

# Recipe Compilation

From  
Summit Woods Women's  
Cooking Together



At  
Summit Woods Baptist Church

April 9, 2021

## **TIPS FOR A YUMMY FRUIT SALAD**

### **Demonstrated for you by Ellie Hymes**

A fruit salad is a perfect side dish for breakfast, brunch, lunch or dinner. Keep it tart, cold and juicy! It is a perfect contrast to your richer, saltier, heavier items on the menu. So keep it refreshing!

Serve your fruit salad as cold as possible. Using some frozen berries like blackberries and raspberries will help. Start thawing while you are cutting up your fresh fruit. **But it's best if your berries are still half frozen when you serve them!**

The only canned fruit allowed are mandarin oranges and canned pineapple! Use Dole Pineapple Chunks in its own juice. You can add the juice to your fruit salad from the pineapple but NOT the mandarin orange juice. **Always end with a splash of orange juice!**

#### **Some DON'TS:**

Personally, I avoid any herbs, seasonings or dressings. The fruit stands alone! Don't use frozen strawberries. They are discolored when they thaw and too slimy! Do not use apples. Their texture is not compatible with the soft texture of the other fruits.

I don't recommend watermelon.

Nuts & coconut are not needed in a good fruit salad!

No canned anything (except pineapple and mandarin oranges) if you can't find a good pineapple.

**Off Season** you can still make a delicious fruit salad using:

Frozen berries, canned mandarin oranges, canned pineapple, bananas that are not too ripe. Go easy on the bananas and just add them at the last minute. **Always end with a splash of orange juice.**

#### **Quick But Still Yummy:**

Frozen berry mix: blackberries, raspberries and blueberries, Mandarin oranges, pineapple

**A splash of orange juice**

#### **Yummier Still:**

To the above, add: grapes, fresh strawberries, blueberries, fresh mango, melons. Fresh nectarines, (easier to find than good peaches).

Sam's has a bag of frozen mixed berries: Blackberries, Raspberries, Blueberries. I usually start with these.

The variety is endless. Can't go wrong if you stick to these guidelines: TART COLD JUICY

# Carrot Cake Baked Oatmeal

## Demonstrated for you by Stephanie Gardner

### Carrot Cake Baked Oatmeal

(Recipe from [twopeasandtheirpod.com](http://twopeasandtheirpod.com))

#### Oatmeal:

- 2 cups old fashioned oats (GF if needed)
- 1 cup grated carrots (2 medium)
- ½ cup shredded coconut
- ¼ cup packed brown sugar
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- ½ teaspoon ground ginger
- ½ teaspoon salt
- ¼ teaspoon ground nutmeg
- ¼ cup raisins (optional)
- 1 ½ cups milk of choice (DF if needed)
- ¼ cup applesauce (may sub butter or coconut oil)
- 1 large egg (may sub flax egg for EF)
- 1 teaspoon vanilla extract

#### Cream Cheese Glaze:

- 2 ounces cream cheese (Vegan if DF?)
- 6 tablespoons maple syrup
- ¼ teaspoon vanilla

#### Instructions:

1. Preheat oven to 350. Prepare 8x8 pan with non-stick spray.
2. In large bowl, mix together oats, carrots, coconut, sugar, cinnamon, baking powder, ginger, salt, and nutmeg. Stir in raisins if using.
3. In a separate bowl, mix together milk, applesauce, egg, and vanilla.
4. Combine wet and dry ingredients and pour into prepared dish.
5. Bake for 40-50 minutes, or until golden brown on the top and completely set in the middle.
6. To prepare cream cheese glaze, combine softened cream cheese, maple syrup, and vanilla until smooth. (A blender works the best, but a mixer or whisk will suffice.)
7. Allow oatmeal to cool, then serve with drizzle of glaze.

#### Notes:

\*Can double recipe in a 9x13, bake for 10 minutes longer or until golden brown and completely set.

\*Can bake in muffin tins for a quick to-go breakfast. Shorten baking time, check at 20 minutes.

\*Store in fridge or may freeze. Can freeze whole pan or individual servings. Thaw in fridge and then reheat in oven or microwave. Can also prep night before and bake in the morning.

\*Check out [lynnskitchenadventures.com](http://lynnskitchenadventures.com) for just about every baked oatmeal flavor under the sun

# Latte's for a Group

## Recipe discovered by Kourtney Martin

### Demonstrated for you by Raylene Tormanen

← Latte Recipes

#### *Lattes for a Crowd* (chai spice or london fog)

- Boil 8 cups of water in a large pot
- Add in 16 tea bags (chai spice or earl grey)  
(Optional: add in cinnamon sticks for the chai or lavender for the London fog)
- Remove from heat and allow to steep for 10-15 minutes
- Remove tea bags and add in 8 cups of milk (whole milk, almond milk, etc.)
- Add in 1 Tbsp of vanilla extract and 1/2-1 cup of sweetener (maple syrup, brown sugar, honey, etc.)
- Allow to heat through on medium low heat and whisk until frothy
- Taste and add in more sweetener or additional spices
- If making ahead allow the mixture to cool slightly and store in the refrigerator
- Pour over ice or heat it up on the stove to serve warm

Notes:

Yields - 16 8oz servings

Optional add-ins for chai - cardamom, ginger, nutmeg, cinnamon, whipped cream, espresso/coffee for a "dirty chai"

Optional add-ins for london fog - butterscotch syrup, vanilla, lavender, cinnamon, nutmeg

Recommended tea brands - Stash, Tazo, Twinings, Bigelow

#### *Latte for One* (chai spice or london fog)

- In a small saucepan or in the microwave boil ½ c. water
- Add in 1 tea bag (chai spice or ear grey)
- Allow to steep for 5 minutes
- Warm ½ c. milk and froth
- Remove tea bag and add a splash of vanilla
- Stir in 1 Tbsp sweetener of choice (brown sugar, maple syrup, honey, etc.)
- Pour frothed milk over tea
- Taste and add in additional sweeteners and spices if desired

# Cinnamon Rolls by Betty Crocker

## Demonstrated for you by Mary Hocker

### TRADITIONAL CINNAMON ROLLS BY BETTY CROCKER

Frosting: Mix

1 PACKAGE YEAST

1 1/2 cups powdered sugar

1/4 CUP WARM WATER (105\* TO 115\*)

1 Tbsp Milk

1/4 CUP LUKEWARM MILK

1/2 tsp vanilla

1/4 CUP SUGAR

1/2 TSP SALT

1 EGG

1/2 CUP SHORTENING OR BUTTER OR MARGARINE

2 1/4 CUP TO 2 1/2 CUPS ALL PURPOSE FLOUR

2 Tbsp butter softened

1/4 cup sugar

2 tsp cinnamon

Heat milk and let shortening melt in warm milk and cool down just till it's not hot. Dissolve yeast in water.

Mix sugar, salt and egg and add yeast and milk/butter in a large bowl. Add a cup of flour and stir till smooth. Mix in enough remaining flour to make dough easy to handle. (Not real sticky).

Turn dough onto a lightly floured surface. Knead about 5 minutes until smooth and elastic.

Place in a greased bowl, turn greased side up. Cover and let rise in warm place until it doubles, about 1 1/2 hours. (Dough is ready if impression remains when touched).

Punch down dough. Roll dough onto a very lightly floured surface in to a 15 x 9 rectangle.

Spread with butter. Mix sugar and cinnamon, sprinkle over butter. Roll up beginning with wide side.

Pinch edge of dough into roll to seal well. Stretch roll to make even. Cut into 15 slices. Place slightly apart in greased 13x9 baking pan. Let rise until double. Bake 25 to 30 minutes at 375\*. Frost while warm.

# Farmer's Casserole by Taste of Home

Prepared for you by Lindsey Dawson

Taste of Home



## Farmer's Casserole

★★★★☆

*Between family and friends, we average 375 visitors a year! This casserole is handy—you can put it together the night before, let the flavors blend, then bake it in the morning. —Nancy Schmidt, Center, Colorado*

Taste of Home

**TOTAL TIME:** Prep: 10 min. + chilling Bake: 55 min.

**YIELD:** 6 servings.

## Ingredients

3 cups frozen shredded hash brown potatoes

3/4 cup shredded Monterey Jack cheese

1 cup cubed fully cooked ham

1/4 cup chopped green onions

4 large eggs

1 can (12 ounces) evaporated milk

1/4 teaspoon pepper

1/2 ~~teaspoon~~ teaspoon salt (1 use season salt)

## Directions

1. Place potatoes in an 8-in. baking dish. Sprinkle with cheese, ham and onions. Whisk eggs, milk, pepper and salt; pour over all. Cover and refrigerate for several hours or overnight.

2. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Bake, uncovered, until a knife inserted in the center comes out clean, 55-60 minutes.

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Double in 10x14 glass dis

## **Espinaca Breakfast Casserole**

### **Prepared for you by Lindsey Dawson**

2 – 10oz boxes of frozen spinach (thawed and thoroughly squeezed dry)  
2 cans chunky Rotel (drain and squeeze as much of the juice out as you can)  
10 oz. queso fresco, crumbled  
8oz. pepper jack, shredded  
16oz. sharp cheddar, shredded  
10 eggs  
1/2 t. pepper  
1t. season salt  
8oz. cream cheese (freeze for 20 minutes, then dice up as small as possible)

Use a fork to mix together spinach and Rotel, making sur to separate spinach well. Mix queso fresco, pepper jack, cheddar and stir well. Mix in eggs and seasonings. Stir well.

Finally, mix in cream cheese gently, making sure it doesn't get clumped together.

Spread in greased 9x13 glass baking dish.

Bake @ 350 degrees for 55-60 mins.

Knife should come out clean when done.

If it starts to look too brown on top, lightly spray a piece of foil with non-stick cooking spray and cover the pan and return to oven.