



# Banana Crumb Cake

**Serves 8. Prep time: 15 minutes active; 1 hour total.**

**Topping:**

$\frac{3}{4}$  cup brown sugar

$\frac{3}{4}$  cup all-purpose flour

1 teaspoon cinnamon

$\frac{1}{3}$  cup unsalted butter, cold

$\frac{1}{2}$  teaspoon salt

1  $\frac{1}{2}$  teaspoons baking powder

$\frac{1}{3}$  cup unsalted butter, softened

1 cup sugar

3 ripe bananas, peeled and  
mashed

**Cake:**

$\frac{3}{4}$  cup all-purpose flour

$\frac{3}{4}$  cup whole wheat flour

1 large egg, beaten

1 teaspoon vanilla

$\frac{1}{2}$  cup milk

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## Preparation

Heat the oven to 350 degrees F. Oil or butter an 8 x 8 inch pan and set aside.

In a mixing bowl, stir together the brown sugar, flour and cinnamon for the streusel topping. Add the butter and mix with a pastry blender or your fingers until the topping resembles rough pebbles or sand. Set aside.

In a small mixing bowl, whisk together the flours, salt and baking powder. In a larger bowl, using an electric mixer, blend together the butter and sugar. Add the bananas, egg, vanilla and milk and blend well. Mix the dry ingredients into the wet ingredients until just blended. Pour the cake batter into the prepared pan. Sprinkle evenly with the topping and bake for about 45 minutes or until a toothpick stuck in the center comes out clean. Let cool before serving.

# Banana Crumb Cake

## Ingredient checklist

### PRODUCE

- ☐ Bananas

### BULK

- ☐ Brown sugar
- ☐ All-purpose flour
- ☐ Whole wheat flour
- ☐ Baking powder
- ☐ Sugar

### GROCERY

- ☐ Vanilla

### REFRIGERATED/DAIRY

- ☐ Butter
- ☐ Milk
- ☐ Egg

### SPICES/SEASONINGS

- ☐ Cinnamon
- ☐ Salt

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## Serving suggestion

This moist cake is a crowd-pleaser for tea time or dessert. You could also spoon the batter into prepared muffin tins for individual streusel-topped cupcakes (adjust the cooking time to 30 minutes and test with a toothpick for doneness).

## Nutritional information per serving

- |                    |                    |
|--------------------|--------------------|
| 470 calories       | 77 g. carbohydrate |
| 17 g. fat          | 3 g. fiber         |
| 70 mg. cholesterol | 6 g. protein       |
| 230 mg. sodium     |                    |

*The nutritional values and information provided are approximations.*



## RUSH HOUR RECIPES

# Pear and Blue Cheese Flatbread

**Serves 4 to 6. Prep time: 15 minutes active; 25 minutes total.**

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|---|--|
| 4 small flatbreads or 2 lavash, cut in quarters or halves | 2 tablespoons coarsely chopped walnuts |
| 1 tablespoon olive oil                                    | 2 cups arugula, washed                 |
| 1 pear, cored and thinly sliced                           | 1 tablespoon balsamic vinegar          |
| 8 ounces blue cheese, crumbled                            | Black pepper                           |
| 2 teaspoons minced fresh sage                             |  |

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## Preparation

Heat the oven to 450 degrees F. Place the flatbread or lavash pieces on a large sheet pan and drizzle with olive oil. Spread the pear slices evenly on top, sprinkle with blue cheese, sage and walnuts. Bake for 6 to 8 minutes until the cheese is bubbly. Remove from the oven.

While the flatbreads are baking, toss the arugula with the balsamic vinegar. Top the hot flatbreads with the dressed greens, sprinkle with black pepper and serve.

## RUSH HOUR RECIPES

# Pear and Blue Cheese Flatbread

### Ingredient checklist

#### PRODUCE

- ☐ Pear
- ☐ Sage
- ☐ Arugula

#### BULK

- ☐ Walnuts

#### GROCERY

- ☐ Flatbreads or lavash
- ☐ Olive oil
- ☐ Balsamic vinegar

#### REFRIGERATED/DAIRY

- ☐ Blue cheese

#### SPICES/SEASONINGS

- ☐ Black pepper

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### Serving suggestion

Serve as an appetizer course, or with a hearty bowl of soup on a chilly evening. The combination of pears with walnuts and blue cheese is a classic! Substitute fresh spinach for the arugula if you prefer.

### Nutritional information per serving

330 calories	21 g. carbohydrate
18 g. fat	2 g. fiber
45 mg. cholesterol	14 g. protein
640 mg. sodium	

*The nutritional values and information provided are approximations.*



# Apple Maple French Toast Bake

**Serves 8. Prep time: 20 minutes active; 1 hour, 5 minutes total.**

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|------------------------------|--|
| 1 ½ cups milk                | 5 to 6 cups cubed whole grain bread                  |
| 5 eggs, beaten               | 2 tablespoons butter                                 |
| 1 teaspoon cinnamon, divided | 4 apples, peeled, cored and sliced ¼ to ½ inch thick |
| ¼ teaspoon ground ginger     | ¼ cup maple syrup                                    |
| ¼ cup brown sugar            |  |

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## Preparation

Heat the oven to 375 degrees F. Oil or butter an 8 x 8 inch baking dish.

In a large mixing bowl, whisk together the milk, eggs, ½ teaspoon cinnamon, ginger and brown sugar. Add the bread and toss well. Set aside while you cook the apples, stirring once or twice to ensure the liquid soaks into the bread. Heat the butter in a skillet over medium heat. Add the apples and sauté for 5 to 7 minutes until they begin to soften. Sprinkle with remaining cinnamon and stir in maple syrup. Cook another few minutes, allowing the maple syrup to caramelize and coat the apples. Remove from the heat and allow to cool.

Gently stir the apples into the bread mixture and pour into the prepared baking dish. Bake for about 45 minutes until firm throughout. Serve warm with additional maple syrup if desired.

# Apple Maple French Toast Bake

## Ingredient checklist

### PRODUCE

- ☐ Apples

### BULK

- ☐ Brown sugar

### GROCERY

- ☐ Whole grain bread
- ☐ Maple syrup

### REFRIGERATED/DAIRY

- ☐ Milk
- ☐ Butter
- ☐ Eggs

### SPICES/SEASONINGS

- ☐ Cinnamon
- ☐ Ground ginger

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## Serving suggestion

This hearty breakfast bake is a great way to use up day-old bread. Avoiding gluten? Just substitute gluten-free bread. Maple-glazed pears or bananas are delicious instead of apples, too!

## Nutritional information per serving

300 calories	44 g. carbohydrate
9 g. fat	3 g. fiber
145 mg. cholesterol	11 g. protein
310 mg. sodium	

*The nutritional values and information provided are approximations.*



# Bobotie

**Serves 6. Prep time: 15 minutes active; 1 hour total.**

2 slices whole wheat bread

1 cup milk

2 eggs, beaten

1 tablespoon olive oil

1 large yellow onion, diced

1 pound ground turkey

1 tablespoon curry powder

¼ cup sliced almonds

¼ cup raisins

¼ cup diced dried apricots

1 to 2 tablespoons lemon juice

Salt and black pepper to taste

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## Preparation

Heat the oven to 350 degrees F. Oil or butter an 8 x 8 inch baking dish.

Tear the bread into pieces. In a mixing bowl, toss the pieces of bread together with the milk and eggs and set aside. Heat the olive oil in a large skillet over medium-high heat and sauté the onion for 5 to 10 minutes until soft. Add the ground meat, curry powder, almonds, raisins and apricots and cook another few minutes. Stir in lemon juice and season with salt and pepper. Pour into the baking dish and top evenly with the bread and milk mixture. Bake for about 45 minutes until the mixture is set and the top has browned. Let sit for 15 minutes prior to serving.

# Bobotie

## Ingredient checklist

### PRODUCE

- ☐ Yellow onion
- ☐ Lemon

### BULK

- ☐ Sliced almonds
- ☐ Dried apricots
- ☐ Raisins

### GROCERY

- ☐ Whole wheat bread
- ☐ Olive oil

### REFRIGERATED/DAIRY

- ☐ Milk
- ☐ Eggs

### MEAT/SEAFOOD

- ☐ Ground turkey

### SPICES/SEASONINGS

- ☐ Curry powder
- ☐ Black pepper
- ☐ Salt

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## Serving suggestion

Serve this South African version of moussaka with a scoop of yellow rice on the side, topped with mango chutney. Use ground lamb or beef instead of turkey if you prefer.

## Nutritional information per serving

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|---------------------|--------------------|
| 280 calories        | 19 g. carbohydrate |
| 11 g. fat           | 2 g. fiber         |
| 145 mg. cholesterol | 27 g. protein      |
| 160 mg. sodium      |                    |

*The nutritional values and information provided are approximations.*