Grown the West Bend Way

Updated: 10-7-13
Corn, Bean and Tomato Salad

4 ears grilled corn - cut off cob
1# green beans - cooked and cut up
Cherry tomatoes - cut in half
½ c. finely chopped fresh basil

Mix everything together and add dressing.

Dressing
1 tsp. Dijon Mustard --- I use honey mustard
3 Tbls. Sherry Wine Vinegar
¼ c. Extra Virgin Olive Oil
Salt/cracked pepper

I put everything in a jar and shake it up really good, and store in the refrigerator overnight for better flavor. Add to salad before eating.

Lynn Jaetsch
Italian Pasta Salad

- Cook pasta according to directions. (how ever much you want)
- Add cherry tomatoes, carrots, peppers, mushrooms, onion or whatever combination you like.
- Cut up string cheese, pepperoni and/or black olives.

For dressing, mix together in food processor:
4 cups baby spinach
1 1/2 cups plain, Greek yogurt
1/2 cup fresh basil (a handful)
onion & garlic
3/4 cup Miracle Whip.
Add salt, pepper, some Parmesan cheese and some olive oil.

Mix well and fold in with noodles.

Laurie Crass
Kohlrabi Coleslaw

2 cups chopped cabbage
4 kohlrabi bulbs, peeled and grated
2 stalks celery, sliced thin
2 carrots, sliced thin
2 tablespoons minced fresh onion
1/3 cup white sugar
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1/8 teaspoon celery seed
1/2 cup mayonnaise
4 1/2 teaspoons apple cider vinegar

- Toss the cabbage, kohlrabi, celery, carrot, and onion together in a large bowl.
- Whisk the sugar, salt, pepper, celery seed, mayonnaise, and vinegar together in a separate bowl until smooth; pour over the cabbage mixture and stir to coat evenly.
- Chill in refrigerator 1 hour before serving.
- Tip – I add a little extra apple cider vinegar and a little less sugar to make it more tangy

Therese Sizer
Peach and Kale Salad with Maple Miso Vinaigrette
Makes 2 large salads or 4 medium salads.

1 large bunch kale
2 peaches, peeled and cut into bite sized pieces
1 cup pecans, coarsely chopped

Vinaigrette
2 tablespoons Maple Syrup Grade B
2 tablespoons olive oil (cold pressed)
1 tablespoon raw apple cider vinegar
2 teaspoons light miso (white or yellow)
Himalayan salt and pepper

Directions:
• Remove stems from kale and tear into bite-sized pieces. Place in large bowl.
• Prepare vinaigrette by whisking all ingredients together in a small bowl.
• Pour vinaigrette over kale and give it a really good massage. The idea here is to massage the dressing into the leaves and break down the leaves a bit. This step is crucial.
• Toss with peaches and pecans
Wacky Mac Pasta Salad

2(12 oz) bags of Wacky Mac Noodles, cooked and cooled
1 ½ pounds bacon, cooked and crumbled
1 head lettuce, cut bite-size
6 tomatoes, cut bite size or cherry tomatoes
2 bunches green onion (diced)
2 cups mayo
2 cups coleslaw dressing (Marzetti)

Mix and serve.

Makes 12 pounds!

*Natasha Lambrecht, Jason Sherman, and Jess Kroeck*
Vegetables

Mike’s Eggplant Parmesan
3 to 4 medium size eggplants (you can peel or not peel the eggplant. The skin is slightly bitter.)
bread crumbs
mayonnaise,
12 to 16 oz jar of spaghetti sauce or pint of home-made tomato sauce,
ground Oregano,
parmesan
mozzarella cheese

Directions:
• Slice eggplant into slices approximately ¼ inch thick.
• Coat both sides with mayo and roll in bread crumbs.
• Place on cookie sheet and bake for 25 minutes at 375 (or until tender). Spread thin layer of sauce (1/4 in) in bottom of 9x13 Pyrex baking dish.
• Layer eggplant in dish, spread layer of sauce, grated mozzarella, oregano to taste and parmesan cheese.
• Repeat until eggplant is gone, layering with sauce and cheese much like you make lasagna layers with mozzarella on top.
• Return to oven and cook for 20 – 30 minutes until heated through and mozzarella is bubbly.
• Serves 6 – 8, a great vegetarian meal by itself.

Mike Wessa
Quinoa Vegetable Dish

Cook Quinoa
Stir fry vegetables in oil with garlic and fresh herbs (I used oregano, peppers: green and jalapeño, onion, zucchini/summer squash, and tomatoes) Can use fresh or canned tomatoes.
Add tomatoes at the end.
Add sea salt and fresh ground pepper.

You can serve the vegetables over the quinoa while it’s warm with parmesan cheese or mix quinoa and vegetables and serve cold as a salad the next day. Can add fresh herbs at the end like parsley or chopped greens like spinach.

Amanda Paruch
Six Sister Salsa

One 15-oz can black beans
One 11-oz or larger mexicorn
½ cup vinegar
½ cup olive oil
One package Good Seasonings Italian dressing
One medium red onion, diced
One 16-oz can black olives, sliced

Mix above and marinate overnight. The next day, add:

2 tomatoes, diced (I often times add more tomatoes than this)
One avocado, diced
A couple drops of Tabasco sauce (if desired)
Cilantro to taste (if desired)

Serve with your favorite chips

I have also made this recipe with canned whole tomatoes chopped up – works in a pinch, but the fresh tomatoes are (of course!) much better.

*Louisa Fahney*
Squash Soup

1 medium (about 3 pounds) butternut squash
6 sprig(s) fresh thyme
4 sprig(s) fresh sage
2 tablespoon(s) small sage leaves
1/4 teaspoon(s) cayenne pepper
1/4 teaspoon(s) ground cinnamon
Kosher salt
Pepper
1 large onion, cut into 2-inch pieces
2 medium carrots, cut into 2-inch pieces
1 stalk(s) celery, cut into 2-inch pieces
1 teaspoon(s) olive oil
1/4 teaspoon(s) paprika
Sour cream, for serving

Peel the squash. Cut 1/2 inch off the bottom and top and discard. Cut the squash in half, scoop out the seeds and reserve in a small bowl. Cut the squash into 2-inch pieces. Using kitchen twine, tie the thyme and sage sprigs together.

1. In a 5- to 6-quart slow cooker, whisk together the cayenne, 1/4 teaspoon cinnamon, 5 cups water, and 1/2 teaspoon each salt and pepper. Add the squash, herbs, onion, carrots, and celery and mix to combine. Cook, covered, until the vegetables are very tender, 6 to 7 hours on low or 4 to 5 hours on high.

2. Meanwhile, rinse the squash seeds, removing any pulp. Place them on a paper towel and let dry until ready to use.

3. Ten minutes before serving, heat the oil in a small skillet over medium heat. Add the seeds and cook, tossing, for 3 minutes. Sprinkle with the paprika and a pinch cinnamon. Add the sage leaves to the skillet and cook, tossing, until the seeds are toasted, about 2 minutes.

4. Remove the herbs from the soup. Using a handheld immersion blender (or a standard blender in batches), purée the soup. Ladle the soup into bowls and top with the spiced seeds and sage. Dollop with sour cream, if desired.

YOU CAN FREEZE FOR UP TO 3 MONTHS
Tomato Tart

1/2 (15-ounce) package refrigerated piecrusts
1 garlic bulb
1/2 teaspoon olive oil
1 1/2 cups shredded fontina cheese, divided
4 large tomatoes
1/2 teaspoon salt
1/4 teaspoon pepper

Press refrigerated piecrust on bottom and up sides of a square 9-inch tart pan. Bake at 450° for 9 minutes or until piecrust is lightly browned; set aside.

Cut off pointed end of garlic bulb; place garlic on a piece of aluminum foil, and drizzle with olive oil. Fold foil to seal.

Bake garlic at 425° for 30 minutes; cool. Squeeze pulp from garlic cloves into bottom of baked piecrust.

Sprinkle 1/2 cup fontina cheese over the garlic.

Slice tomatoes, and sprinkle evenly with salt and pepper. Place on folded paper towels, and let stand 10 minutes. Arrange tomato slices over shredded cheese. Sprinkle with remaining 1 cup cheese. Bake at 350° for 45 minutes or until tart is lightly browned.

Scott and Amy Grinna
Zucchini Oven Chips

1/4 cup dry bread crumbs  
1/4 cup (1 ounce) grated fresh Parmesan cheese  
1/4 tsp seasoned salt  
1/4 tsp garlic powder  
1/8 tsp freshly ground black pepper  
2 Tablespoons fat free milk  
2 1/2 cups (1/4 inch thick) slices zucchini (about 2 small)  
cooking spray

Preheat oven to 425 degrees

• Combine first five ingredients in a medium bowl, stirring with a whisk. Place milk in a shallow bowl.
• Dip zucchini slices in milk, and dredge in bread crumb mixture.
• Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet.
• Bake at 425 for 30 minutes or until browned and crisp.
• Serve immediately.

Marv Wolf
Cayenne Chocolate Cookies

1 cup butter
1 cup sugar
1 cup brown sugar
2 eggs
2 cups flour
1 cup cocoa powder
1 teaspoon baking soda
1 teaspoon cayenne pepper (I used 2 fresh cayennetta peppers & ¼ tsp cayenne pepper)
½ teaspoon salt
1 cup chocolate chips

Directions:
• Preheat oven to 350.
• Cream butter and both sugars until fluffy.
• Add eggs and blend well.
• Add cayenne, cocoa, baking soda and salt and blend very well. It’s important to blend this stage completely so that heat is evenly distributed.
• Add flour and blend.
• Fold in chips
• Refrigerated for one hour.
• Drop teaspoonfuls onto lightly greased cookie sheet

Suzanne Fleuchaus
Chocolate Zucchini Bread

3 eggs
2 teaspoons vanilla
1 cup oil
1-1/2 cups sugar
2 cups grated & peeled zucchini
3 cups flour
1 teaspoon baking soda
½ teaspoon baking powder
2 teaspoons cinnamon
1 large box of instant chocolate pudding
½ cup chocolate chips

- Mix together the eggs, vanilla, oil and sugar. Stir in zucchini until well blended.
- Add flour, baking soda, baking powder, cinnamon, chocolate pudding and chocolate chips and stir until well mixed.
- Put in 2 large loaf pans. Bake at 350 degrees for 1 hour.

Kathi Cain
Zucchini Bars

- 3 eggs
- 2 cups sugar
- 1 cup canola oil
- 2 cups zucchini, grated
- 3 teaspoons vanilla
- 2 1/2 cups flour
- 1/4 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons baking soda

Frosting

- 1/2 cup oleo (not spread or tub product) or 1/2 cup butter, room temperature (not spread or tub product)
- 1 teaspoon vanilla
- 1 (3 ounce) package cream cheese, room temperature
- 2 1/2 cups powdered sugar
- milk, as needed

Directions

- Preheat oven to 350°F and grease/flour a 13x9-inch baking pan.
- Beat eggs; add sugar and oil.
- Add the zucchini and vanilla; stir to mix well.
- Sift the dry ingredients together and add to the egg mixture.
- Pour batter into prepared pan and bake for 20 to 25 minutes, or until done.
- While the bars are baking, whip the butter and cream cheese until light; add vanilla and powdered sugar.
- Beat until fluffy, adding a *little* milk as needed if frosting is too thick.
- Spread frosting on top of the bars when they are cooled.

Janell Dukish