**(Low Fat) Banana Oatmeal Muffins**

24 mini or 12 regular

3 bananas, mashed

½ cup brown sugar

1/3 cup applesauce

1 egg

1½ cups oatmeal

½ cup flour

1 teaspoon baking soda

½ cup chopped walnuts or pecans or almonds

**Directions**

Mash bananas and mix in sugar, applesauce and egg.

Blend together oatmeal, flour, baking soda and walnuts.

Combine all ingredients until moistened.

Scoop into muffin tins, sprayed with cooking spray.

Bake at 350° for 15-20 minutes or until golden.

**Cinnamon Roll Crust Apple Pie**

**Filling:**

1 tablespoon flour

1 teaspoon ground cinnamon

Dash of salt

3 ½ cups apples, peeled and chopped (I use a sweet apple and cut them a day ahead of time, allow them to marinate overnight in orange juice. The orange juice keeps them from browning and gives the pie a unique flavor.)

1 cup apple butter (apple sauce can be substituted)

1 tablespoon lemon juice

2 tablespoons butter, diced

**Crust:** One of your choosing, either regular or cinnamon roll crust.

**Directions:**

Preheat oven to 350°.

Fill desired pie pan with crust.

Combine flour, cinnamon, salt, apples, apple butter, lemon and butter in a bowl. Stir until combined thoroughly then spoon mixture into pie crust.

Arrange top crust as desired, whether regular or cinnamon roll crust.

Bake for 45 minutes or until pie is bubbly. If crust begins to darken too much, cover with aluminum foil.

**Classic Shortbread**

½ cup butter at room temperature

1/3 cup powdered sugar, unsifted

¼ teaspoon vanilla

1 cup flour, unsifted

Cream butter until it is light. Cream in the powdered sugar, then the vanilla. Now work in the flour. Knead dough on an unfloured board until nice and smooth. Spray the shortbread pan very lightly with a non-stick vegetable oil spray. Firmly press the dough into the shortbread pan. Prick the entire surface with a fork, and bake the shortbread right in the pan at 325° for about 30-35 minutes, or until very lightly browned. Let the shortbread cool in its pan for about 10 minutes before you loosen the edges with a knife and flip the pan over onto a wooden cutting board. If the shortbread does not come right out, tap one edge of the pan. Cut the shortbread into serving pieces while it is still warm.

**French Bread Rolls**

**Ingredients:**

1 1/2 cups warm water

3/4 tablespoon instant yeast (or 1 tablespoon active dry yeast)

2 tablespoons granulated sugar

2 tablespoons canola oil

1 teaspoon salt

4 cups all-purpose flour, give or take a few tablespoons

**Directions:**

In the bowl of a stand mixer or in a large bowl by hand, combine the warm water, yeast, sugar, oil, salt and 2 cups of the flour (if you are using active dry yeast instead of instant yeast, let the yeast proof in the warm water and sugar for about 3-5 minutes until it is foamy and bubbly before adding the oil, salt and flour). Begin mixing and continue to add the rest of the flour gradually until the dough has pulled away from the sides of the bowl. Judge the dough not by the amount of flour called for in the recipe but in how the dough feels. The dough should be soft and smooth but still slightly tacky to the touch.

Knead the dough in the stand mixer or by hand until it is very smooth and elastic, about 5 minutes in a stand mixer or 8-10 minutes by hand. Lightly spray a large bowl with cooking spray and place the dough in the bowl. Cover the bowl with lightly greased plastic wrap. Let the dough rise until it has doubled (this usually takes about an hour).

Lightly punch down the dough and turn it out onto a lightly greased countertop. Divide the dough into 12 equal pieces and form the dough into round balls. Place the rolls on a lightly greased or silpat-lined baking sheet about an inch or two apart. Cover the rolls with lightly greased plastic wrap taking care not to pin the plastic wrap under the baking sheet or else the rolls will flatten while rising. Let the plastic wrap gently hang over the sides of the pan to fully cover the rolls but not press them down. Let the rolls rise until doubled, about 45 minutes.

Preheat the oven to 400 degrees. Bake for 12-14 minutes until lightly browned and cooked through.

\*Freezable Option: I almost always make a double or triple batch of these rolls. Once they are baked and cooled, I place them in a zipper-lock freezer bag and put them in the freezer. I either take them out a few hours before I need them or I take them out frozen and microwave them for about 2-3 minutes on 70% power.

**Garlic Knots**Recipe courtesy Emeril Lagasse, 2004
**Prep Time:** 45 min Inactive **Prep Time**: 2 hr 0 min **Cook Time**: 20 min

**Ingredients**

Basic Pizza Dough, recipe follows
1/2 cup unsalted butter
3 tablespoons minced garlic
1 tablespoon olive oil
1 teaspoon coarse sea salt
1/4 cup grated Pecorino Romano cheese
2 tablespoons chopped fresh parsley

**Directions**Prepare Basic Pizza Dough as recipe instructs below and set aside to rise.

Combine butter and garlic in a small saucepan over low heat. Cook until the garlic is fragrant and tender, 3 to 4 minutes. Cover, remove from the heat and set aside. Keep warm.

Preheat oven to 375 degrees F and lightly grease 2 large baking sheets. Set aside.

Remove risen dough from the bowl and place on a lightly floured surface. Using a lightly floured rolling pin, roll dough out into a large rectangle, about 16 by 12 inches. Brush the dough lightly with the olive oil. Cut the dough in half lengthwise and then cut crosswise into strips about 1 1/4 inches wide. Tie each strip loosely into a knot, stretching gently if necessary, and place on prepared baking sheets about 2-inches apart. Sprinkle the tops of the knots with salt. Cover with plastic wrap or a clean kitchen towel and let rise in a warm, draft-free place for about 30 minutes.

Bake until golden brown and risen, about 20 minutes. Transfer to a large mixing bowl and toss gently with the warm garlic butter, Pecorino Romano cheese, and parsley. Add salt to taste if necessary. Serve immediately.

**Basic Pizza Dough:**1 cup warm water (105 to 115 degrees F)
1 (1/4-ounce) envelope active dry yeast
1 teaspoon honey
2 tablespoons extra-virgin olive oil
3 cups unbleached all-purpose flour
1 teaspoon salt
Yellow cornmeal, for sprinkling the baking sheet

In a large bowl, combine the water, yeast, honey, and 1 tablespoon oil, stirring to combine. Let sit until the mixture is foamy, about 5 minutes.

Add 1 1/2 cups of the flour and the salt, mixing by hand until it is all incorporated and the mixture is smooth. Continue adding the flour, 1/4 cup at a time, working the dough after each addition, until the dough is smooth but still slightly sticky. You may not need all of the flour. Turn the dough out onto a lightly floured surface and knead until smooth but still slightly tacky, 3 to 5 minutes.

Oil a large mixing bowl with remaining olive oil. Place the dough in the bowl, turning to coat with the oil. Cover with plastic wrap and set in a warm place, free from drafts until doubled in size, about 1 1/2 hours.

**Grandmother’s Famous Cranberry Bread**

2 cups flour, sifted

1 cup sugar

1 ½ teaspoon baking powder

1 teaspoon salt

½ teaspoon baking soda

¼ cup butter

1 egg, beaten

1 teaspoon grated orange peel

¾ cup orange juice

1 ½ cups light raisins

1 ½ cups fresh or frozen cranberries, chopped

Sift flour, sugar, baking powder, salt and baking soda into a large bowl. Cut in butter until mixture is crumbly. Add egg, orange peel and orange juice all at once; stir just until mixture is evenly moist. Fold in raisins and cranberries.

Spoon into a greased 9”x5”x3” loaf pan. Bake at 350° for 1 hour 10 minutes or until a toothpick inserted in the center comes out clean. Remove from pan; cool on wire rack.

If you choose, you may substitute cranberries for the raisins to have an all cranberry bread.

**Grands!® Monkey Bread**

1/2 cup granulated sugar

1 teaspoon cinnamon

2 cans (16.3 oz each) Pillsbury® Grands!® Homestyle refrigerated buttermilk biscuits

1/2 cup chopped walnuts, if desired

1/2 cup raisins, if desired

1 cup firmly packed brown sugar

3/4 cup butter or margarine, melted

Heat oven to 350°F. Lightly grease 12-cup fluted tube pan with shortening or cooking spray. In large -storage plastic food bag, mix granulated sugar and cinnamon.

Separate dough into 16 biscuits; cut each into quarters. Shake in bag to coat. Arrange in pan, adding walnuts and raisins among the biscuit pieces.

In small bowl, mix brown sugar and butter; pour over biscuit pieces.

Bake 28 to 32 minutes or until golden brown and no longer doughy in center. Cool in pan 10 minutes. Turn upside down onto serving plate; pull apart to serve. Serve warm.

**Jens’ Cinnamon Rolls**

24 Rolls

1 box Duncan Hines Moist Deluxe Yellow Cake Mix

5 cups all-purpose flour

2 packets active dry yeast (1 packet=2 ½ teaspoons)

2 ½ cups warm water

Butter (or margarine), softened

Ground cinnamon

Granulated sugar

Combine cake mix, flour and yeast in a large bowl. Stir until well blended. Stir in water (should be about the temperature of a baby’s bath…too much heat will kill the yeast.)

Cover and let rise, in a warm place, until double in bulk.

Cut dough in half. Roll first half of dough into a large rectangle on a floured surface. (The dough is soft and sticky, flour the rolling pin well.)

Spread with butter. Sprinkle with cinnamon and sugar. Roll up as for a jelly roll and cut into 12 slices.

Place rolls, cut side up, in a greased 13”x9”x2” pan. Repeat with second half of dough, placing slices in a second greased pan.

Preheat oven to 375°. Let rise in pan.

Topping:

½ cup butter (or margarine), melted

¼ cup packed brown sugar

¼ cup light corn syrup

1 cup chopped nuts

Combine topping ingredients. Pour evenly over both pans of rolls.

Bake at 375° for 25 minutes or until light golden brown.

I often top the rolls with a glaze made from confectioners’ sugar, butter and either milk or juice.

**Orange Pecan Bread**

1 ¾ cups flour

¾ cup sugar

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon salt

¾ cup orange juice

1 egg, lightly beaten

2 tablespoons butter, melted and cooled

1 tablespoon grated fresh orange peel

½ teaspoon almond extract

½ cup pitted chopped dates

½ cup chopped pecans

Preheat oven to 350°.

In a large bowl, combine flour, sugar, baking powder, baking soda and salt. In a separate bowl, combine orange juice, egg, butter, orange peel and almond extract. Make a well in the center of the flour mixture and pour in orange juice mixture, stir until just combined. Stir in dates and pecans.

Pour batter into greased 9”x5”x3” loaf pan. Bake at 350° for 50 minutes or until wooden toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan. Cool completely on a wire rack.

**Pepperoni Bread**

1 loaf frozen Italian bread dough

1 lb. sandwich size pepperoni

½ lb. sliced provolone cheese

1 egg

1 teaspoon oregano

1 teaspoon parmesan cheese

Let loaf of bread thaw\*. Knead dough into a ball then roll out flat into a rectangle.

Preheat oven to 350°.

Beat egg, oregano and parmesan cheese together. Brush mixture on dough. Arrange slices of pepperoni in a layer on the dough. Next layer the provolone slices. Then add another layer of pepperoni.

Roll layered dough like a jelly roll then tuck in the ends. Brush remainder of the egg mixture over the bread. Turn onto a greased cookie sheet.

Bake 25-35 minutes.

\*Put frozen bread in refrigerator overnight. Let bread come to room temperature the next day before kneading it.

**Pizza Bianca with Kale and Meatballs**

**Sauce:**2 tablespoons unsalted butter, at room temperature
2 tablespoons flour
1 cup whole milk
1/8 teaspoon ground nutmeg
1 dried bay leaf
1 clove garlic, smashed and peeled
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper

**Pizza:**Extra-virgin olive oil, for oiling the baking sheet and for drizzling
One 1-pound ball pizza dough
1 cup coarsely grated whole-milk mozzarella
8 **Classic Italian Turkey Meatballs**, recipe follows, halved
1/2 cup finely grated Parmesan
2 medium leaves kale, ribs removed, torn in pieces, tossed in olive oil
1/2 teaspoon kosher salt

1/4-1/3 cup Asiago cheese, optional

Directions:

For the sauce: In a heavy small saucepan, melt the butter over medium heat. Add the flour and stir constantly for 1 minute. Gradually add the milk, whisking constantly. Add the nutmeg, bay leaf and garlic. Whisk over medium heat until the mixture thickens to sauce consistency and is smooth, about 6 minutes. Stir in the salt and pepper. Remove and discard the bay leaf and garlic.

For the pizza: Preheat the oven to 450 degrees F. Oil a heavy nonstick 16- by 10-inch baking sheet with olive oil.

Using fingers, spread the dough over the prepared baking sheet into a rectangle shape. Drizzle the dough with olive oil. Spoon the sauce on top and spread evenly leaving a 1-inch border around the dough. Sprinkle the mozzarella on top. Arrange the meatballs, cut-side down, on top. Sprinkle with the Parmesan cheese. Bake for 15 minutes. Remove the baking sheet from the oven and add the kale in an even layer on top of the meatballs. Sprinkle with salt. Bake until the kale is crispy, 10 minutes longer.

Cut into squares and serve.

**Classic Italian Turkey Meatballs:**
**Meatballs:**

1 cup plain breadcrumbs

1/2 cup finely grated Parmesan
1/4 cup chopped fresh basil
1/4 cup chopped fresh Italian parsley
1/4 cup whole milk, at room temperature
1 tablespoon tomato paste
3/4 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
2 large eggs, at room temperature
2 cloves garlic, minced
1 small onion, finely chopped
1 pound ground dark turkey meat
1 pound spicy Italian turkey sausage links, casings removed
Extra-virgin olive oil, for drizzling

**Sauce:**

1/4 cup extra-virgin olive oil
3 large cloves garlic, smashed and peeled
1 large onion, finely chopped

1 teaspoon kosher salt, plus more to season
1/2 teaspoon freshly ground black pepper, plus more to season

Two 28-ounce cans crushed tomatoes

2 teaspoons finely ground fennel seeds
2 teaspoons dried oregano
3/4 cup chopped fresh basil, divided
1/2 cup low-sodium chicken broth, optional

Meatballs:

Preheat the oven to 400 degrees F.

In a large bowl, combine the breadcrumbs, Parmesan, basil, parsley, milk, tomato paste, salt, pepper, eggs, garlic and onion. Using a wooden spoon, stir to blend. Add the ground turkey and sausage. Using fingers, gently mix all the ingredients until thoroughly combined.

Using a 1-ounce cookie scoop or a small ice cream scoop, form the meat mixture into 1 1/2-inch balls (22 to 24 meatballs). Place the meatballs on a heavy nonstick baking sheet, spacing apart. Drizzle with olive oil and bake for 15 minutes or until cooked through.

For the sauce:

Heat the olive oil in a large deep skillet with 2-inch-high sides over medium-high heat. Add the garlic, onion, salt and pepper. Cook for 5 to 6 minutes. Add the crushed tomatoes, fennel, oregano and ½ cup basil. Bring to a simmer. Cook over medium heat until the sauce thickens slightly, stirring occasionally, about 15 to 20 minutes. Stir in the remaining 1/4 cup basil. Adjust the seasoning with more salt and pepper if desired.

Add the meatballs to the tomato sauce and simmer until the meatballs are heated through, about 10 minutes. Thin the sauce with chicken stock, 1/4 cup at a time, if needed.

Serve with grated Parmesan alongside.

**Sloppy Joes II**

2 lbs. lean ground beef

½ cup chopped onion

½ cup chopped green bell pepper

1 teaspoon garlic powder

2 teaspoons prepared yellow mustard

1½ cups ketchup

6 teaspoons brown sugar

Salt to taste

In a medium skillet over medium heat, brown the ground beef, onion and green pepper; drain off liquids.

Stir in the garlic powder, mustard, ketchup and brown sugar; mix thoroughly. Reduce heat and simmer for 30 minutes. Season with salt and pepper.

Optional: Add ½ teaspoon kosher salt, ¼ teaspoon pepper and a dash of Worcestershire sauce.

**Star Puffs**

Directions: Cut a sheet of puff pastry with a star-shaped cookie cutter. Arrange the stars on a parchment-lined baking sheet; brush with olive oil and sprinkle with grated parmesan cheese and pepper. Bake at 400 degrees until puffed and crisp, about 15 minutes.

**Surprise Hamburger Buns**

Yield: 36 buns

2 loaves, frozen bread dough

2 lbs. hamburger (this is more than you will need)

Whole milk mozzarella and provolone cheese (Sargento), grated

Tomato sauce (homemade or Classico, 4 Cheese)

Flour

Place frozen bread on a cookie sheet sprayed with Pam. Spray bread with Pam. Cover with plastic wrap also sprayed with Pam. Refrigerate overnight.

Filling:

Fry hamburger, drain grease. Add ¾ jar of Classico sauce. Allow to cool. Can be made a day ahead and refrigerated until ready to use (bring to room temperature before using).

Cut thawed dough into 8 or 9 ¼” pieces and place on cookie sheet. Cover with towel.

Set up assembly line of mozzarella and hamburger filling. On a lightly floured board shape a slice of dough into a round disk. Fill with a small amount of cheese then a scant tablespoon of hamburger mixture. Pull sides toward center over the filling, covering completely. Place seam side down on a greased cookie sheet. Cover with a towel and allow buns to rise for 2 hours.

Bake at 350° for 15 minutes or more if needed.