

First Evangelical Free Church's
MOPS



"Where two or three come together ...
there I am with them." Matthew 18:20

2009-10
"Freshest Idea" Winning Recipes

Together on Planet MOM

Make Ahead Baked Stuffed French Toast



Nonstick cooking spray
French bread
1/2 cup (4 oz) nonfat cream cheese
1/2 cup raspberry jam
1 1/2 cups nonfat egg substitute
3 teaspoon (divided) ground cinnamon
1 cup sliced almonds
1/4 cup rolled oats
1/4 teaspoon vanilla extract

1 cup nonfat milk
1/2 cup granulated sugar
1/4 cup dark brown sugar
2 tablespoons all-purpose flour
1/4 cup low-fat yogurt-based spread

Assembly Day

Spray one 9 x 13-inch baking dish with nonstick cooking spray. Create a pocket in the bread by cutting a horizontal slit about 3/4 of the way through each bread. Spread jam one side of bread and cream cheese on the other. Cut loaf into 1 1/2-inch slices. Then place them in a single layer in a prepared baking dish. Set aside.

In a bowl, combine the egg substitute, milk, granulated sugar, and 1/2 of the cinnamon and stir to combine. Pour over the bread, dividing the mixture evenly amongst the dish.

In another bowl, combine the almonds, brown sugar, oats, flour, remaining cinnamon, butter and vanilla and blend together with your hands until the mixture forms crumbs. Scatter the mixture over the bread, dividing it evenly amongst the dish.

To Freeze

Cover with heavy-duty aluminum foil. Label, date, and freeze for up to 3 months. Thaw at room temperature before baking.

For Serving

Preheat the oven to 325°F. Let the dish sit on the counter for 60 minutes, until half of the egg mixture has soaked into the bread. Then bake, uncovered, for 1 hour or until the egg mixture is no longer liquid and the toast is brown.



Zucchini Egg Bake

3 cups peeled and chopped zucchini
1 lg onion, chopped
2 garlic cloves, minced
1/4 c. butter
4 eggs
1/2 c. grated parmesan
1/4 c. minced fresh parsley
1 1/2 tsp minced fresh basil
1 1/2 tsp minced fresh marjoram
1/2 tsp salt
1/2 c. shredded Monterey jack cheese
about 1-1 1/2 c. cooked wild rice



In large skillet melt butter, sauté zucchini, onion and garlic in butter till tender, set aside.

In a large bowl whisk the eggs, parmesan cheese, parsley, basil, marjoram, and salt. Stir in zucchini mixture and cheese.

Sprinkle cooked wild rice on bottom of 8x8 baking dish. Pour zucchini mixture over wild rice. Bake at 350 degrees for about 20-25 minutes or until you can insert a fork near the center and it comes out clean. Let stand 5 min. before serving.



Cheesecake Dip

1- 8oz cream cheese
1/2 cup butter
3/4 cup powdered sugar
2 T brown sugar
1 tsp vanilla
3/4 cup small chocolate chips



Let cream cheese and butter come to room temperature and then mix everything together. Serve with box of graham crackers broken into small sticks.