c) broth of choice, vegetable, chicken, mushroom, or mix it up
¼ c heavy whipping cream
salt & pepper
3 T of choice: Worcestershire sauce, low sodium soy sauce, or dry sherry

In large pot melt the butter, add onions, mushrooms and sauté, about 5 minutes. (Save large handful of sautéed mushrooms to top soup at the end). Add garlic, thyme, sauce of choice. Sauté another 2 minutes. Add the remaining ingredients except heavy cream and bring to a boil. Reduce to a simmer, uncovered about 20 minutes. Remove thyme sprigs and let soup cool. Use blender or immersion blender, until desired smoothness. Bring to medium heat and add your heavy cream and stir in. Add the handful of mushrooms and sprinkle some thyme leaves as a light garnish. Add any salt/pepper to taste. Servings: 6 – 8 Servings

Frito Corn Salad | Illinois Farm Families

3 c fresh corn off the cob 4 oz can dice jalapenos, drained
or 2 - 12-14oz cans corn drained 2/3 c mayonnaise
½ red pepper diced 2 t chili powder
½ green pepper, diced ½ c cheddar cheese
½ red onion, diced 5 oz Fritos chips

Combine all ingredients except Fritos in a large bowl and mix well. Just before serving, stir in Fritos.

Fresh Basil Cocktails |

Ray's Quality Greenhouse, Donna Nykaza-Jones

Gin Basil Smash

2 oz Gin Small bunch fresh basil leaves, about 10,
1 oz fresh lemon juice 3 if large
2/3 oz simple syrup Basil sprig for garnish

Muddle basil leaves with lemon juice and simple syrup. Add ice, gin and shake. Strain into glass that has ice in it, garnish with basil sprig.

Pineapple Basil Cocktail

3 basil leave ¼ c pineapple juice
½ lime, juiced 1.5 oz Gin, ice and club soda

Muddle basil, lime, add pineapple juice, gin, ice and soda water...Cheers!

Grilled Garlic Parmesan Green Beans |

Susie Bulloch (heygrillthey.com)

1 lb green beans ½ t pepper
1 T olive oil 1 clove garlic
½ t salt 2 oz Parmesan cheese shredded

Preheat your grill to Medium-High 400 degrees F. Wash and trim the ends off of your green beans, place them in your vegetable grilling basket. Drizzle with olive oil and season with salt and pepper. Place the basket with the green beans on the grill for 5-7 minutes, close the lid, tossing occasionally with tongs so they cook evenly. Add in the garlic and cook for an additional 7-10 minutes or until green beans are to your desired tenderness. You can cook them longer if you like them softer. Sprinkle all over the top with the Parmesan cheese, close the lid, and allow the green beans to cook for 1 more minute to allow the cheese to melt. Remove the green beans from the grill and serve. Servings: 6

Party Time Pasta |

U of I Extension Building Healthier Families 2014 Calendar

½ lb ground turkey or 1 c cooked chicken or turkey, diced
1 t paprika
2 c fresh tomatoes, crushed with juice or 14.5 oz can crushed tomato
1 can (14.5 oz) chicken broth, reduced sodium
2 c pasta, uncooked
3 c broccoli cut into small pieces

Topping:

½ c fresh parsley or 4 T dried parsley
¼ c seasoned breadcrumbs
¼ c Parmesan cheese, grated

Heat a large skillet over medium heat. Add ground turkey and paprika. Cook and stir until meat is browned, about 5 minutes. Add tomatoes, chicken broth and pasta to cooked turkey. Bring to a boil. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10-15 minutes. Remove lid. Place broccoli on top of pasta. Replace lid. Cook until broccoli is tender, about 5 minutes. Prepare topping. Mix parsley, breadcrumbs and Parmesan cheese. Sprinkle over broccoli in skillet. Cover and let sit 3 minutes before serving.