Welcome to week two of Back to School!
This week, we dive a bit deeper into meals that the whole family will enjoy.
Breakfast and evening meals are great ways to set the day up for success and to reconnect after a long day!
Hoping that the new routines are getting a bit easier.
Next week, we will again feature a throwback to one of Darlene Dixon's columns from her first years!

Egg McMuffin

Prep Time: 15 min.
Cook Time: 2 min.
Total Time: 17 min.
Servings: 4

4 English muffins, sliced in half and toasted
4 lg. eggs
4 slices cheddar cheese
4 slices deli ham
salt

Preheat oven to 350°F.
Grease 4 round ramekins with cooking spray and place on a cookie sheet. Crack one egg into each ramekin.
Sprinkle each egg with a pinch of salt and lightly beat just so yolk is broken.
Bake the eggs for 12-15 minutes, until set and cooked through. Remove from the oven and set aside.
Run a knife along the edges of each egg to remove them if needed.
Place an English muffin half in front of you, top with 1 slice of cheese, 1 slice of ham, and 1 egg, then top with the other English muffin half.
Repeat with remaining ingredients to make 4 sandwiches.

Apple-Raisin Baked Oatmeal

Prep Time: 20 min.
Cook Time: 35 min.
Servings: 6

3 C. old-fashioned oats
1/2 C. packed brown sugar
2 tsp. baking powder
1-1/2 tsp. ground cinnamon
1/2 tsp. salt
1/8 tsp. ground nutmeg
2 lg. eggs
2 C. fat-free milk
1 med. apple, chopped
1/3 C. raisins
1/3 C. chopped walnuts

Preheat oven to 350°. In a large bowl, combine first 6 ingredients. Whisk eggs and milk; stir into dry ingredients until blended. Let stand 5 min. Stir in apple, raisins and walnuts.
Transfer to a greased 8-in. square baking dish. Bake, uncovered, until edges are lightly browned and a thermometer reads 160°, 35-40 min.

Taco Biscuit Bake

Prep Time: 10 min.
Cook Time: 20 min.
Total Time: 30 min.
Servings: 8 people

1 lb. lean ground beef
1 can (10.75 oz.) condensed tomato soup
1 pkt. taco seasoning
3/4 C. water
1 tube (16.3 oz) refrigerated Pillsbury buttermilk biscuits
2 C. shredded cheese
Taco Toppings
shredded lettuce
diced tomato

avocado
sour cream

Preheat oven to 375° F. Prepare a 9x13 baking dish and spray with cooking spray. Set aside.
In a skillet pan, over medium-high heat, cook ground beef until no longer pink. Break up the meat into crumbles as you cook it. Drain any grease.
Add tomato soup, water, and taco seasoning into the ground beef. Stir together and let it simmer for about 5-10 min. so the flavors can come together and it can thicken slightly.
While meat is simmering chop each biscuit piece (8 biscuits total in can) into 8 small pieces. Add all biscuit pieces into the beef mixture and stir together to combine.
Dump into the prepare 9x13 baking dish. Cook for 20 min. Meat mixture will be bubbly and the biscuits will be a light golden brown.
Sprinkle the cheese on top and cook for an additional few minutes until cheese is melted.
Let the pan cool for 5 min. to let the extra liquid thicken up. Serve with your favorite taco toppings.

Chicken Chimichangas

Prep: 20 min.
Bake: 20 min.
Servings: 6

1-1/2 C. cubed cooked chicken breast
1-1/2 C. picante sauce, divided
1/2 C. shredded reduced-fat cheddar cheese
2/3 C. chopped green onions, divided
1 tsp. ground cumin
1 tsp. dried oregano
6 flour tortillas (8 in.), warmed
1 T. butter, melted
Sour cream, optional

Preheat oven to 375°F. In a small bowl, combine chicken, 3/4 C. picante sauce, cheese, 1/4 C. onions, cumin and oregano. Spoon 1/2 C. mixture down the center of each tortilla. Fold sides and ends over filling and roll up. Place seam side down in a 15x10x1-in. baking pan coated with cooking spray. Brush with butter.
Bake, uncovered, until heated through, 20-25 min. If desired, broil until browned, about 1 min. Top with remaining picante sauce and onions. If desired, serve with sour cream.

Lasagna Rolls

Prep Time: 10 min.
Cook Time: 45 min.
Total Time: 55 min.
Servings: 6

9 lasagna noodles
1 egg
16 oz. ricotta cheese
1/2 C. parmesan cheese, divided
1 tsp. Italian herbs
1 tsp. kosher salt
1 C. cooked and finely chopped spinach and/or broccoli
1-1/2 C. marinara sauce
1 C. shredded mozzarella cheese, divided

1. Cook lasagna noodles in salted water 2 min. less than package directions call for and rinse with cold water.
2. Preheat oven to 375° F.
3. In a bowl whisk the egg, ricotta, 1/4 C. parmesan, Italian herbs, salt 1/2 C. mozzarella and broccoli or spinach to combine.
4. Place 1/4 C. of the marinara sauce on the bottom of a 9x11 inch baking dish.
5. Spread 1/3 C. of the ricotta mixture on each lasagna noodle, covering the sheet and roll up jelly roll style.
6. Place the lasagna rolls seam side down in the baking dish and top with remaining marinara sauce and 1/2 C. mozzarella cheese and 1/4 C. parmesan cheese.
7. Cover the dish with foil and bake for 30 min.
8. Uncover and continue to cook until cheese is golden brown and bubbly, about 15 min.

Notes: You can also prepare the dish through step 6, cover and freeze. When ready to eat, bake for 45 min. covered and 15 min. uncovered.
To prepare as a baked lasagna, following directions through step 4. Layer sheets of lasagna in a 9x11 inch pan followed by 3 sheets of lasagna, ricotta mixture alternating using all of the ingredients and topping with marinara. Top with mozzarella and bake covered for 30 min. and uncovered for 15 more minutes until golden and bubbly. Allow to rest for 5 min. and cut into squares.

Homemade Honey Grahams

Prep Time: 15 min.
Cook Time: 10 min.
Yield: 32 crackers

1 C. whole wheat flour
3/4 C. all-purpose flour
1/2 C. toasted wheat germ
2 T. dark brown sugar
1 tsp. baking powder
1 tsp. ground cinnamon
1/2 tsp. salt
1/2 tsp. baking soda
6 T. cold butter, cubed
1/4 C. honey
4 T. ice water

In a bowl, whisk first 8 ingredients; cut in butter until crumbly. In another bowl, whisk honey and water; gradually add to dry ingredients, tossing with a fork until dough holds together when pressed.

Divide dough in half. Shape each into a disk; cover and refrigerate until firm enough to roll, about 30 min.

Preheat oven to 350°F. On a lightly floured surface, roll each portion of dough to an 8-in. square. Using a knife or fluted pastry wheel, cut each portion into sixteen 2-in. squares. If desired, prick holes with a fork. Place 1 in. apart on parchment-lined baking sheets.

Bake until edges are light brown, 10-12 min. Remove from pans to wire racks to cool. Store in an airtight container.

Slow-Cooked Applesauce

Prep Time: 20 min.
Cook Time: 6 hrs.
Servings: 12 cups

6 lbs. apples (about 18 medium), peeled and sliced
1 C. sugar
1 C. water
1 tsp. salt
1 tsp. ground cinnamon
1/4 C. butter, cubed
2 tsp. vanilla extract

In a 5-qt. slow cooker, combine the apples, sugar, water, salt and cinnamon. Cover and cook on low for 6-8 hours or until tender.

Turn off heat; stir in butter and vanilla. Mash if desired. Serve warm or cold.

Honey Cinnamon Roll-Ups

Prep Time: 35 min.
Cook Time: 15 min.
Servings: 24

2 C. ground walnuts, toasted
1/4 C. sugar
2 tsp. ground cinnamon
12 sheets frozen phyllo dough, thawed
1/2 C. butter, melted

Syrup:
1/2 C. honey
1/2 C. sugar
1/2 C. water
1 T. lemon juice

Preheat oven to 350°F. Combine walnuts, sugar and cinnamon.

Place 1 sheet of phyllo dough on a 15x12-in. piece of waxed paper; brush with butter. Place a second phyllo sheet on top, brushing it with butter. (Keep remaining phyllo covered with a damp towel to prevent it from drying out.) Sprinkle with 1/4 C. walnut mixture. Using waxed paper, roll up tightly jelly-roll style, starting with a long side, removing paper as you roll. Slice roll into 4 smaller rolls; transfer rolls to a greased 13x9-in. baking dish. Repeat with remaining phyllo dough and walnut mixture, by 1/4 cupfuls. Bake until light brown, 14-16 min. Cool dish on a wire rack.

Meanwhile, in a small saucepan, combine all syrup ingredients. Bring to a boil. Reduce heat; simmer for 5 min. Cool for 10 min. Drizzle rolls with syrup; sprinkle with remaining walnut mixture.

Quote of the Week:

"Patriot Day reminds us that from the ashes of tragedy, we rise with renewed purpose and strength."

~ Unknown

(Patriot Day, 9/11)