

Have you been drawn into the TikTok food universe yet?

Seems like many conversations lately revolve around the trying of different recipes that are featured on TikTok.

This week, we found a few to try. Let us know if you try any of these and what you think!

And, if you have a family favorite that came from TikTok, send it our way; we'd love to try it too!

TikTok Cinnamon Rolls

2 (17.5 oz.) cans of refrigerated Grands® cinnamon rolls

1 C. heavy whipping cream

4 T. salted butter

1/3 C. brown sugar

1/2 tsp. ground cinnamon

Icing:

4 T. salted butter

4 oz. cream cheese

1 C. powdered sugar

Preheat the oven to 350°F. Spray a 9x13-inch baking dish with nonstick cooking spray. Place the 10 cinnamon rolls into the dish. Set aside the cans of icing that come with the cinnamon rolls for later. Pour the heavy cream over the cinnamon rolls and in between each one.

In a small bowl melt 4 T. of butter and stir in the brown sugar and cinnamon.

Pour the brown sugar butter mixture evenly over the cinnamon rolls. Cover the pan with foil and place in the oven. Bake for about 30-40 minutes (or until cooked through.)

Remove the rolls from the oven and set aside while preparing the icing.

In a medium bowl add the remaining 4 T. of butter and the 4 oz. of cream cheese. Microwave for 30 seconds just until the butter and cream cheese are very soft. Whisk the butter and cream cheese together until well combined.

Add in the 2 containers of icing that come with the cinnamon rolls. Whisk in the powdered sugar.

Spread the icing evenly over the top of the cinnamon rolls.

Dalgona Coffee (Whipped Coffee)

Prep Time: 5 min

Total Time: 5 min

Servings: 1

2 T. boiling water

2 T. instant coffee

2 T. white sugar

1 C. whole milk

Whisk boiling water, instant coffee, and sugar together until coffee is dissolved. Continue to whisk until mixture becomes thick and forms a peak, 2 to 3 minutes.

Pour milk into a glass. Pour the frothy coffee on top of the milk.

Note: For larger batches, use water, instant coffee, and sugar in a 1:1:1 ratio.

You can use any milk of your choice.

TikTok Chicken Tacos

Pico de Gallo:

1 white onion

2 lg. tomatoes

1 bunch of cilantro

2 limes

Salt to taste

For the Tacos:

Corn tortillas

1 lb. boneless, skinless chicken breasts

2 T. garlic powder

2 T. cumin

2 T. chipotle powder

Grated cheddar cheese

Oil for frying

Optional: guacamole, salsa

Pico de gallo: Carefully dice your white onion and tomatoes and add to a bowl. Roughly chop the cilantro, and add that in, along with the juice of two limes and a healthy sprinkle of salt. Mix well until all the ingredients are incorporated, cover and set in the fridge.

Tacos: Add the oil to a frying pan and open a package of chicken breasts. Slice up the chicken into about 1-inch pieces and add to a mixing bowl. Then, add in taco seasoning—chipotle powder, garlic powder and cumin. Mix well until all the pieces of chicken are evenly coated, and then add the chicken to your frying pan. Cook over medium heat for between five and eight minutes.

After the chicken has thoroughly cooked, remove it from the pan and set aside. Open your package of corn tortillas and carefully set them down flat in the hot pan. Let them soak in the leftover oil and juices for a second on each side, and then top them with chicken and cheese. Fold the tortillas in half and cook for three minutes on each side, allowing them to fry just a little bit until they're slightly crispy and the cheese has a chance to melt.

Then, go ahead and plate them, topping them with pico de gallo and guacamole salsa. You're ready to eat!

TikTok Spaghetti

Servings: 6-8

1 lb. spaghetti
1 lb. ground beef
1 sm. onion, diced
2 cloves garlic
1 T. Italian seasoning
1/2 tsp. black pepper
1 tsp. salt
1 tsp. chili flakes, optional
1 (32-oz.) jar pasta sauce
1 (15-oz.) jar Alfredo sauce
2 C. mozzarella, shredded
Fresh basil crushed red pepper flakes and grated Parmesan, for serving.

Preheat oven to 350°F.

Bring a large pot of salted water to a boil. Add the pasta and cook according to the package directions. Drain and toss to coat with the Alfredo sauce.

Note: Since this recipe is finished in the oven, cook your pasta just before it's al dente, so it doesn't become overcooked once baked.

While the pasta cooks, add the ground beef, diced onion, garlic and dried Italian seasoning to a skillet over medium heat. Cook, stirring occasionally, until the onions have softened, and the beef is no longer pink.

Reduce the heat to low, pour in a jar of your favorite spaghetti sauce and stir to combine. Let simmer for 5-10 minutes.

Transfer the Alfredo pasta to a lightly greased 13x9-in. baking dish. Spread the meat sauce evenly over the top of the pasta and sprinkle generously with shredded mozzarella cheese.

Bake the pasta in a preheated oven for 15-20 minutes until the sauce is bubbling and the cheese is melted.

Note: Not ready to bake? At this stage, you can cover the baking dish tightly with plastic wrap and refrigerate for up to 2 days. When ready to bake, allow the pasta to sit at room temperature for 1 hour and then bake as directed.

Remove from the oven and let stand for 5-10 minutes, then serve garnished with chopped fresh basil, chili flakes and grated Parmesan, if desired.

TikTok Butter Board

1 stick softened unsalted butter
1/2 tsp. flaky sea salt
Zest of 1/2 lemon
1/4 C. microgreens
2 T. fig jam
1 T. honey
Misc. crackers and/or homemade bread

Spoon the softened butter onto a clean, dry board. Use a knife or spreader to push the butter to about 1/2 inch of the edge of the board in an even thickness. Using a gentle back and forth motion, make swirls of butter around the board.

Evenly sprinkle the surface of the butter with flaky sea salt. Grate half a lemon over the butter, allowing the zest to fall down evenly over the surface. Sprinkle with the microgreens.

Distribute small dollops of fig jam over the butter, and drizzle the board with honey.

Serve your butter board creation with slices of your favorite bread or crackers.

TikTok Frozen Grapes with Jell-O®

Powdered Jell-O® mix in a box
(any flavor you would like)
Bag of green or red grapes.

Start by washing the grapes and put them in a gallon bag. There's no need to dry the water off because the liquid is what helps the Jell-O® powder stick to the grapes. Sprinkle the box of Jell-O® powder into the bag, zip it up and shake.

Once your grapes are fully covered with the mix, put them in the freezer to pull out and enjoy when you need a little refreshing snack!

TikTok Oreo® Sushi

Oreos®

milk (any percentage)

Twist your Oreos® apart. Once separated, use a fork or knife to scrape the cream filling into a bowl, and set the cookie pieces aside in a zip-top bag.

After pressing out as much air as possible, tightly seal your zip-top bag. Use a rolling pin to gently crush the cookie pieces until they form fine crumbs. Transfer back into a bowl, add the milk of your choice a tablespoon at a time and combine until a thick paste forms. It should be dough-like and not runny.

Set a large piece of plastic wrap on your countertop. Spread the chocolate cookie paste on top in an even layer, before topping with an even layer of the cream filling.

Use the bottom layer of plastic wrap to smoothly guide your ingredients into a tight roll. To serve, cut the roll into bite-size pieces, and serve with frosting, whipped cream or chocolate sauce.

TikTok Creamy Lemonade

The juice of 6 large lemons

1/2 C. sweetened condensed milk

1/8 C. white sugar (optional based on your sweetness preference)

3 lemons, sliced thin

Optional add-ins: raspberries, strawberries, mint, basil, etc.

In a pitcher, combine the 1/2 C. sweetened condensed milk and 1/8 C. white sugar. Stir until the sugar is dissolved.

Add the juice of 6 large lemons, and stir until it comes together.

Next, fill the pitcher up about halfway with water, and stir all ingredients to combine.

Fill the pitcher the rest of the way with ice, add the lemon slices, and stir until it's all well combined.

Toss in any additional add-ins.

Quote of the Week:

"I believe a leaf of grass is no less than the journey-work of the stars."

~ Walt Whitman