



2023
Annual Holiday
Recipe Book

Happy Holidays



**Thank you for picking up a
copy of this year's staff
recipe book!
We are sharing
our favorite breakfast
recipes—Enjoy!**



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Mini Quiche with Ham and Cheese

Fran

Ingredients

Servings: 6

- Olive oil spray
- 8 phyllo sheets
- 3/4 cup minced ham steak or deli ham (4 ounces total)
- 1/2 tsp. kosher salt
- Freshly ground black pepper
- 3/4 cup cheddar cheese (shredded, 3 ounces total)
- 2/3 cup full fat yogurt
- 8 large eggs

Directions

1. Heat the oven to 350 F.
2. Place a phyllo sheet on a clean work surface, lightly spray with oil and top with another phyllo sheet.
3. Repeat with 2 more sheets and oil.
4. Cut the phyllo into 4- inch squares.
5. Fit one square each in the prepared muffin cups.
6. Repeat with the remaining phyllo to make 12 total.
7. Divide the ham in each phyllo cup, about 1 Tbsp. each.
8. Whisk yogurt, egg, salt and pepper until smooth.
9. Evenly divide among the phyllo cups (about 1/4 cup in each).
10. Top each with 1 Tbsp. cheese and bake about 30 minutes until eggs are set and phyllo is golden.



Perfect Hard Boiled Eggs

Kristina

Ingredients

- Eggs

Directions

1. Set your eggs in a pot and cover with 1 inch water.
2. Bring the water to a boil. Once it reaches a boil, turn off the heat and cover with the lid.
3. Set a timer for ten minutes, letting the eggs cook in the hot water.
4. Get an ice bath ready (a big bowl filled with ice and cold water).
5. When the timer goes off, take the eggs out of the pot and place them in the ice bath. They should be cool enough to handle and peel within about 2-3 minutes.

NOTE:

The important part is having a pot with a lid that doesn't let steam escape. The yolks will never be overcooked, and if you cook it for less time, the yolks will be slightly softer and lightly runny, like a poached egg.



Broccoli and Cheese Egg Muffins

Fran

Ingredients

- 4 cups broccoli florets
- 4 whole large eggs
- 1 cup egg whites
- 1/4 cup reduced fat shredded cheddar (Sargento)
- 1/4 cup Pecorino romano, grated (or Parmesan cheese)
- 1 tsp. olive oil
- salt and fresh pepper
- olive oil spray

Directions

1. Preheat oven to 350 F.
2. Steam the broccoli with a little water for about 3 to 5 minutes.
3. When broccoli is cooked, crumble into smaller pieces and add olive oil, salt and pepper. Mix well.
4. Spray a standard size non-stick muffin tin generously with oil and spoon broccoli mixture evenly into 9 tins.
5. In a medium bowl, beat egg whites, eggs, grated cheese, salt and pepper.
6. Pour into the greased tins over broccoli until a little more than 3/4 full.
7. Top with grated cheddar and bake in the oven until cooked, about 20 minutes. Serve immediately.
8. Wrap any leftovers in plastic wrap and store in the refrigerator to enjoy during the week.



Huevos Rotos (Broken Eggs)

Linda

Ingredients

- 1/3 cup extra-virgin olive oil, plus more as needed
- 2 tsp. smoked paprika
- 1/2 tsp. red-pepper flakes or 1/4 tsp. ground cayenne
- Kosher salt and black pepper
- 2 lbs new potatoes, cut into 1-inch pieces if necessary
- 1 medium onion, finely chopped
- 4 garlic cloves, finely chopped
- 4 eggs
- Flakey sea salt, for serving

Directions

1. In a measuring cup, combine the olive oil, paprika, red-pepper flakes, 1 1/2 tsp. salt, a generous grind of pepper, and 1 cup water.
2. Put the potatoes in a large skillet and pour the olive oil mixture over them.
3. Bring to a boil, then cover and cook on high until the potatoes are fork-tender, 6-9 minutes.
4. Stir the potatoes (if they are sticking, add more oil).
5. Make 4 nests in the potatoes and crack an egg into each.
6. Season with salt and pepper.
7. Cover and cook until the white are set and the yolks are still runny, 4-6 minutes.
8. Break the yolks gently with a serving spoon, then scoop some potatoes and an egg onto plates or into shallow bowls.
9. Serve with a squeeze of lemon and flaky salt.



Spiced Winter Fruit

Beth

Ingredients

Yield: 8 servings (serving size: 3/4 cup)

- 1 cup packed light brown sugar
- 1 tsp. ground ginger
- 1 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 2 Tbsp. butter or stick margarine
- 2 quinces, each cut into 8 wedges (about 3/4 pound) - *can substitute 1 apple & 1 pear if desired*
- 3 cups sliced peeled Bartlett or Anjou pear (about 1 1/2 pounds)
- 2 1/2 cups sliced peeled Granny Smith apple (about 1 1/2 pounds)
- 1/4 tsp. freshly ground black pepper
- Cinnamon sticks (optional)

Directions

1. Combine first 4 ingredients in a small bowl; set aside.
2. Melt butter in a large nonstick skillet over medium heat.
3. Add quinces.
4. Cover and cook 6 minutes, stirring occasionally.
5. Add sugar mixture, pear, and apple; cover and cook 12 minutes, stirring occasionally.
6. Stir in pepper; garnish with cinnamon sticks, if desired.
7. To serve, reheat over low heat.

NOTE:

This dish will hold up for up to 3 days if refrigerated in an airtight container.

Make-Ahead Eggs Benedict

Susanne

Ingredients

Yield: 8 servings

- 4 English muffins, split and toasted
- 16 thin slices Canadian style bacon
- 8 eggs
- 1/4 cup margarine or butter
- 1/4 cup All purpose flour
- 1 tsp. paprika
- 1/8 tsp. nutmeg
- 2 cups milk
- 2 cups shredded Swiss cheese
- 1/2 cup dry white wine
- 1/2 cup crushed cornflakes (about 1 cup before crushing)
- 1 Tbsp. margarine or butter, melted

Directions

1. In 13X9X2 inch baking dish, arrange muffins, cut side up.
2. Place 2 bacon slices on each muffin half. Half fill 10 inch skillet with water, bring just to boiling.
3. Break one egg into a dish. Carefully slide egg into water. Repeat with three more eggs.
4. Simmer uncovered, 3 minutes or until just set.
5. Remove eggs with slotted spoon. Repeat with remaining eggs.
6. Place one egg on top of each muffin stack. Set aside.
7. For sauce, in medium saucepan melt 1/4 Cups Margarine or butter.
8. Stir in flour, paprika, nutmeg, and 1/8 Tbsp. pepper. Add milk all at once.
9. Cook and stir until thickened and bubbly. Stir in cheese till melted. Stir in wine.
10. Carefully spoon sauce over muffin stacks.
11. Combine cornflakes with 1 Tbsp. of margarine or butter.
12. Sprinkle over muffin stacks. Cover, chill overnight.
13. To serve, bake uncovered, in 375 F oven 20-25 minutes or until heated through.

Pumpkin Baked Oatmeal Cups

Fran

Ingredients

- 1 cup quick oats (organic preferred)
- 1/4 tsp. kosher salt
- 1/2 tsp. baking powder
- 1 1/2–2 tsp. ground pumpkin spice (or cinnamon)
- 1 cup and 1/2 Tbsp. almond milk (or milk of your choice)
- 1 tsp. vanilla extract
- 2 large eggs (beaten)
- 1/3 cup plus 1 1/2 Tbsp. of low fat 2% plain Greek yogurt
- 1/4 cup pumpkin puree
- 6 Tbsp. of brown monk fruit sweetener (or brown sugar)
- 1 Tbsp. of powdered sugar

Directions

1. Preheat oven to 350F.
2. Generously spray a standard 6-cup muffin tin with baking spray.
3. To a large bowl, add the oats, salt, baking powder and 1 1/2 tsp. pumpkin spice then whisk to combine.
4. Add 1 cup milk, vanilla extract, beaten eggs, pumpkin puree, monk fruit or sugar and 1/3 cup yogurt. Whisk until just combined.

To Assemble:

1. Divide the batter into each muffin cup filling to the top then bake for 28 to 30 minutes, rotating halfway through, until oats are just set. (some muffin tins are smaller, if so it will make more than 7 or 8.)
2. Meanwhile, combine the remaining 1 1/2 Tbsp. yogurt with 1/2 Tbsp. milk and 1 Tbsp. powdered sugar. Whisk to combine.
3. When muffin cups are done, allow to cool in the pan for 5 minutes, then carefully transfer them to a cooling rack.
4. Drizzle each with a little glaze and allow to cool at least another 5 minutes.

Cinnamon Apples

Kristina

Ingredients

Serving size: 2 (use double the ingredients for twice as much)

- 2 Apples
- 2 Tbsp. butter
- 2 Tbsp. brown sugar
- 1 tsp. cinnamon
- 1 Tbsp. apple cider vinegar (or lemon juice)
- Optional: Dash of allspice or nutmeg

NOTE:

This recipe can be adjusted to make just enough for one serving or doubled or tripled to make a whole lot more!

Put these on top of pancakes, oatmeal, or waffles. Granny Smith is the most popular apple because they're tart and counteract the sugary sweetness, but you can use any apples you like. This recipe is especially good for using up apples that are getting a little old in the fridge.

Directions

1. Peel 2 large apples and cut out the cores.
2. Slice the apples to $\frac{1}{4}$ or $\frac{1}{2}$ inch thickness.
3. Place 2 Tbsp. butter in a medium sized sauce pan and melt at medium heat.
4. Stir in your sliced apples and get them coated in butter - sauté for about 5 min while stirring.
5. Add 2 Tbsp. brown sugar
6. Add 1 tsp. cinnamon
7. Add 1 Tbsp. apple cider vinegar (or lemon juice)
8. Add a dash of allspice or nutmeg, if desired
9. Stir and continue cooking for about ten minutes until the liquid at the bottom of the pan starts to thicken.
10. Add more spices and a dash of salt to taste, if desired.



Zucchini Egg Bake

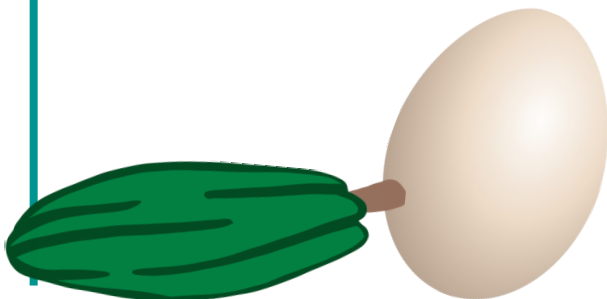
Beth

Ingredients

- 3 cups peeled, chopped zucchini
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1/4 cup butter
- 4 eggs
- 1/2 cup grated Parmesan cheese
- 1/4 cup minced fresh parsley
- 1 1/2 tsp. minced fresh basil
- 1 1/2 tsp. minced fresh marjoram
- 1/2 tsp. salt
- 1/2 cup shredded Monterey Jack cheese

Directions

1. In a large skillet, sauté the zucchini, onion and garlic in butter until tender; set aside.
2. In a large bowl, whisk the eggs, Parmesan cheese, parsley, basil, marjoram and salt.
3. Stir in zucchini mixture and Monterey Jack cheese.
4. Pour into a greased 1-qt. baking dish.
5. Bake at 350 F for 20-25 minutes or until a knife inserted near the center comes out clean.
6. Let stand for 5 minutes before serving.



Weekend Apple Pancake

Linda

Ingredients

- 2 large apples (or 3 medium apples), preferably tart ones like Granny Smith
- 4 Tbsp. sugar, divided
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/3 cup unsalted butter
- 1/3 cup dark brown sugar
- 3/4 cup all-purpose flour
- 1/2 tsp. salt
- 1/4 tsp. nutmeg
- 1 cup whole or 2% milk
- 1/2 tsp. vanilla extract
- 5 large eggs
- Powdered or cinnamon sugar, to serve

Directions

1. Heat the oven to 400°F.
2. Peel, core, and quarter the apples, then cut them into medium slices (1/4-inch thick or less).
3. Then cut the slices in halves or thirds. You should have about 3 cups of chopped apples.
4. In a small bowl, mix 3 Tbsp. of sugar with the cinnamon and ginger and set aside.
5. Cut the butter into chunks and place them in a deep cast iron skillet or 8x8-inch baking dish.
6. Put the skillet or baking dish in the oven for 3 to 4 minutes, or until the butter is melted.
7. Take the pan out of the oven and sprinkle the 1/3 cup brown sugar over the melted butter.
8. Carefully spread the apples on top of the brown sugar and sprinkle the cinnamon-sugar mixture over the apples.
9. Put the pan back in the oven to caramelize the apples and sugar.

Weekend Apple Pancake, continued...

Directions Continued...

10. Whisk the flour with the remaining Tbsp. of sugar, salt, and nutmeg.
11. Gradually add the milk, whisking constantly with a large wire whisk to beat out any lumps.
12. When the flour is smoothly incorporated into the milk, beat in the vanilla and the eggs, one by one.
13. Beat by hand for 2 minutes, or until foamy.
14. Let the batter rest for 5 minutes.
15. By now the sugar should be bubbling around the apples.
16. Take the pan out of the oven and pour the batter over the apples.
17. Bake for about 20 more minutes, or until center is set and sides are lightly browned.
18. The pancake will puff up dramatically but fall after a few minutes after you take it out of the oven.
19. If you want, serve with powdered sugar or more cinnamon sugar.



Cheese Squares

Jamie

Ingredients

- 2 (8 ounce) cans refrigerated crescent roll dough
- 2 (8 ounce) packages cream cheese
- 1 cup white sugar
- 1 tsp. vanilla extract
- 1/2 cup butter, melted
- 1/4 cup white sugar
- 1 tsp. ground cinnamon

Directions

1. Preheat oven to 350F.
2. Grease a 9×13 inch pan.
3. Press one can of the crescent rolls into the bottom of the prepared pan.
4. In a medium bowl, mix together the cream cheese, 1 cup of sugar, and vanilla until smooth and creamy.
5. Spread evenly over the crescent layer.
6. Unroll the second can of crescent rolls and lay them on top of the cream cheese layer. Do not press down.
7. Pour the melted butter over the entire pan.
8. Combine the remaining 1/4 cup of sugar and cinnamon; sprinkle over the top.
9. Bake for 25 to 30 minutes in the preheated oven, or until the top is crisp and gold.

Artichoke, Spinach Quiche

(Courtesy of Food.com) Lisa S

Ingredients

- 9 eggs
- ½-pint heavy cream
- 3 16 oz. cans artichokes, chopped
- 2 16 oz. bags frozen chopped spinach
- 1 lb. mozzarella cheese, shredded
- 8 oz. parmesan cheese
- 2 frozen deep-dish pie shells

Directions

1. Mix eggs and heavy cream in a separate bowl and set aside.
2. Defrost spinach and squeeze dry.
3. chop artichokes.
4. Add mozzarella and parmesan cheese. Mix with egg mixture.
5. Pour into two deep-dish pie shells*.
6. Bake in 450 F oven for 60 minutes or until browned on top and knife inserted in center comes out clean.

NOTE:

*This recipe makes a lot! You may find that you wish to use to 3 regular sized pie shells instead of two deep-dish pie shells.



Cinnamon Babka

Beth

Ingredients

Filling:

- 1 cup packed (7 ounces) light brown sugar
- $\frac{1}{4}$ cup (1 $\frac{3}{4}$ ounces) all-purpose flour
- 2 Tbsp. unsalted butter, melted and cooled
- 1 large egg white
- 2 tsp. ground cinnamon
- $\frac{1}{8}$ tsp. salt

Dough:

- $\frac{1}{2}$ cup whole milk, heated to 110 degrees
- 2 large egg yolks plus 1 large egg
- 1 tsp. vanilla extract
- 2 cups (10 ounces) all-purpose flour
- $\frac{1}{4}$ cup (1 $\frac{3}{4}$ ounces) sugar
- 1 $\frac{1}{2}$ tsp. instant or rapid-rise yeast
- $\frac{1}{2}$ tsp. salt
- 8 Tbsp. unsalted butter, cut into 8 pieces and softened

Directions

Filling:

1. Combine all ingredients in medium bowl. Set aside 1 Tbsp. filling.

Dough:

1. Adjust oven rack to middle position and heat oven to 200 F. When oven reaches 200 F, turn it off.
2. Grease large bowl. Whisk milk, egg yolks, and vanilla together in 1-cup liquid measuring cup.
3. Using stand mixer fitted with dough hook, mix flour, sugar, yeast, and salt on low speed until combined. Slowly add milk mixture and mix until dough comes together, about 3 minutes.

Cinnamon Babka, continued...

Directions Continued...

4. Increase speed to medium-low and add butter, 1 piece at a time, until incorporated, about 1 minute. Continue to mix until dough is smooth and comes away from sides of bowl, 10 to 12 minutes.
5. Transfer dough to prepared bowl, cover with plastic wrap, and place in turned-off oven until dough has risen slightly, about 1 hour. Place in refrigerator until dough is firm and has doubled in size, at least 1 hour.
6. Line 8½ by 4½-inch loaf pan with parchment paper, allowing excess to hang over edges.
7. Punch down dough on lightly floured counter. Roll out dough to 20 by 14-inch rectangle. Spread all but 1 Tbsp. reserved filling over dough, leaving ½-inch border around edges.
8. Working from short side, roll dough into cylinder and pinch along seam to seal. Position cylinder seam side up and roll back and forth until stretched to 18-inch length.
9. Spread reserved filling over top of cylinder. Fold cylinder on top of itself and pinch ends to seal. Gently twist double cylinder twice to form double figure eight. Place shaped dough seam side down in prepared pan, cover loosely with plastic, and let rise in turned-off oven until doubled in size, about 1 hour.
10. Lightly beat whole egg in bowl. Remove loaf from oven and discard plastic.
11. Heat oven to 350F. Brush loaf with beaten egg. Bake until deep golden brown and loaf registers 190 F degrees, about 45 minutes.
12. Let cool in pan on wire rack for 20 minutes. Remove loaf from pan and cool completely, about 2 hours. Serve.

Breakfast Casserole

Susanne

Ingredients

Servings: 12-15

- 1 lb bacon (dice) - can use breakfast sausage
- 1 medium sweet onion, chopped
- 6 eggs, slightly beaten
- 4 cups frozen shredded hash browns, thawed
- 2 cups shredded cheddar cheese
- 1 1/2 cups cottage cheese, low fat small curd
- 1 1/4 cups shredded Swiss cheese

Directions

1. In a large skillet cook bacon and onion until bacon is crisp. Drain.
2. In a large bowl combine the remaining ingredients.
3. Stir in meat and onion mixture.
4. Transfer to a greased 9x13 pan.
5. Bake uncovered at 350 F for 35-40 minutes or until set and bubbly.
6. Let stand for 10 minutes before cutting.

Avocado Toast

Kristina

Ingredients

- Avocado
- Salt (dash)
- Pepper (dash)
- Garlic powder (dash)

Directions

1. Take one small/medium avocado and scoop out the mesocarp (aka, the flesh of the avocado) and place it into a bowl.
2. Mash the mesocarp with a fork
3. Add a dash of salt, pepper, and garlic powder
4. Optional: You can also add a dash of cumin and a splash of fresh lime juice if you have it; this gives the dish a guacamole flavor!
5. Mash it all together and spread on top your favorite hearty whole grain bread that's warm from the toaster.
6. Optional: I like to add a fried egg on top for extra protein! And fruit on the side increases the fiber too.



Turkey Sausage Breakfast Casserole

Beth

Ingredients

- 1 lb ground turkey sausage
- 4 eggs, lightly beaten
- 4 green onions,
- Finely chopped 1 (16 ounce) package of frozen hash brown potatoes
- 1/2 cup milk
- 1 1/2 cups shredded cheddar cheese

Directions

1. Place turkey sausage in a large, deep skillet.
2. Cook over medium-high heat until evenly brown.
3. Drain, crumble, and set aside.
4. Preheat oven to 350 F degrees.
5. In a large bowl, stir together eggs, green onions, hash browns, milk, cheddar cheese, and cooked sausage.
6. Pour mixture into a 9x13 inch baking pan.
7. Bake in preheated oven for 60 minutes.

French Toast Bake

Sean

Ingredients

- 1 stick butter (melted)
- 1 cup brown sugar
- 1 loaf thickly sliced bread (brioche recommended)
- 4 eggs
- 1.5 cup milk
- 1 tsp. Vanilla
- Powdered Sugar for sprinkling
- Cinnamon for sprinkling

Directions

1. Melt butter in microwave & add brown sugar, stir until mixed well
2. Pour butter /sugar mix into bottom of 9x13 pan and spread evenly
3. Beat eggs, milk & vanilla
4. Lay single slice of bread in pan to cover brown sugar mix. Attempt to pack tightly against sides of pan
5. Spoon $\frac{1}{2}$ of egg mixture on bread layer
6. Sprinkle cinnamon over bread/egg layer
7. Add 2nd layer of bread slices
8. Spoon on remaining egg mixture
9. Cover and chill in refrigerator over night
10. Bake at 350 F for 45 minutes, covered for first 30 minutes
11. Sprinkle with powdered sugar & cinnamon, then serve

Sheet-Pan Hash Browns

Linda

Ingredients

- 3 lbs Yukon Gold potatoes, unpeeled
- 6 Tbsp. extra-virgin olive oil
- 1 tsp. table salt
- ¼ tsp. pepper

Directions

1. Adjust oven rack to middle position and heat oven to 450 F degrees.
2. Fit food processor with shredding disk.
3. Shred potatoes.
4. Transfer potatoes to large bowl.
5. Cover with cold water and let sit for 5 minutes.
6. One handful at a time, lift potatoes out of water and transfer to colander
7. Discard water. Rinse and dry bowl.
8. Place one-quarter of shredded potatoes in center of clean dish towel.
9. Gather ends of towel and twist tightly to wring out excess moisture from potatoes.
10. Transfer dried potatoes to now-empty bowl.
11. Repeat 3 more times with remaining potatoes.
12. Add oil, salt, and pepper to potatoes; toss to combine.
13. Lightly spray 16 by 11-inch rimmed baking sheet with vegetable oil spray.

Sheet-Pan Hash Browns, Continued...

Directions Continued...

14. Distribute potatoes in even layer on sheet. Do not pack down.
15. Bake until top of potatoes is spotty brown, 32 to 35 minutes.
16. Remove pan from oven and flip hash browns with metal spatula.
17. Return pan to oven and continue to bake until deep golden brown on top, about 6 to 8 minutes longer.
18. Season with salt and pepper to taste. Serve.



Cinnamon Swirl Quick Bread

Beth

Ingredients

- 2 cups flour
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 cup vegetable or canola oil
- 1 cup sour cream
- 3 eggs, beaten
- 2 tsp. vanilla extract

For the Cinnamon Swirl:

- 2/3 cup sugar
- 1 Tbsp. cinnamon

For the Crumble Topping:

- 1/2 cup flour
- 1/4 cup sugar
- 1/4 cup butter, softened
- 1 tsp. cinnamon

For the Simple Glaze:

- 2/3 cup powdered sugar
- 1 1/2 Tbsp. water

Directions

1. Preheat oven to 350°F.
2. Line a 9x5x3 loaf pan with foil and lightly grease.
3. In a large mixing bowl, mix together the dry ingredients: flour, granulated sugar, brown sugar, baking powder, and baking soda.
4. Add the oil and mix until small lumps begin to form.
5. Add the sour cream, eggs, and vanilla.
6. Mix **JUST UNTIL** batter forms (do not over mix). The batter will be lumpy, and that's okay.
7. Mix together the 2/3 cup sugar and 1 Tbsp. cinnamon.
8. Pour and spread 1/3 of the batter into the prepared loaf pan. Sprinkle 1/2 of the cinnamon sugar mixture over top.

Cinnamon Swirl Quick Bread, continued...

Directions Continued...

9. Pour and spread $\frac{1}{3}$ of the batter over the cinnamon sugar layer. Sprinkle the remaining cinnamon sugar over top.
10. Pour and spread the remaining batter over the layer of cinnamon sugar. Set aside to prepare crumble topping.

For crumble topping:

1. Mix together the flour and sugar in a medium mixing bowl.
2. Cut in the butter until a crumble forms (I like to use my fingers about halfway through the "cutting").
3. Sprinkle the crumble over top of the bread batter.
4. Bake for 60-70 minutes until toothpick inserted comes out clean.

For the glaze:

1. Use a fork to whisk together the water and the powdered sugar until thick glaze forms.
2. Drizzle over the freshly baked bread.

Potato, Ham, & Asparagus Frittata

Julie

Ingredients

- 1 1/2 Tbsp. extra virgin olive oil, divided
- 1 medium green onion, white and light green parts only, halved and sliced into half moons
- 1 cup red pepper, diced
- 1 clove garlic, minced
- 2-3 potatoes, diced
- 8 ounces cremini mushrooms, stemmed and sliced
- 8 ounces asparagus, cut into 1" pieces
- 1 cup diced ham
- 8 large eggs
- 1/2 cup milk or cream (I used 1/4 cup skim milk and 1/4 cup half 'n half)
- 1/2 cup grated jack and cheddar cheese blend, or your favorite
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- Optional: Freshly chopped Italian flat leaf parsley, for garnish

Directions

1. Preheat the oven to 400 F degrees.
2. Heat 1 Tbsp. of the oil in a 9 or 10" non-stick or cast iron skillet over medium heat.
3. Add the green onion, garlic, and mushrooms and saute for 2 minutes.
4. Add the asparagus and a pinch of salt, and cook until crisp tender and the mushrooms are softened, about 3 minutes more.
5. Stir in the diced ham, then brush the sides of the pan with the remaining oil to prevent sticking.

Potato, Ham, & Asparagus Frittata, continued...

Directions Continued...

6. While the vegetables cook, beat the eggs and milk in a medium bowl until well combined.
7. Whisk in the cheese, salt, and pepper, and pour the mixture evenly over the vegetable-ham mixture.
8. Cook over medium heat until the bottom of the eggs just start to set, then remove from heat and bake in the oven for 8-10 minutes or until the eggs are set.
9. Remove from heat and let stand 5 minutes.
10. Top with chopped parsley if using, then slice, serve, and enjoy!



Sausage Strata for Two

Linda

Ingredients

- $\frac{3}{4}$ cup whole milk
- 3 large eggs
- 1 Tbsp. maple syrup
- $\frac{1}{4}$ tsp. table salt
- $\frac{1}{4}$ tsp. pepper
- 4 ounces brioche, torn into 1-inch pieces (3 cups)
- 4 ounces sharp cheddar cheese, shredded (1 cup)
- 6 ounces hot bulk pork breakfast sausage
- 1 tsp.. minced fresh sage, optional
- Two small brioche rolls should yield the 4 ounces needed for this recipe.

NOTE:

For a less spicy dish, substitute regular pork sausage for the hot. We like the sweetness that maple syrup adds here, but you can omit it for a more savory strata.

If you don't have an 8-inch ovensafe nonstick skillet, cook the sausage in a 10-inch skillet and assemble and bake the strata in a greased 9-inch pie plate.

Directions

1. Adjust oven rack to middle position and heat oven to 375 F degrees.
2. Whisk milk, eggs, maple syrup, salt, and pepper together in large bowl.
3. Add brioche and cheddar and stir to combine; set aside.
4. Cook sausage in 8-inch ovensafe nonstick skillet over medium heat until browned, about 8 minutes.
5. Break the meat into small pieces with spoon.
6. Add sage and cook until fragrant, about 30 seconds.

Sausage Strata for Two, continued...

Directions Continued...

7. Transfer to bowl with brioche mixture and stir to combine.
8. Transfer strata mixture to now-empty skillet and smooth into even layer.
9. Bake until puffed and lightly browned, about 30 minutes (strata will puff above rim of skillet). Let rest for 10 minutes. Serve.

TO MAKE AHEAD:

1. At end of step 2, strata mixture can be transferred to greased 9-inch pie plate, covered with plastic wrap, and refrigerated for up to 24 hours.
2. Bake in pie plate.



Grandma's German Sour Cream Twists

Beth

Ingredients

- 2 1/4 tsp. active dry yeast (1 pkg)
- 1/2 cup warm water
- 3 1/2 cups flour
- 1 tsp. salt
- 1 cup butter, cold
- 3/4 cup full-fat sour cream
- 1 egg + 2 egg yolks
- 1 tsp. vanilla extract
- 1/2 tsp. of almond extract
- 1 cup sugar (used in the roll-out process, not in the dough)

ASSEMBLY:

- decorating sugar

Directions

1. Dissolve yeast in warm water with 1 tsp. of sugar.
2. Set aside for a few minutes while it activates.
3. In a medium bowl, sift flour and salt.
4. Cut butter into small cubes and cut into flour mixture with a pastry cutter or your hands.
5. Add to the flour the yeast mixture, sour cream, eggs, vanilla, and almond extract, stirring until just combined.
6. Cover bowl with a damp cloth and chill in the fridge for at least 2 hours.
7. Heat oven to 375 F.
8. Divide dough in half. Keep one half in refrigerator.
9. Roll out half of dough on a sugared board into 8"x16".
10. Fold the ends of the dough in thirds towards the center, with the ends overlapping.
11. Sprinkle with sugar, roll again to 8"x16", repeat a third time.

Grandma's German Sour Cream Twists, continued...

Directions Continued...

Note: Dough is VERY sticky. Roll out on board or silpat and sugar well - if rolling on counter, will need more sugar.

12. Roll dough to 1/4" thick. Cut into 1"x4" strips.
13. Twist ends opposite directions and lay on a parchment (or sil-pat) - lined baking sheet, pressing ends to keep shape.
14. Finish with decorating sugar and/or an almond pressed in the center.
15. Bake for 12 minutes or until delicately brown.
16. Remove from baking sheet immediately and cool on a drying rack.
17. Repeat with second half of dough.
18. Can store for a few days covered lightly on counter. Can also be stored in sealed container in freezer.

Easy Bagel Recipe

Fran

Ingredients

- 1 cup unbleached all purpose flour, whole wheat or gluten-free mix* (5 oz in weight)
- 2 tsp. baking powder
- 3/4 tsp. kosher salt (use less if using table salt)
- 1 cup non-fat Greek yogurt
- (not regular yogurt, it will be too sticky (Stonyfield))
- 1 egg white or whole egg (beaten)
- optional toppings: (everything bagel seasoning, sesame seeds, poppy seeds, dried garlic flakes, dried onion flakes**)

Directions

Oven Method:

1. Preheat oven to 375 F. Place parchment paper or a silpat on a baking sheet. If using parchment paper, spray with oil to avoid sticking.
2. In a medium bowl combine the flour, baking powder and salt and whisk well.
3. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
4. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 15 turns (it should not leave dough on your hand when you pull away).
5. Divide into 4 equal balls. Roll each ball into 3/4-inch thick ropes and join the ends to form bagels. (or you can make a ball and poke a hole in the center then stretch it slightly)
6. Top with egg wash and sprinkle both sides with seasoning of your choice.
7. Bake on the top rack of the oven for 25 minutes. Let cool at least 15 minutes before cutting.

Easy Bagel Recipe, continued...

Directions Continued...

Air Fryer Method:

1. In a medium bowl combine the flour, baking powder and salt and whisk well.
2. Add the yogurt and mix with a fork or spatula until well combined, it will look like small crumbles.
2. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until dough is tacky, but not sticky, about 20 turns (it should not leave dough on your hand when you pull away).
3. Divide into 4 equal balls. Roll each ball into 3/4-inch thick ropes and join the ends to form bagels.
4. Top with egg wash and sprinkle both sides with seasoning of your choice.
5. Preheat the air fryer 280F degrees.
6. Transfer in batches without overcrowding and bake 15 to 16 minutes, or until golden. No need to turn.
7. Let cool at least 15 minutes before cutting.



Oven-baked Caramel French Toast

Beth

Ingredients

- 1 cup brown sugar
- 1/2 cup butter
- 2 Tbsp. light corn syrup
- 1 cup chopped pecans, divided
- 12 slices French or Italian-style bread
- 6 eggs
- 1 1/2 cups milk
- 1 tsp. vanilla extract
- 1 tsp. ground nutmeg
- 1 1/2 tsp. ground cinnamon
- 1/4 tsp. salt

For Caramel Sauce:

- 1/2 cup brown sugar
- 1/4 cup butter
- 1 Tbsp. light corn syrup

Directions

To make the Caramel Sauce:

1. In a small saucepan, combine 1/2 cup brown sugar, 1/4 cup butter and 1 Tbsp. corn syrup.
2. Cook until thickened, stirring constantly.

Oven-baked Caramel French Toast, continued...

Directions Continued...

To make the rest of the recipe:

1. In a small saucepan, combine 1 cup brown sugar, 1/2 cup butter and 2 Tbsp. corn syrup.
2. Cook over medium heat, stirring constantly, until thickened.
3. Pour sauce into a 9x13 inch baking dish and sprinkle with 1/2 cup pecans.
4. Place 6 slices of bread on top of the sauce, sprinkle with the remaining pecans and cover with the remaining 6 slices of bread.
5. Combine eggs, milk, vanilla, nutmeg, cinnamon and salt in a blender.
6. Pour egg mixture evenly over bread slices, cover the baking dish, and refrigerate for 8 hours or overnight.
7. The next morning, preheat oven to 350 F.
8. Remove the French toast from the refrigerator 30 minutes prior to baking.
9. Bake in preheated oven for 40 to 45 minutes, until lightly brown.
10. Drizzle sauce over the toast right before serving.

Orange Marmalade Baked French Toast

Bethany

Ingredients

- 16 ounces French bread , sliced ½ inch thick. Let slices turn stale overnight by leaving out on a sheet pan
- 6 large eggs
- 2 1/2 cups whole milk
- 1/3 cup brown sugar , packed
- 2 tsp. vanilla extract
- 1/4 tsp. ground nutmeg
- 1/3 cup pecans, chopped
- 1 1/2 cups orange marmalade

Directions

1. Preheat oven to 350 F
2. Grease an 8X10 baking dish
3. Whisk together eggs, milk, sugar, vanilla, and nutmeg
4. Stir in pecans
5. Stir in bread slices until well-combined with the liquid
6. Pour half the bread mixture into the dish
7. Top with half the marmalade
8. Pour on the second layer of bread mixture
9. Top with remaining marmalade
10. Bake for 45-50 minutes until golden brown and set
11. Allow to cool then cut into 16 servings
12. Garnish with powdered sugar and fresh blueberries

Crustless Spinach Quiche

Julie

Ingredients

- 1 cup chopped onion
- 1 cup sliced fresh mushrooms
- 1 Tbsp. vegetable oil
- 1 package (10 ounces) frozen chopped spinach, thawed and well drained
- 2/3 cup finely chopped fully cooked ham
- 5 large eggs

Directions

1. In a large skillet, saute onion and mushrooms in oil until tender.
2. Add spinach and ham.
3. Cook and stir until the excess moisture is evaporated. Cool slightly.
4. Beat eggs.
5. Add cheese and mix well.
6. Stir in spinach mixture and pepper; blend well. Spread evenly into a greased 9-in. pie plate or quiche dish.
7. Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.





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