

# Overnight French Toast

**Source/notes:** EatingWell magazine (Nov/Dec 2017). Handwritten notes added.

**Yield/servings:** Serves 16 (about 1 1/4 cups each)

**Time:** Active: 15 minutes. Total: about 9 1/2 hours (includes at least 8 hours soaking).

## Ingredients

- Cooking spray
- 1 pound whole-grain bread, diced into 1-inch pieces
- Fruit: 3 cups fresh or frozen fruit OR 1 cup dried fruit (options below)
- 8 large eggs
- 3 1/2 cups reduced-fat milk (handwritten recommendation: decrease milk by 1/2 cup)
- 1/2 cup (1 stick) unsalted butter, melted
- 3 tablespoons packed light brown sugar
- 2 teaspoons vanilla extract
- 1 tablespoon spice (options below)
- 1/4 teaspoon salt
- Topping: 3/4 cup (options below)
- Optional add-in (handwritten): 2 cups ham

## Instructions

- 1 Coat a 9-by-13-inch baking dish with cooking spray. Toss bread and fruit in the pan.
- 2 In a large bowl, whisk eggs, milk, melted butter, brown sugar, vanilla, spice, and salt.
- 3 Pour custard over bread mixture. Sprinkle with topping. Coat a piece of foil with cooking spray and cover the pan, coated-side down. Place another 9-by-13-inch baking dish on top as a weight. Refrigerate at least 8 hours (or up to 1 day).
- 4 Let stand at room temperature while the oven preheats. Heat oven to 350°F. Remove the weight. Bake covered for 45 minutes. Uncover and bake 20 to 25 minutes more. Let stand 10 minutes before serving.

## Notes

- Fresh/frozen fruit options: mango (diced), apples (diced), pears (diced), berries.
- Dried fruit options: candied citrus zest (chopped), cherries, cranberries, currants, raisins.
- Spice options: ground cardamom, ground cinnamon, ground ginger, ground nutmeg, pumpkin pie spice.
- Topping options: chopped or sliced nuts; unsweetened coconut chips or flakes.

# Cherry Kuchen

**Time:** Bake: 30 to 35 minutes

## Ingredients

- Cooking spray
- 1 loaf frozen white bread dough, thawed per package directions
- 1 can cherry pie filling (note: "better with 1 1/4 to 1 1/2 cans")
- 1/2 cup flour (note: recipe called for 1 cup)
- 1/4 cup sugar (note: recipe called for 1/2 cup)
- 2 tablespoons margarine (note: recipe called for 1/2 cup)

## Instructions

- 1 Heat oven to 375°F. Spray a 9-by-13-inch pan.
- 2 Let thawed dough sit at room temperature for 30 minutes.
- 3 With floured hands, pat dough to cover the bottom of the 9-by-13-inch pan, bringing it up the sides a bit.
- 4 Spread pie filling over the dough.
- 5 Combine sugar, flour, and margarine; sprinkle over the cherries.
- 6 Cover and let rise at room temperature for 45 to 60 minutes.
- 7 Remove cover and bake 30 to 35 minutes.

## Notes

- If the dough gets too warm, it gets too sticky.
- Can also use apple pie filling.

# **Hash Brown, Egg & Ham Skillet**

## **Ingredients**

- Frozen hash brown potatoes
- Non-stick skillet (sprayed)
- 4 eggs (or Egg Beaters)
- Salt
- Pepper
- Onion powder
- 2 or 3 slices ham, cut up

## **Instructions**

- 1 Spray a non-stick skillet. Brown the frozen hash brown potatoes in the skillet.
- 2 Put eggs (or Egg Beaters) on top of the browned potatoes.
- 3 Scramble with salt, pepper, onion powder, and ham, stirring often, until eggs are cooked and ham is browned evenly.

# Zucchini Muffins

**Yield/servings:** 12 muffins

**Time:** Bake at 350°F for about 1/2 hour

## Ingredients

- 1 egg
- 1/2 cup oil
- 2 teaspoons vanilla
- 1 cup sugar
- 1 cup zucchini, grated
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 2 teaspoons nutmeg
- 2 cups flour

## Instructions

- 1 Mix egg, oil, vanilla, and sugar.
- 2 Add dry ingredients; mix.
- 3 Stir in zucchini.
- 4 Bake in 12 cupcake tins at 350°F for about 1/2 hour.

# Pull-Apart Rolls

**Pan:** 5-by-9-inch loaf pan

**Time:** Bake at 350°F for 35 to 40 minutes

## Ingredients

- 1 loaf frozen bread dough
- 3 tablespoons margarine, melted (set aside)
- 4 heaping teaspoons brown sugar
- About 1/3 package butterscotch pudding mix (regular)

## Instructions

- 1 Keep dough covered with wax paper while thawing. When thawed, cut loaf in half lengthwise; cut each half into 8 pieces (16 pieces total).
- 2 Place pieces crosswise in 2 rows in loaf pan (they will appear crowded).
- 3 Spoon melted margarine between the pieces.
- 4 Sprinkle brown sugar and butterscotch pudding mix over pieces.
- 5 Let rise until almost double.
- 6 Bake 35 to 40 minutes. Put a cookie sheet under pan in oven in case it bakes over.
- 7 Let stand 10 minutes, then turn out while very warm.

# Agg Kaka (Egg Kata)

**Source/notes:** Shirley Markus

**Yield/servings:** Serves 4

**Time:** Bake at 425°F for 20 to 25 minutes

## Ingredients

- 3 eggs, beaten
- 2 cups milk
- 1 cup flour
- 1 teaspoon sugar
- 1 teaspoon salt
- 2 tablespoons butter

## Instructions

- 1 Put butter in a 9-by-9-inch pan; place in oven to melt (425°F).
- 2 Beat eggs; stir in milk. Add flour, sugar, and salt; mix.
- 3 Carefully pour into hot pan with melted butter.
- 4 Bake 20 to 25 minutes, until risen and browned.

## Notes

- Serving note: powdered sugar and/or syrup and berries.

# Buttermilk Pancakes

**Notes:** Only an ingredient list was provided.

## Ingredients

- 2 eggs
- 2 cups sour milk or buttermilk
- 2 1/2 cups flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 teaspoons sugar
- 2 tablespoons melted butter

# Oat & Cranberry Scone Mix

**Yield/servings:** Makes about 3 3/4 cups mix (enough for 2 batches of 6 scones)

**Time:** Prep: 10 minutes; Bake oats: 8–10 minutes; Bake scones: 16–18 minutes

## Ingredients

- 1 cup quick-cooking oats, uncooked
- 2 1/2 cups all-purpose flour
- 1/2 cup packed brown sugar
- 2 tablespoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup dried cranberries

## Instructions

- 1 Preheat oven to 400°F. Spread oats in a 13-by-9-inch baking pan. Bake 8 to 10 minutes, stirring occasionally, until toasted; cool in pan on a wire rack.
- 2 In a large bowl, combine flour, brown sugar, baking powder, baking soda, and salt. Stir to mix well, breaking up any lumps of brown sugar with your fingers. Stir in oats and cranberries.
- 3 Divide mix in half. Store each half in a tightly covered container at room temperature up to 1 month.

## Notes

- To prepare scones (per batch): In a medium bowl, beat 1 large egg with a fork. Remove 1 tablespoon beaten egg and reserve to brush on scones. Beat remaining egg with 5 tablespoons melted butter (or margarine), 1/3 cup milk, and 1/2 teaspoon vanilla extract. Pour over 1 half-batch of scone mix; stir just until moistened. Let dough stand 5 minutes. Scrape dough onto prepared cookie sheet; pat to a 6-inch round. With a floured knife, cut round into 6 wedges; do not separate wedges. Brush with reserved egg. Bake at 400°F for 16 to 18 minutes, until golden brown and a toothpick inserted in center comes out clean.

# Crockpot Oatmeal

**Time:** Cook 8 to 9 hours on Low

## Ingredients

- 2 apples, peeled, cored, sliced
- 1/3 cup brown sugar
- 2 teaspoons cinnamon
- 4 cups water
- 2 cups old-fashioned oatmeal
- 1 teaspoon salt

## Instructions

- 1 Mix apples, brown sugar, and cinnamon; put in bottom of crockpot.
- 2 Mix water, oats, and salt; pour on top.
- 3 Cook 8 to 9 hours on Low. Stir thoroughly.