

KANSAS WHEAT COMMISSION
2020 RECIPE BOOK



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The book features wheat recipes 'Through the Years' 1950s-1990s, taken from Kansas Wheat Commission Recipe booklets and recipe archives.

Cover photo: Root Beer Bread, page 17. Food styling and photography by Cindy Falk, Kansas Wheat Nutrition Educator, and Julene DeRouchey, Kansas Wheat Nutrition Educator Assistant.

APPLE 'N SPICE PIZZA COOKIE

This large dessert pizza recipe from the 1970s will guarantee raves from adults and children alike.



$\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) unsalted butter, softened
 $\frac{3}{4}$ cup granulated sugar
 $\frac{1}{2}$ cup packed brown sugar
1 large egg
1 teaspoon pure vanilla extract
1 $\frac{1}{2}$ cups all-purpose flour
1 $\frac{1}{2}$ teaspoons ground cinnamon
 $\frac{3}{4}$ teaspoon baking soda
 $\frac{3}{4}$ teaspoon salt
1 cup shredded apple (medium shred)
 $\frac{3}{4}$ cup quick-cooking oats

TOPPING

1 cup (6 ounces) semisweet chocolate chips or butterscotch chips
 $\frac{1}{4}$ cup finely chopped pecans

VANILLA GLAZE

$\frac{1}{2}$ cup sifted confectioners' sugar
1 teaspoon pure vanilla extract
2 - 3 teaspoons whole milk

1. Preheat oven to 375°F. Spray a 14" round pizza pan with non-stick cooking spray.
2. In bowl of stand mixer fitted with paddle, beat butter, sugar and brown sugar until light and fluffy. Mix in egg and vanilla. Stop mixer and scrape bowl.
3. Add flour, cinnamon, baking soda and salt; mix until batter is smooth. Stir in shredded apple and oats.
4. Using a spatula, spread the batter into prepared pan leaving 1" around the edge as the batter will spread during baking.
5. Bake 15 - 17 minutes, until golden and a wooden pick inserted into the center comes out clean. Remove from oven and immediately sprinkle chocolate chips over top. Let stand 5 minutes. Chips will soften and look shiny; spread melted chips over top. Sprinkle with pecans. Let cool completely.
6. For glaze: In a small bowl, whisk together confectioners' sugar, vanilla and milk until smooth. Drizzle over cookie. To serve, cut into wedges.

Yield: 1 large 14-inch cookie, 24 servings.

Variation: Sprinkle M&M's® Candy over chocolate in place of pecans.

NUTRITION INFORMATION PER SERVING (1 SLICE, 51g): 200 calories, 90 calories from fat, 10g total fat, 5g saturated fat, 0g trans fat, 25mg cholesterol, 115mg sodium, 28g total carbohydrate, 1g dietary fiber, 19g sugars, 2g protein, 16mcg folate, 0mg vitamin C, 1mg iron.



BANANA BREAD PUDDING WITH CARMEL SAUCE

A classic recipe from the 1960s Kansas Wheat Commission *Yesterday's Bread* booklet highlights how to use every crust of bread.

BANANA BREAD PUDDING

2 cups whole milk
1 cup mashed ripe bananas
(3 medium)
½ teaspoon salt
½ cup honey
½ cup raisins
1 teaspoon grated lemon zest
2 large eggs, slightly beaten
5 cups day-old white bread, 1-inch
cubes

CARMEL SAUCE

3 tablespoons unsalted butter, room
temperature
½ cup packed brown sugar
3 tablespoons heavy whipping cream
Pinch of salt
1 teaspoon pure vanilla extract

1. Preheat oven to 350°F. Butter a 1-quart baking dish.
2. In large saucepan, scald milk over medium heat until bubbles begin to form (180°F). Remove pan from heat and stir in mashed bananas. Stir in salt, honey, raisins, lemon zest, eggs and bread cubes; mix well.
3. Turn into baking dish and smooth top. Let the bread soak in the egg-milk mixture for 10 - 20 minutes. Bake 45 - 50 minutes, until tip of knife or wooden pick inserted in pudding comes out clean and the edges are a light brown. The bread pudding should reach an internal temperature of at least 170°F.
4. To make sauce: In a small saucepan, combine butter, brown sugar, cream and salt. Cook over medium-low heat, whisking gently until thickened, 3 - 4 minutes. Remove from heat; add vanilla extract. Drizzle over warm bread pudding.

Yield: 9 servings.

NUTRITION INFORMATION PER SERVING (1/9 RECIPE, 148g): 280 calories, 80 calories from fat, 9g total fat, 5g saturated fat, 0g trans fat, 65mg cholesterol, 280mg sodium, 46g total carbohydrate, 2g dietary fiber, 32g sugars, 5g protein, 33mcg folate, 3mg vitamin C, 1mg iron.

BUTTER PECAN BREAD

This Kansas Wheat Commission no-fuss recipe originally appeared in the 1972 *Ballot for Better Breads* Election Year Recipes.



2 ¼ cups sifted all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1 cup packed brown sugar
1 cup chopped pecans
1 large egg, slightly beaten
1 cup buttermilk*
2 tablespoons unsalted butter, melted

BUTTER ICING (optional)

1 tablespoon unsalted butter, melted
1 cup sifted confectioners' sugar
1 - 1 ½ tablespoons cream or milk
½ teaspoon pure vanilla extract
Pinch of salt

1. Preheat oven to 350°F. Sift flour and measure. Spray bottom of 9" x 5" loaf pan or silicone mini loaves bakeware with non-stick cooking spray. Place sheet pan under silicone bakeware.
2. In medium bowl, sift together flour, baking powder, baking soda, salt, cinnamon and nutmeg. Stir in sugar and pecans.
3. In small bowl, combine egg, buttermilk and butter. Add to flour mixture, stirring just until moistened.
4. Pour the batter into the prepared pan or silicone bakeware.
5. Bake loaf 45 - 50 minutes; little loaves 13 - 15 minutes. Check doneness by inserting a wooden pick in center of loaf and it should come out clean. Another way to test for doneness is by checking the internal temperature using a food thermometer. Quick breads should register 200°F - 210°F. Cool 10 minutes; remove bread from pan. Allow mini loaves to cool for a few minutes then pop out onto cooling rack.
6. Whisk together icing ingredients and drizzle on cooled loaf or mini loaves. For mini loaves, double icing.

Yield: 1 loaf, 24 slices or 35 - 40 mini loaves.

*Make your own buttermilk by adding 2 tablespoons fresh lemon juice in a glass-measuring cup; add whole milk to make 1 cup total liquid. Stir to combine and let stand 15 minutes.

NUTRITION INFORMATION PER SERVING (1 SLICE, 45g): 140 calories, 45 calories from fat, 5g total fat, 1g saturated fat, 0g trans fat, 10mg cholesterol, 150mg sodium, 23g total carbohydrate, 1g dietary fiber, 14g sugars, 2g protein, 18mcg folate, 0mg vitamin C, 1mg iron.

NUTRITION INFORMATION PER SERVING (1 MINI LOAF, 27g): 80 calories, 25 calories from fat, 3g total fat, 1g saturated fat, 0g trans fat, 5mg cholesterol, 90mg sodium, 14g total carbohydrate, 0g dietary fiber, 8g sugars, 1g protein, 11mcg folate, 0mg vitamin C, 0mg iron.



CHOCOLATE SURPRISE CUPCAKES

A recipe from 1974 featuring sauerkraut as the “surprise” ingredient. Sauerkraut adds texture and moistness - and you can’t even taste it.

2 ¼ cups sifted all-purpose flour
½ cup unsweetened cocoa powder
1 teaspoon baking powder
1 teaspoon baking soda
¼ teaspoon salt
¾ cup unsalted butter
1 ½ cups granulated sugar
3 large eggs
1 teaspoon pure vanilla extract
1 cup water
¾ cup sauerkraut, rinsed, drained and finely chopped

CREAMY CHOCOLATE FROSTING

½ cup shortening
¾ cup unsweetened cocoa powder
3 cups sifted confectioners’ sugar
⅓ cup whole milk, plus 1 tablespoon
1 teaspoon pure vanilla extract

1. Preheat oven to 350°F. Grease or line two cupcake pans with 20 paper liners.
2. In large bowl, sift together flour, cocoa powder, baking powder, baking soda and salt; set aside.
3. In bowl of stand mixer fitted with whisk, beat butter and sugar until fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla.
4. Add dry mixture and water alternately, beating on low speed after each addition just until combined. Stir in sauerkraut.
5. Fill cups 2/3 full. Bake 20 - 22 minutes or until a wooden pick inserted into the center comes out clean. Cool cupcakes in pans on rack 10 minutes. Transfer cupcakes to rack to cool completely.
6. To make frosting: In bowl of stand mixer fitted with whisk, beat shortening and cocoa on medium speed until fluffy. Add confectioners’ sugar and 1/3 cup milk alternately, beating well after each addition. Stir in vanilla and beat until light and fluffy. Add 1 tablespoon milk, if needed to reach spreading or piping consistency.

Yield: 20 medium-size cupcakes.

Tip: Scoop the batter with a standard ice cream scoop.

Note: Batter may also be baked in greased 13” x 9” x 2” baking pan. Bake in 350°F oven 35 minutes or until cake tests done. Cool in pan on rack.

NUTRITION INFORMATION PER SERVING (1 CUPCAKE WITH FROSTING, 96g): 300 calories, 110 calories from fat, 12g total fat, 5g saturated fat, 0g trans fat, 45mg cholesterol, 180mg sodium, 46g total carbohydrate, 1g dietary fiber, 33g sugars, 3g protein, 22mcg folate, 0mg vitamin C, 1mg iron.

FUN PAINTBRUSH COOKIES

A fun, artistic baking project for all ages that are yummy to eat.



COOKIES

2 ¼ cups sifted all-purpose flour, plus
extra for dusting
1 teaspoon baking soda
½ teaspoon salt
⅓ cup shortening
⅓ cup granulated sugar
1 large egg
⅔ cup honey
1 ½ teaspoons pure vanilla extract

EGG YOLK PAINT

1 large egg yolk
¼ teaspoon water
Assorted food color

1. To prepare cookie dough, sift flour and measure. In medium bowl, sift together flour, baking soda and salt; set aside.
2. In bowl of stand mixer fitted with paddle, mix thoroughly on medium speed the shortening, sugar, egg, honey and vanilla.
3. Stir in the flour mixture and mix until combined.
4. Cover bowl and chill dough at least 1 hour to make it easier to handle.
5. When ready to shape cookies, prepare egg yolk paint. In small bowl, beat together egg yolk and water. Divide among small bowls; stir in a different food color.
6. Preheat oven to 375°F. Grease baking sheets with non-stick spray or line with parchment paper. Divide the dough in half; keep one half chilled.
7. On a lightly floured surface, roll dough out using floured rolling pin. Roll ¼" thick.
8. Dip cookie cutter in flour to prevent sticking. Cut as many cookies from each rolling as possible. Using a metal spatula, transfer cookies to prepared baking sheet 2-inches apart.
9. Paint designs on cookies with small, clean paintbrushes using a different brush for each color. If egg yolk paint thickens on standing, add a few drops of water.
10. Bake 6 - 8 minutes. Look at cookies when minimum baking time is up; do not over-bake. For clear colors do not let cookies brown. Transfer cookies to rack to cool. Repeat process with remaining cookie dough. Store cookies in an airtight container at room temperature for up to 3 days.

Yield: about 48, 2 ½-inch cookies.

Tip: Use your imagination and create your own designs. Draw pattern on parchment paper. Cut out and grease one side. Lay pattern greased-side-down on dough and cut around it with a sharp knife.

NUTRITION INFORMATION PER SLICE (1 COOKIE, 15g): 50 calories, 15 calories from fat, 2g total fat, 0g saturated fat, 0g trans fat, 10mg cholesterol, 50mg sodium, 9g total carbohydrate, 0g dietary fiber, 5g sugars, 1g protein, 9mcg folate, 0mg vitamin C, 0mg iron.



HALF-SHEET PAN WHOLE WHEAT CINNAMON ROLLS

Pure goodness! A great recipe for potluck meals for a crowd or gift-giving. A favorite recipe since the 1980s.

SPONGE

- 2 (¼ ounce) packages active dry yeast
- 1 cup warm water (110°F - 115°F)
- 1 cup warm whole milk (110°F - 115°F)
- ½ cup honey
- 2 large eggs, beaten
- 3 tablespoons vital wheat gluten (optional)
- 4 cups white whole wheat flour

DOUGH

- 1 ½ teaspoons salt
- ¼ cup shortening
- 1 ½ - 2 cups bread flour

CINNAMON ROLL SMEAR

- 1 cup (2 sticks) unsalted butter, softened
- 1 ½ cups packed brown sugar
- 3 tablespoons all-purpose or bread flour
- 2 tablespoons ground cinnamon

BUTTERY VANILLA GLAZE

- 1 ½ cups confectioners' sugar, sifted
- 4 tablespoons (½ stick) unsalted butter, melted
- 1 ½ teaspoons pure vanilla extract
- 2 - 3 tablespoons whole milk

1. In bowl of stand mixer bowl fitted with paddle, dissolve yeast in water; let proof 5 - 10 minutes. Beat in milk, honey, eggs, wheat gluten and white whole wheat flour. Mix 3 minutes on medium speed. Cover with plastic wrap and allow sponge to rest 30 minutes.
2. Stir down sponge. Mix in salt and shortening. Switch to dough hook and gradually add bread flour to make a slightly sticky dough. Knead dough 8 - 10 minutes. Place dough in oiled bowl; turn to coat. Cover; let rise until doubled.
3. Punch down dough. Cover; let rise again until doubled.
4. Meanwhile, prepare cinnamon roll smear. In medium bowl, using a fork, blend ingredients to a smooth paste. Cover and set aside.
5. Punch down dough; cover and let rest 10 minutes. On lightly floured work surface, roll dough into 20" x 14" rectangle.
6. Spread smear on dough leaving 1" strip at the bottom uncovered. Wet the uncovered dough by brushing with water. Starting from long side, roll up dough beginning with smeared side into a log. Seal edge; cut into 20 slices. Place in greased 18" x 13" half-sheet pan in four rows of five rolls each. Cover; let rolls rise until almost doubled.
7. Near the end of the rise, preheat oven to 375°F. Bake rolls 20 - 25 minutes or until golden. The internal temperature should register 190°F - 200°F.
8. For glaze: In medium bowl, whisk ingredients until smooth. Drizzle over cooled rolls.

Yield: 20 rolls.

Tip: Do not skip the second rise as this makes a nice textured and light cinnamon roll.

NUTRITION INFORMATION PER SERVING (1 ROLL, 115g): 400 calories, 140 calories from fat, 15g total fat, 8g saturated fat, 0g trans fat, 50mg cholesterol, 200mg sodium, 59g total carbohydrate, 4g dietary fiber, 30g sugars, 6g protein, 40mcg folate, 0mg vitamin C, 2mg iron.

HARVEST CREW SLOPPY JOES

A favorite recipe from the 1950s that makes enough to feed a wheat harvest crew. Serve the Sloppy Joes on homemade Food Processor Buns.



1 ½ pounds ground beef (93% lean or leaner)
½ pound ground pork sausage
1 cup dried bread crumbs, finely chopped
1 cup finely chopped onions
1 tablespoon Worcestershire sauce
1 ½ teaspoons black pepper
2 cups tomato juice

1. Preheat oven to 350°F. In a large bowl, thoroughly mix ingredients.
2. Spread in a large shallow pan. Bake, stirring frequently, for 1 hour.
3. Spoon into split buns and serve while hot.

Yield: 6 cups Sloppy Joes, 12 (½ cup) servings.

Note: Recipe can easily be doubled for feeding an even bigger harvest crew!

NUTRITION INFORMATION PER SERVING (½ CUP, 85g): 110 calories, 50 calories from fat, 6g total fat, 2g saturated fat, 0g trans fat, 15mg cholesterol, 350mg sodium, 10g total carbohydrate, 1g dietary fiber, 2g sugars, 5g protein, 3mcg folate, 1mg vitamin C, 1mg iron.

FOOD PROCESSOR BUNS

3 cups bread or all-purpose flour (may be part whole wheat flour)
2 tablespoons granulated sugar
1 teaspoon salt
1 (¼ ounce) package instant yeast
3 tablespoons unsalted butter or margarine, cubed
1 cup lukewarm water (90°F)

1. In bowl of food processor fitted with dough blade, add flour, sugar, salt, yeast and butter. Place lid on processor and pulse 10 seconds.
2. Begin processing, pouring 1 cup warm water through tube. When dough forms a ball, stop adding water. All may not be needed. Process dough an additional 60 seconds to knead.
3. Remove dough and smooth into a ball; cover with bowl and let rest 15 minutes.
4. Divide dough into 8 buns and flatten into 3 ½" disks. Place buns two inches apart on greased or parchment-lined baking sheet. Cover; let rise in a warm place until doubled. Near the end of the rise, preheat oven to 400°F.
5. Bake 12 - 15 minutes, until golden and internal temperature registers 190°F - 195°F. Remove buns to rack and cool before slicing.

Yield: 8 large buns.

NUTRITION INFORMATION PER SERVING (1 BUN, 91g): 240 calories, 45 calories from fat, 5g total fat, 3g saturated fat, 0g trans fat, 10mg cholesterol, 300mg sodium, 41g total carbohydrate, 1g dietary fiber, 3g sugars, 7g protein, 97mcg folate, 2mg vitamin C, 2mg iron.



HERMETSCHWENGER LITTLE APPLE TART

Kansas Wheat Commission Spokesperson
Lois Keller has been making these
“old country” German treats for more than 50
years and has taught the recipe in her programs.

DOUGH

1 cup heavy whipping cream
¾ cup (1 ½ sticks) unsalted butter,
softened
½ teaspoon salt
2 cups all-purpose flour

FILLING

2 medium apples, peeled and finely
chopped (2 cups)*
½ cup granulated sugar
½ teaspoon ground cinnamon
¼ cup (½ stick) unsalted cold butter,
divided
¼ cup granulated sugar, for topping

1. Preheat oven to 375°F. Line two large baking sheets with parchment paper.
2. In large bowl, mix together dough ingredients. More or less flour may be needed to make a soft dough. Gather dough together and press into a ball and cover with plastic wrap.
3. Peel, core and finely chop apples and place in a bowl.
4. In small bowl, combine sugar and cinnamon. Cut cold butter into 32 pieces and refrigerate half.
5. Flour work surface and roll half of the dough into 12” x 12” square. Cover remaining dough and refrigerate. With a knife, cut dough into 3” squares. Work quickly so dough does not dry out.
6. Place a heaping teaspoon of chopped apples in the middle of each square. Sprinkle on ½ teaspoon cinnamon-sugar mixture and top with dot of butter.
7. Fold four corners to the middle pinching seams and center. Place on prepared baking sheets with pinched-side up. Repeat with remaining dough and filling.
8. Bake 15 - 17 minutes or until light in color.
9. Place ¼ cup sugar on a plate. While tarts are warm, remove several at a time from baking sheet and dip in sugar. Transfer tarts to parchment paper or aluminum foil. Place on flat surface as they are fragile. These are best enjoyed warm. Store extra tarts in an airtight container at room temperature for several days.

Yield: 32 tarts.

*Lois likes to use a combination of pie apples such as Granny Smith, Jonagold, Cortland, Russet, McIntosh or Honeycrisp. She suggests a marked pastry mat is helpful when rolling dough.

NUTRITION INFORMATION PER SERVING (1 TART, 35g): 130 calories, 80 calories from fat, 9g total fat, 5g saturated fat, 0g trans fat, 25mg cholesterol, 40mg sodium, 12g total carbohydrate, 0g dietary fiber, 6g sugars, 1g protein, 15mcg folate, 0mg vitamin C, 0mg iron.

ITALIAN PARMESAN CASSEROLE BREAD

A flavorful recipe that was a winner in the 1994 Kansas Festival of Breads baking competition. You will receive a big endorsement from friends, family and co-workers.



1 (¼ ounce) package active dry yeast
1 cup warm water (110°F - 115°F)
¾ - 3 ½ cups bread flour, divided
¼ cup unsalted butter, softened
1 large egg
2 tablespoons granulated sugar
1 teaspoon salt
2 teaspoons dried minced onion
1 teaspoon Italian seasoning
1 teaspoon garlic powder
½ cup grated Parmesan cheese, plus ½
tablespoon*
½ tablespoon unsalted melted butter

1. In bowl of stand mixer fitted with paddle, dissolve yeast in water; let proof 5 minutes. Add 1 cup flour, butter, egg, sugar, salt, onion, Italian seasoning and garlic powder. Beat on low speed 1 minute; increase speed to medium and beat 2 minutes.
2. Stir in ½ cup cheese. Switch to dough hook and gradually add enough flour to form a soft dough that pulls away from sides of bowl. Knead with dough hook 8 minutes.
3. Form dough in a round loaf and place into a greased 1 ½ - quart round baking dish. Cover with oiled plastic wrap and towel; let rise until doubled. Near the end of the rise, preheat oven to 350°F.
4. Brush top of loaf with melted butter and sprinkle with remaining cheese. Bake 35 - 40 minutes or until golden and internal temperature is 195°F - 200°F. If top browns too quickly, cover loosely with aluminum foil to prevent over-browning. The bread sounds hollow when lightly tapped on the bottom.
5. Remove from oven and cool in baking dish 10 minutes before removing bread to rack. To serve, cut in wedges or slices.

Yield: 1 loaf, 24 servings.

*Recipe was tested with Kraft 100% Grated Parmesan Cheese in the plastic shaker container.

NUTRITION INFORMATION PER SERVING (1 SLICE, 38g): 110 calories, 30 calories from fat, 4g total fat, 2g saturated fat, 0g trans fat, 15mg cholesterol, 140mg sodium, 15g total carbohydrate, 1g dietary fiber, 1g sugars, 3g protein, 35mcg folate, 0mg vitamin C, 1mg iron.



JALAPEÑO-BACON CHEESE BALLS

A simple appetizer made with white bread. This perfect party snack from 1972 has been kicked-up by adding jalapeño and bacon to give these fun bites a zip.

4 slices white sandwich bread, crusts removed
½ cup whole milk, scalded (180°F)
2/3 cup shredded Parmesan cheese*
1 tablespoon all-purpose flour
1 large egg, beaten
2 - 3 tablespoons finely chopped jalapeño
3 slices cooked crispy bacon, finely chopped
1 slice white sandwich bread, crust removed, crumbled
Vegetable oil, for frying

1. In medium saucepan, add bread slices. Pour scalded milk over bread and set aside until lukewarm. Place pan over low heat and stir with spoon until pasty. Remove from heat.
2. Stir in cheese and flour. Blend egg into mixture, mixing well. Stir in jalapeño, bacon and breadcrumbs.
3. Allow mixture to cool. Use a small cookie scoop or rounded tablespoon to shape into ¾" balls.
4. In heavy, deep-fry pan, heat 2-inches oil to 350°F (use a candy or deep-fry thermometer to gauge temperature). Using a slotted spoon, lower one ball in the oil to see if it rapidly sizzles. Fry in batches of four, without over-crowding. Fry 1 ½ - 2 minutes; turning balls for an even golden brown.
5. Remove balls from oil and place on paper towels to drain. Let oil return to 350°F before making the next batch. Check for doneness with an instant-read thermometer inserted into the center of cheese ball; it should register about 160°F.
6. Serve warm with your favorite dipping sauce.

Yield: about 20 cheese balls.

*Shredded Parmesan cheese in a container or Three Cheese Blend (grated Parmesan, Romano and Asiago medium cheeses).

NUTRITION INFORMATION PER SERVING (1 CHEESE BALL, 21g): 50 calories, 20 calories from fat, 3g total fat, 1g saturated fat, 0g trans fat, 15mg cholesterol, 125mg sodium, 4g total carbohydrate, 0g dietary fiber, 1g sugar, 3g protein, 8mcg folate, 1mg vitamin C, 0mg iron.

LETTUCE LOAF BREAD

This moist specialty quick bread recipe appeared in the 1968 *Breads for Any Holiday* booklet promoted by the Kansas Wheat Commission, Hutchinson.



1 ½ cups sifted all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
⅛ teaspoon ground mace
⅛ teaspoon ground ginger
1 cup finely chopped iceberg lettuce
1 cup granulated sugar
½ cup vegetable oil
1 ½ teaspoons grated lemon zest
2 large eggs
½ cup toasted, chopped walnuts or pecans (optional)
Confectioners' sugar, for dusting (optional)

1. Preheat oven to 350°F. Grease and flour only the bottom and ½" up the sides of an 8 ½" x 4 ½" loaf pan.
2. In medium bowl, sift together flour, baking powder, baking soda, salt, mace and ginger. Stir in lettuce.
3. In the bowl of a stand mixer fitted with paddle or with a handheld electric mixer, combine sugar, oil and lemon zest; beat on medium speed 2 minutes. Add eggs, one at a time, beating well after each addition.
4. Stir in the flour mixture, mixing just until flour is moistened and ingredients are blended. Don't over-mix the batter. Stir in nuts.
5. Pour the batter evenly into prepared pan. Bake 50 - 55 minutes or until wooden pick inserted in center comes out clean. Check doneness by inserting thermometer into the top middle of the bread and it should register 205°F - 210°F.
6. Let bread cool in the pan on a rack 15 minutes. Transfer the bread to rack and let cool completely before slicing.
7. If desired, dust with confectioners' sugar before serving. Store loaf in an airtight container in the refrigerator.

Yield: 1 loaf, 24 slices.

Note: Quick breads typically have a lengthwise crack (or split) on the top because in the baking process, the top of the loaf "sets" before the bread is finished rising. The split may be minimized by letting the bread stand at room temperature covered 20-30 minutes before baking or covering the top loosely (tenting) with aluminum foil during the first 15 minutes of baking.

Variation: For vivid green color, stir a drop of green food color in batter. Arrange slices of Lettuce Loaf Bread and Cranberry Nut Bread on a serving plate for holiday celebrations.

NUTRITION INFORMATION PER SERVING (1 SLICE, 30g): 120 calories, 60 calories from fat, 7g total fat, 1g saturated fat, 0g trans fat, 15mg cholesterol, 130mg sodium, 15g total carbohydrate, 0g dietary fiber, 9g sugars, 2g protein, 14mcg folate, 0mg vitamin C, 0mg iron.



POTATO CHIP COOKIES

Voted best cookie in 1969. A delicious and unique use for broken potato chips.

2 cups all-purpose flour
1 teaspoon baking soda
 $\frac{3}{4}$ cup granulated sugar
1 cup packed brown sugar
 $\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup (1 stick) butter, softened
1 teaspoon pure vanilla extract
2 large eggs
2 cups plain, crushed potato chips
1 cup butterscotch baking chips

1. Preheat oven to 350°F. Grease or line cookie sheets with parchment paper.
2. In medium bowl, whisk together flour and baking soda.
3. In bowl of stand mixer fitted with paddle, beat sugar, brown sugar, shortening, butter and vanilla on medium speed until creamy.
4. Add the eggs, beating well after each addition.
5. Add the flour mixture to the wet ingredients and mix until combined. Stir in potato chips and butterscotch chips.
6. Using a tablespoon or cookie scoop, place dough on prepared cookie sheets, leaving two inches between each cookie as they spread during baking.
7. Bake 11 - 13 minutes, until golden brown. Let cool on the cookie sheets for a few minutes before transferring to rack.
8. Store the cooled cookies in an airtight container at room temperature.

Yield: 44 cookies.

Note: Please do not eat raw cookie dough! Raw flour and cookie dough are not ready-to-eat. Flour, as well as eggs, must be thoroughly baked before eating to prevent foodborne illness.

NUTRITION INFORMATION PER SERVING (1 COOKIE, 34g): 160 calories, 80 calories from fat, 9g total fat, 4g saturated fat, 0g trans fat, 15mg cholesterol, 60mg sodium, 20g total carbohydrate, 0g dietary fiber, 11g sugars, 1g protein, 12mcg folate, 3mg vitamin C, 0mg iron.

QUICK JAM BARS

This recipe was inspired by the Apricot Bars featured in the 1980s Kansas Wheat Commission Recipe Book. Use homemade jam or jelly to make these bars over-the-top.



1 ¼ cups all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
1 ¼ cups quick-cooking oats
1 cup packed brown sugar
¾ cup (1 ½ sticks) cold, unsalted
butter, cubed
1 ¼ cups jam, jelly or preserves

1. Preheat oven to 350°F. Butter an 8" or 9" square baking pan.
2. In bowl of stand mixer fitted with whisk, stir together flour, baking powder, salt, oats and brown sugar. Add butter; mix on low speed until mixture is combined and crumbly. Reserve 1 cup crumbs.
3. Press crumb mixture in prepared pan. Spread jam on top. Sprinkle reserved crumbs over top.
4. Bake 25 - 30 minutes or until light golden brown. Set aside on rack to cool completely. Cut into squares when cool, then remove from pan.

Yield: 16 servings.

Tip: If you do not have a stand mixer, use pastry blender or 2 knives to cut in butter until pieces are very small and crumbly.

NUTRITION INFORMATION PER SERVING WITH APRICOT JAM (1 SERVING, 64g): 240 calories, 80 calories from fat, 9g total fat, 5g saturated fat, 0g trans fat, 25mg cholesterol, 85mg sodium, 40g total carbohydrate, 1g dietary fiber, 23g sugars, 2g protein, 18mcg folate, 2mg vitamin C, 1mg iron.



REFRIGERATOR BRAN & FRUIT MUFFINS

These whole grain muffins are packed with goodness for busy days. This throwback recipe was promoted by the Kansas Wheat Commission in 1989.

1 ½ cups all-purpose flour
1 cup white whole wheat flour
1 cup wheat bran cereal*
1 cup quick-cooking oats
1 ½ cups granulated sugar
1 tablespoon grated orange zest
¼ teaspoon ground allspice
1 teaspoon baking powder
1 ¼ teaspoons baking soda
2 ½ cups buttermilk**
½ cup vegetable oil
2 large eggs, lightly beaten
1 cup chopped dried fruit, your choice
Wheat bran (optional)

1. In a sealable 3-quart bowl, combine all-purpose flour, white whole wheat flour, bran cereal, oats, sugar, orange zest, allspice, baking powder and baking soda.
2. In a medium bowl, whisk together buttermilk, oil, eggs and dried fruit.
3. Add the liquid ingredients to the dry ingredients and stir just until ingredients are blended. Do not over-mix. Cover bowl tightly and refrigerate at least 3 hours or several days.
4. When ready to bake, remove muffin batter from refrigerator and preheat oven to 400°F. Grease muffin cups or use paper liners. Spoon or scoop batter with a standard ice cream scoop filling cups ¾ full. If desired, sprinkle on wheat bran.
5. Bake 18 - 20 minutes until golden brown and wooden pick inserted in center comes out clean. Remove muffins from pans immediately and place on rack. Serve warm or at room temperature. Store in airtight container.

Yield: 24 medium-sized muffins.

*Kellogg's®All-Bran® Original cereal was used to test the recipe.

**Make buttermilk by adding 2 tablespoons fresh lemon juice in a glass-measuring cup; add whole milk to make 1 cup total liquid. Stir to combine and let stand 15 minutes.

Dried fruit variations: cranberries, dark raisins, golden raisins, apricots, peaches, plums, pears, apples, blueberries, pineapple, mangoes or nectarines.

NUTRITION INFORMATION PER SERVING (1 MUFFIN, 71g): 190 calories, 50 calories from fat, 6g total fat, 1g saturated fat, 0g trans fat, 15mg cholesterol, 135mg sodium, 32g total carbohydrate, 2g dietary fiber, 18g sugars, 4g protein, 40mcg folate, 4mg vitamin C, 2mg iron.

ROOT BEER BREAD

In 1982, the Kansas Wheat Commission celebrated 25 years of promoting Hard Red Winter wheat for the Kansas wheat farmers. This recipe appeared in the annual recipe booklet.



2 (¼ ounce) packages active dry yeast
2 ¼ cups warm root beer (110°F - 115°F), not diet
1 ½ cups rye flour
⅓ cup unsulfured molasses
1 tablespoon salt
2 tablespoons vital wheat gluten (optional)
4 ¼ - 4 ½ cups bread flour, divided
¼ cup shortening or unsalted butter
1 ½ - 2 teaspoons caraway seeds (optional)

1. In bowl of stand mixer fitted with paddle, dissolve yeast in root beer. Wait 5 - 10 minutes for mixture to foam (proof).
2. Stir in rye flour, molasses, salt, gluten and 2 cups flour. Beat on medium speed 2 minutes until smooth.
3. Switch to dough hook. Stir in shortening, caraway seeds and enough remaining flour to form a soft, workable dough. Knead 8 - 10 minutes.
4. Place in a greased bowl, turn to grease top. Cover; let rise until doubled, about 1 hour. Press two fingers into dough. It will leave indentation when dough is doubled.
5. Deflate dough, divide in half. Cover; let rest 15 minutes. Form each half into loaf and place in greased 9" x 5" loaf pans. Cover; let rise until sides of dough reach top of pan and center is well rounded. Test gently with finger; a slight indentation shows loaves are ready to bake.
6. Bake in preheated 375°F oven 40 - 45 minutes. Tent with aluminum foil after first 20 minutes to prevent over-browning. Bread is done when golden brown and internal temperature registers 200°F - 210°F.
7. Immediately remove bread from pans and cool on rack. Do not place in direct draft or crust will wrinkle. Let cool before slicing.

Yield: 2 loaves, 15 servings each.

NUTRITION INFORMATION PER SERVING (1 SLICE, 50g): 130 calories, 20 calories from fat, 2g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 240mg sodium, 24g total carbohydrate, 1g dietary fiber, 4g sugars, 3g protein, 39mcg folate, 0mg vitamin C, 1mg iron.



TRIPLE WHEAT BISCUITS

This recipe from the 1960s is a must on your table. Serve piping hot with butter and honey.

1 ¼ cups all-purpose flour, plus more
for dusting
3 teaspoons baking powder
¾ teaspoon salt
½ cup wheat germ
¼ cup whole wheat flour
¼ cup (½ stick) unsalted frozen butter
or shortening
¾ cup cold whole milk
1 tablespoon butter, melted

1. Position rack in center of oven and preheat to 450°F. Coat baking sheet with non-stick cooking spray or line with parchment.
2. In medium bowl, sift together flour, baking powder and salt. Whisk in wheat germ and whole wheat flour.
3. Remove butter from freezer and using a grater, cut frozen butter into bowl. Toss butter in flour to coat.
4. Using a fork, gradually stir in milk just until all ingredients are moistened forming a soft dough. All the milk may not be needed. Barely mix dough.
5. Turn out dough onto floured surface. Knead six times, no more, folding dough over onto itself each time. Handle dough as little as possible as too much handling makes biscuits tough.
6. Roll dough or pat out with floured hand ½" - ¾" thick. Dip 2 ½" cutter or the rim of a glass in flour and cut out biscuits. Do not twist cutter. Press scraps together and cut out additional biscuits.
7. Transfer biscuits to prepared baking sheet. Place close together for soft sides; 1" apart for crisper sides. Bake 12 - 15 minutes until the tops are golden brown. Remove from oven and brush with melted butter.

Yield: 8 (2 ½") biscuits.

Tip: Biscuits are best just out of the oven, but they can be kept covered at room temperature and re-warmed in a 350°F oven for about 5 minutes.

NUTRITION INFORMATION PER SERVING (1 BISCUIT, 64g): 190 calories, 80 calories from fat, 9g total fat, 5g saturated fat, 0g trans fat, 20mg cholesterol, 440mg sodium, 24g total carbohydrate, 2g dietary fiber, 1g sugars, 3g protein, 94mcg folate, 1mg vitamin C, 2mg iron.

WHOLE GRAIN PEANUT BUTTER PANCAKES

In the mid-1990s, the national Wheat Foods Council featured this recipe to media. The WFC has promoted the nutritional benefits of wheat foods since 1972.



2 cups whole milk
3 large eggs, beaten
2 teaspoons baking powder
1 teaspoon baking soda
½ cup honey
½ cup peanut butter
1 ¾ cups white whole wheat flour
½ cup wheat germ

1. Lightly grease a griddle or large skillet; heat over medium heat.
2. In large bowl or blender, mix together milk, eggs, baking powder, baking soda, honey and peanut butter. Mix well.
3. Add white whole wheat flour and wheat germ; stir until large lumps disappear. Do not overmix.
4. To test skillet or griddle, sprinkle with drops of water. If bubbles “skip around,” then heat is just right, and pancakes will brown immediately.
5. Pour the batter by ¼ cupfuls onto the griddle or skillet. Cook on the first side, until the pancakes puff up and bubbles form on the top. Flip pancakes and cook for about 2 minutes, until the bottoms are golden brown. Transfer pancakes to a plate; repeat with remaining batter.
6. Serve pancakes hot with optional toppings: peanut butter, honey, maple syrup, sliced bananas, or a dollop of whipped cream and chocolate shavings.

Yield: 18 (4-inch) pancakes.

Tip: Make a double recipe and freeze pancakes; reheat in microwave for a quick breakfast.

Note: Batter may be mixed in the blender and poured directly from the blender.

NUTRITION INFORMATION PER SERVING (1 PANCAKE, 65g): 160 calories, 50 calories from fat, 5g total fat, 2g saturated fat, 0g trans fat, 35mg cholesterol, 180mg sodium, 22g total carbohydrate, 2g dietary fiber, 9g sugars, 6g protein, 29mcg folate, 0mg vitamin C, 1mg iron.



Recipes tested in the KWC "Speak for Wheat" Test Kitchen by NFOB co-directors Cindy Falk, Nutrition Educator, and Julene DeRouchey, Nutrition Educator Assistant.

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