Recipes

Set off fireworks in your kitchen with some Northwestern flavors from Food Network. There are lots of recipes to choose from.

Seattle Coffee Mug Cake Recipe courtesy Sandra Lee Semi-Homemade

Butter, for pan
Flour, for pan
7 sweet dinner rolls (recommended: King's Hawaiian)
1 box (1-pound, 14-ounces) cinnamon swirl coffee cake mix (recommended: Pillsbury)
3/4 cup hot water
1 teaspoon instant espresso
1/4 cup vegetable oil
3 eggs
1 cup whole milk
1 tablespoon sugar

Preheat oven to 350 degrees F.
Butter and flour a 10-cup bundt pan or square baking dish. Slice 1-inch off tops of rolls. Tear tops into 1-inch pieces; set aside. Place bottoms of rolls, cut side up, in prepared pan. Combine coffee cake batter mix (reserve cinnamon swirl packet), water, instant espresso, oil, and 2 eggs in a large bowl. Beat until well blended. Pour half of batter over rolls. Sprinkle with contents of cinnamon swirl packet.

Whisk remaining 1 egg, milk, and sugar in another bowl to blend. Add reserved roll tops to milk mixture; set aside until milk mixture is absorbed. Pour bread mixture over cake batter in pan, and then pour remaining batter over. Using a skewer or wooden chopstick, swirl batters together. Bake for 45 minutes, or until a toothpick inserted near the center of cake comes out clean. Cool cake in pan on a cooling rack for 25 minutes. Invert cake onto cooling rack; remove pan. Place cake right side up on a platter and serve warm. For a cute presentation, serve slices in coffee mugs.

For more recipes:
http://www.foodnetwork.com:80/food/et_hd_4th_july/article/0,,FOOD_9829_1729032,00.html

Think outside the sandwich. The Food Network got nutritious snack ideas that work for lunch.

http://www.foodnetwork.com/food/lf_hl_eatingwell/article/0,,FOOD_30878_5788762,00.html