

Swiss Twist Biscuit (2018)

This buttery biscuit has a Swiss twist... Perfect for spreading some Vandal pride, these golden biscuits cover all the bases: melt in your mouth Swiss cheese, smoky prosciutto, sun-dried tomatoes and aromatic garlic and chives.

From the Kitchen of Hannah Safe and Danielle Payne

Preparation time: 15 minutes

Baking time: 20 minutes

Total time: 35 minutes

Servings: 12

Serving Size: 1 biscuit

INGREDIENTS

- ½ cup dried tomatoes, chopped
- ⅓ cup chives, chopped
- 1 medium garlic clove, minced
- 1 cup swiss cheese, grated
- ½ cup prosciutto, chopped
- ½ cup unsalted butter
- 1 ½ teaspoons salt
- 1 ½ teaspoons baking powder
- 2 cups all-purpose flour
- 1 cup whole milk

DIRECTIONS

1. Preheat oven to 425 oF
2. Dice tomatoes, chives and garlic.
3. Shred cheese and cut prosciutto into bite size pieces.
4. Mix flour, baking powder and salt.
5. Cut in butter and mix until dough is crumbly.
6. Add prosciutto, chives, swiss cheese, tomatoes and garlic to dough and mix until evenly dispersed.
7. Add half of milk and mix, then add remaining milk until a wet sticky dough forms.
8. Drop 12 heaping spoonfuls of dough onto a greased baking sheet leaving about an inch between each biscuit.
9. Bake for about 20 minutes or until golden brown.
10. Serve hot with butter.

Nutrition Data (per serving):

Calories: 215 per biscuit

Fat: 12.6 g

Saturated Fat: 7.7 g

Trans Fat: 0.5 g

Carbohydrates: 17.8 g

Protein: 7.6 g

Sodium: 700mg

Black and Gold Pumpkin Bread (2016)

By Christy Johnson and Mikyah Owens

This festive holiday recipe is a healthy, yet sweet, alternative to the traditional pumpkin pie. Requiring minimal preparation, this pumpkin bread allows you to concentrate on family and friends while it bakes, filling your house with the sweet aroma of autumn.

The familiar pumpkin spice reminds the taste buds of home, the garbanzo beans provide a firm and dense texture, and the honey and chocolate chips contribute a little sweetness. Topping this cozy dessert with a unique coconut whipped cream makes it unforgettable! Golden pumpkin dough with a sprinkling of chocolate chips represent school colors, and showcase our shared U of I pride!

- Yield: 12 bars
- Portion: 2 inch by 4 inch bars

Ingredients

Bread

- 1 15 oz can pureed pumpkin
- 3 /4 cup garbanzo beans, drained and rinsed
- 1/2 cup honey
- 1 tsp vanilla extract
- 2 cups flour (gluten-free baking flour or all purpose)
- 1/2 tsp baking soda
- 1 1/2 tsp baking powder

- 1 Tbsp pumpkin spice
- 1/4 tsp salt
- 1/2 cup chocolate chips

Whipped Topping

- 1 can full fat coconut milk (lite for less fat)
- 1 1/2 tsp vanilla extract
- 1-2 Tbsp maple syrup

Directions

Bread

Preheat oven to 350 degrees Fahrenheit. Drain and rinse garbanzo beans. Add all bread ingredients to blender or food processor, except for chocolate chips. Blend until smooth and no lumps remain. Add in chocolate chips and stir by hand until evenly distributed throughout. Spread mixture into a greased 13 inch by 9 inch baking dish. Bake for 30 minutes.

Whipped Topping

Chill can of coconut cream overnight in the refrigerator. Open the can and scoop the solid white coconut cream (discard liquid portion of the coconut milk), vanilla, and maple syrup into a medium sized bowl. Whip with electric mixer on high until smooth and fluffy. Place dollop on top of warm bread.

Pumpkin Pecan Muffins with Maple Cream Cheese Icing (2016)

By Hana Sorensen and Danielle Marcolina

Our recipe is combines a variety of balanced fall flavors including pumpkin, pecan and maple. It is quick, simple, and festive, but satisfy your sweet tooth craving! The pulse crop incorporated into this recipe was chickpea flour. The chickpea flour isn't overpowering and is subtle enough to contribute to overall moistness of the muffins. The benefit of using chickpea flour is that it is gluten free and contains protein and fiber to add a healthy flair.

- Yield: 12 muffins

Ingredients

Muffins

- 2 cups Garbanzo Flour
- 2 Eggs
- 1/2 cup Pure Cane Sugar
- 1 cup Canned Pumpkin
- 1/2 cup diced Pecans
- 1 teaspoon Vanilla Extract
- 1 teaspoon Baking soda
- 1/2 cup Butter
- 2 teaspoons Pumpkin Pie Spice
- 2 tablespoons olive oil
- 2 tablespoons Dark Brown Sugar
- 1/2 cup Chopped Pecans

Frosting Ingredients

- 1 cup Cream Cheese
- 1 tablespoon and 2 teaspoons Maple Syrup
- 2 teaspoons Vanilla Extract
- 1/2 cup Powdered Sugar

Directions

Muffins

Preheat oven to 350 degrees F. Combine flour, baking soda, sugar and pumpkin pie spice mix into a bowl and stir. Then soften the butter and add it to the canned pumpkin, egg, olive oil, brown sugar and vanilla extract. Add dry ingredients to the wet ingredients and mix well. Stir in the pecans. Place batter evenly into muffin pan. Cook for 16 minutes and use a toothpick to make sure it comes out clean, ensuring that they are fully cooked.

Frosting Ingredients

Mix together the cream cheese, maple syrup, vanilla extract and powdered sugar into a bowl until fluffy.

Golden Harvest Vegetable Bread (2013)

By Tracie Campbell and Michelle Tonna

Thanksgiving Day preparations are hectic and breakfast that day often goes unplanned, but this quick bread recipe is a cinch to prepare the day before along with your pies or can make use of any unused pumpkin.

- 12 servings

Ingredients

- 1 2/3 cup Quick Cooking Oats
- 2/3 cup All-Purpose Flour
- 1/2 cup Whole Wheat Flour
- 1 tsp. Cinnamon
- 1 tsp. Baking Powder
- 1 tsp. Baking Soda
- 1/2 tsp. Salt
- 3/4 cup Carrots, shredded
- 3/4 cup Zucchini, shredded
- 3/4 cup Pumpkin, canned
- 1/2 tbsp. Orange Zest
- 2 Eggs, lightly beaten
- 1 tsp. Vanilla Extract
- 1/4 cup Canola Oil
- 3/4 cup Brown Sugar

Directions

1. Preheat Oven to 350°F and grease an 8 x 4 loaf pan.
2. In a large bowl combine the oats, flour, cinnamon, baking powder, baking soda, & salt, set aside.

3. In a separate bowl combine carrots, zucchini, pumpkin, orange zest, eggs, vanilla, canola oil, and brown sugar. Incorporate the dry ingredients into the wet ingredients until well combined. Do not over mix.
4. Pour the batter into the loaf pan and bake for 40-50 minutes until golden brown. Check by inserting a wood toothpick in the center; bread is cooked when toothpick comes out clean.

NUTRITION AT A GLANCE

Per serving: 205 calories, 6.2g fat, 0.7g saturated fat, 32.6g carbohydrates, 3g dietary fiber, 35mg cholesterol, 252g sodium. Nutritional analysis by Recipe Calc Software©