



CAMP NORTH STAR 2019 RECIPE BOOK

Breakfast Week

French Toast Fingers

Ingredients: 8 slices white bread, 2 eggs, $\frac{1}{4}$ c. milk, $\frac{1}{4}$ tsp. salt, $\frac{1}{2}$ tsp vanilla, $\frac{1}{2}$ c. jelly (grape, strawberry, orange marmalade) *optional- soy butter, banana, strawberry, cinnamon

Directions:

- In a small bowl, beat eggs, milk, salt, and vanilla
- Take 2 slices of bread and spread preserves, add banana slices or berries on 1 slice and top with 2nd slice of bread
- Trim crust and slice into three slips, dip both sides into egg mixture
- Cook on greased, hot griddle (2-3 minutes per side)

Crepes

Ingredients: $\frac{1}{2}$ c. flour, $\frac{3}{8}$ c. milk, $\frac{1}{2}$ tsp. Salt, 1 Tbsp. shortening (melted), 2 eggs

Directions:

- Sift flour, add salt
- Combine eggs, milk, shortening and add flour mixture and beat until smooth
- Pour $\frac{1}{4}$ - $\frac{1}{2}$ c. batter (very thin) and tilt pan to cover bottom of pan

- Cook 1-2 minutes, flip every 1-2 minutes
- Put syrup, brown sugar, butter or fruit inside, roll up and put whipped cream over top

Omelets

Ingredients: eggs, choice of veggies (chopped), choice of meat, choice of cheese, optional- salsa or ketchup

Directions:

- Whisk egg and water
- Coat pan with oil or butter
- Pour egg mixture in pan and tip pan to spread egg
- Once top has most of moisture gone, put in veggies, meat and cheese on 1 half of the circle
- Flip bare side over the top of the veggies and turn off heat
- Remove after 1-2 minutes

Berry Cream Cheese Pancake

Ingredients: 1 c. flour, 1 tsp. Sugar, $\frac{1}{2}$ tsp. Salt, $\frac{3}{4}$ tsp baking powder, 1 egg, 1 c. buttermilk, 1 Tbsp. butter, 3 c. sliced strawberries, 3 c. blueberries

Cream filling: 1 package cream cheese, $\frac{3}{4}$ c. confectioners sugar, $\frac{1}{2}$ tsp. Vanilla (put into a small bowl and mix until smooth)

Directions:

- Combine flour, sugar, salt, and baking powder into large bowl
- Beat egg, then stir in dry ingredients, just until moistened
- Pour $\frac{1}{3}$ c. onto greased hot griddle, turn when bubbles form, cook until golden (about 2-3 minutes)
- Spread filling down the center of pancake and top with berries, fold pancake over the filling

Pancake Art

Ingredients: 2 c. biscuit/baking mix, 1 $\frac{1}{4}$ c. milk, 1 egg beaten, 2 Tbsp. sugar, 1 tsp. Vanilla extract, 2 Tbsp. lemon juice, food coloring

Directions:

- Mix ingredients until smooth (without food coloring)
- Put batter into squirt bottles, add food coloring to each bottle to create the color you like
- Pour design on hot, greased griddle
- When batter bubbles on top, flip, cook second side until golden 2-3 minutes
- Top with butter, brown syrup, and brown sugar

Jungle Week

Singing Frog Cookies

Ingredients: $\frac{1}{4}$ c. butter, 1 egg, 2 c. flour, $\frac{1}{2}$ c. sugar, green food coloring, hard candies (red), white chocolate

Directions:

- Mix butter, egg, flour and sugar, food coloring, wrap in saran wrap, chill for 30 mins.
- Roll out batter, cut into circles, use smaller circles and cut out inside, use excess for eyes
- Bake 10 mins. At 350 degrees
- Place red candy in center and bake for 5 more minutes

- Melt white chocolate and spread on the back of one cookie and put another cookie over top

Jungle Cannikins

Cannikin- Small bucket or vessel, a small can or drinking cup

Ingredients: 1 pkg chocolate pudding, 2 c. milk, 1 tub cool whip, 1 pkg. Chocolate cookies (crushed), plastic cups, assorted jungle candy, animal crackers

Directions:

- Pour milk, add pudding in a large bowl
- Whisk 1-2 mins. Then set aside for 5 minutes
- Stir ½ cookies into pudding plus whipped topping
- Place 1 tbsp crushed cookie in bottom of plastic cup
- Fill ½ of the cup with pudding, adding gummy worms, bears, frogs, etc. as you go.
- Top with 1 tbsp. Cookie crumbs, animal crackers, jungle cummy candy

Jungle Popcorn

Ingredients: 2 c. popcorn kernels, 1 box animal crackers, ½ bag pretzels, chocolate animals

Directions:

- Pop popcorn in wok with oil and salt
- Combine all other ingredients

Monkey Bread

Ingredients

- 3 (12 oz) packages of refrigerated biscuit dough
- 1 cup of granulated sugar
- 2 teaspoons cinnamon
- 1 cup (2 sticks) butter
- 1 cup brown sugar
- ½ cup chopped walnuts (optional)
- ½ cup raisins (optional)

Directions:

- Heat Oven to 350 degrees. Put Foil Liners into muffin tin (I figured foil would be better than paper)
- Mix sugar and cinnamon in a plastic bag. Cut biscuits into thirds, and then cut into smaller pieces. Shake biscuit pieces in a plastic bag and add all pieces to 1 muffin cup.
- Continue until all biscuits are gone or muffin tins are full.
- In a small saucepan, melt the butter and brown sugar over medium heat. Boil for 1 minute.
- Spoon 1 teaspoon of mixture over each muffin tin.
- Bake at 350 for 17 minutes, or until done.
- Cool and eat! The muffins should just pull apart.

Beach Week

Sand Cannikins

Cannikin- Small bucket or vessel, a small can or drinking cup

Ingredients: 1 pkg vanilla pudding, 2 c. milk, 1 tub cool whip, 1 pkg. vanilla cookies (crushed), plastic cups, assorted beach themed candy, mini umbrella

Directions:

- Pour milk, add pudding in a large bowl
- Whisk 1-2 mins. Then set aside for 5 minutes
- Stir ½ cookies into pudding plus whipped topping
- Place 1 tbsp crushed cookie in bottom of plastic cup
- Fill ½ of the cup with pudding, adding gummy fish, shells, etc. as you go.
- Top with 1 tbsp. Cookie crumbs, candy

Beach Popcorn

Ingredients: 2 c. popcorn kernels, ½ bag pretzel goldfish,, chocolate shells

Directions:

- Pop popcorn in wok with oil and salt
- Combine all other ingredients

S'Mores Sandmen

Ingredients: three jumbo marshmallows, melting chocolate, graham crackers, skewers

Directions:

- Crush graham crackers

- Melt chocolate
- Dip marshmallows in chocolate and place on skewer
- Roll in graham cracker crumbs
- Dot on eyes with melted chocolate

Around the World Week

Fried Rice

Ingredients: White or brown rice (cooked according to directions), 1 egg, carrots (grated), scallions, finely chopped broccoli, 5 spice powder, soy sauce

Directions:

- In wok, add 1 egg and scramble, add rice (3c.)
- Once egg is cooked, add grated carrots, scallions, broccoli
- Cook until slightly crunchy, mix and add 5 spice powder to taste
- Add soy sauce to brown (1 Tbsp. per 1 c. rice)

Stir Fry

Ingredients: Thinly sliced green pepper, pea pods, red pepper, broccoli, carrots, onion, oil, 5 spice powder, soy sauce

Directions:

- In wok, add vegetables to oil
- Add 5 spice powder and ginger to taste
- Once vegetables are al dente, add water chestnuts, soy sauce and cook another 5 minutes

Pretzel Pigs in a Blanket w/ Polynesian and Honey Mustard Dipping Sauces

Ingredients: 8 Frozen dinner rolls (defrosted), 8 hot dogs, ¼ c. baking soda, 1 egg,
2 tbsp water, salt

Directions:

- Roll each dinner roll into an 18 in. rope and wind around hot dogs
- Press the dough onto itself at the top and bottom so it doesn't unroll
- Boil 3 qts. Water, carefully pour baking soda into boiling water
- Place 2 pretzel dogs into the water for about 30 seconds, remove with a slotted spoon to a cooling rack
- Combine egg and water mix well. Brush pretzel dogs with egg wash and sprinkle with salt. Bake at 450 degrees fahrenheit for 6-8 minutes

Honey Mustard Dipping Sauce:

Whisk together ½ c. mayonnaise, ¼ c. yellow mustard, ¼ c. honey, and a pinch of salt

Polynesian Dipping Sauce:

Whisk together 1. C California french dressing, 3 teaspoons apple cider vinegar, 6 tbsp honey

Chili

Ingredients: 2 ½ lbs. Ground meat, 5 red peppers, 5 green peppers, 1 lg. Onion, 6 c. kidney beans, 4 c. tomato sauce, 4 c. salsa, 5 tbsp chili powder, 5 tbsp cumin, 3 tbsp. Garlic powder, red pepper flakes to taste

Directions:

- Crumble and cook ground meat
- Saute red peppers and onion
- Add kidney beans, salsa, tomato sauce, veggies, and spices
- Simmer on low 30-45 mins. Or put in crockpot on low 4-6 hrs.

Apple Crisp

Ingredients: 2 c. sliced and pared apples, $\frac{1}{4}$ c. brown sugar, $\frac{1}{3}$ c. oatmeal, $\frac{1}{2}$ tsp. Cinnamon, $\frac{1}{2}$ tsp. Nutmeg, $\frac{1}{4}$ c. flour, 3 tbsp margarine

Directions:

- Line apples in 8x8 greased pan
- Start with margarine, blend with brown sugar, oatmeal, cinnamon, nutmeg, and flour until crumbly
- Spread crumbly mixture over apples
- Bake 30 mins. at 375 degrees fahrenheit

Pear Galette

Ingredients: 1 Pillsbury™ refrigerated pie crust, softened as directed on box, $\frac{1}{2}$ cup shredded sharp Cheddar cheese (2 oz), 5 ripe Bartlett or Anjou pears, peeled, cut into 1-inch slices, 1 tablespoon lemon juice, $\frac{1}{8}$ teaspoon ground nutmeg, $\frac{1}{4}$ cup packed brown sugar 3 tablespoons all-purpose flour, $\frac{1}{2}$ cup granulated sugar

Directions:

- 1 Heat oven to 400°F. Line 15x10x1-inch pan with parchment paper or wax paper; spray paper with cooking spray.
- 2 Remove pie crust from pouch; unroll on lightly floured work surface. Roll into 11-inch round; place in pan. Sprinkle cheese over crust to within 1 inch of edge.
- 3 In large bowl, toss pears with lemon juice and nutmeg. Add brown sugar and flour; toss gently. Mound pear mixture on center of crust to within 2 inches of edge. Fold edge of crust over pears, pressing gently to seal (crust will not cover pears in center).

- **4** Bake 30 minutes or until crust is lightly browned (filling may leak slightly during baking). Remove galette from pan and cool on cooling rack.
- **5** In 1-quart heavy saucepan, heat granulated sugar over medium heat about 4 minutes, stirring frequently, until sugar is dissolved. Cook and stir 1 minute or until golden. Remove from heat; drizzle caramelized sugar over galette.

Taco Cup

Ingredients: 1 lb ground beef (browned and drained), packet taco seasoning, 1 can petite diced tomatoes, wonton wrappers, shredded cheddar cheese, sour cream, salsa

Directions:

- Add a packet of taco seasoning to browned and drained ground beef
- Add diced tomatoes
- Stir to combine
- Line muffin tin with wonton wrappers
- Top with 1-2 tbsp taco mixture, 1 tbsp cheese
- Add wonton wrapper for top layer and top with more cheese
- Bake at 375 degrees fahrenheit for 12 mins.
- Top with salsa and sour cream if desired

Whoopie Pies

Ingredients: 1 c. sugar, 2c. Flour, ½ c. shortening, 1 egg, 5 tbsp cocoa, 1 tsp salt, 1 tsp baking soda, 1 c. milk, 1 tsp vanilla, 1 tsp. Baking powder

Directions:

- Mix all ingredients in a big bowl until creamy
- Spoon onto greased sheet or parchment paper

- Bake 8-10 Minutes

Filling: Mix 8 oz. cream cheese, ½ c. butter, 3 c. powdered sugar, 1 tsp. Vanilla, and a pinch of salt, then put in between two cakes

Veggie Lasagna Roll Up

Ingredients: Lasagna noodles, 1 tub ricotta cheese (add 1 egg and 1 c. parmesan), 16 oz. Mozzarella, 1 Jar spaghetti Sauce and 2 tsp. Italian seasoning, veggies of choice (finely sliced),

Directions:

- Lay out lasagna, spread 2 tbsp ricotta over top, leaving 2" at the end
- Put sauce over ricotta, about ¼ cup
- Add onion, spinach, zucchini, and broccoli bits over sauce
- Place 1 tbsp mozzarella over veggies
- Roll up and place in pan, seam down
- Cover well with sauce and sprinkle with a layer of cheese, cover lightly with foil
- Bake at 375 degrees fahrenheit for 25 minutes and uncover, bake the top if you want crispy

Imposter Food Week

Sugar Cookie Burgers

Ingredients: Bun-1 package sugar cookie mix, 2 eggs, $\frac{1}{3}$ c. vegetable oil, 1 tsp. Water; Toppings- $\frac{3}{4}$ c. flakes coconut (dyed green), red/yellow icing; Burger-Brownie Mix

Directions:

- In a large bowl, combine cookie mix, eggs, oil and water, mix well.
- Bake according to package
- Make brownies according to package, cut into circles when cool
- Put brownie in between two sugar cookies, add toppings as desired

Rice Krispie Sushi

Ingredients: 4 tbsp butter, 4 cups miniature marshmallows, 6 cups crispy rice cereal, 20 [gummy worms](#), 2 boxes green-colored Fruit Roll-Ups, 30 fish-shaped gummy candies

DIRECTIONS:

1. Prepare a 12 by 17 inch baking sheet by lining it with waxed paper and spraying the paper with [nonstick cooking spray](#).
2. Place 2 tablespoons of butter in a large microwave-safe bowl, and microwave until melted about 45 seconds.
3. Add 2 cups of miniature marshmallows to the bowl, and microwave until the marshmallows are completely melted, about 1 minute, stirring every 30 seconds. Stir the mixture until it is completely smooth.
4. Add 3 cups of rice cereal and stir until completely coated. Immediately pour the mixture out onto the prepared baking sheet. Spray your hands with nonstick cooking spray, and begin to press the candy into the sheet in a thin layer. Begin

working from the edge of the shorter side of the sheet. The mixture will only cover approximately half of the baking sheet.

5. With the short side of the baking sheet nearest you, place a pair of gummy worms an inch from the edge. Place another pair directly below, and repeat until you have a line of worms stretching across the baking sheet.
6. Using the waxed paper to help you, roll the cereal mixture around the gummy worms, pressing firmly to make a tight roll. Take a large [sharp knife](#) and cut the log away from the rest of the mixture. Place it off to the side, and repeat the worms/rolling/cutting procedure for the remainder of the cereal.
7. Slice the logs into 1-inch rounds. Wrap each round in a strip of green-colored Fruit Roll-Ups.
8. To make the fish-topped "nigiri," repeat steps 1 to 4 to make the rice candy [base](#), but do not press the rice mixture as thinly. It should be about 3/4 inch thick once pressed into the baking sheet.
9. Cut the candy into rectangles about 3/4 inch by 1 1/2 inches. Place a candy fish on top of each rectangle, and wrap a 1/2-inch strip of green Fruit Roll-Up around the entire package.
10. For a finishing touch, decorate your sushi platter to look more authentic. Suggestions include substituting [chocolate sauce](#) for soy sauce, green-tinted whipped cream (or melted white chocolate) for wasabi, and thinly sliced pink fish for pickled ginger.

Strawberry Muffin Ice Cream Cones

Ingredients: 2 c. flour, ½ c. sugar, 2 tsp. Baking powder, ½ tsp. Baking soda, ½ tsp. Salt, 2 eggs, 1 carton strawberry yogurt, ½ c. vegetable oil, 1 c. fresh strawberries, 15 cake ice cream cones, 1 c. semisweet chocolate chips, 1 tbsp. Shortening, colored sprinkles

Directions:

- In a large bowl, combine the first 5 ingredients. In another bowl, beat eggs, yogurt, oil and strawberries; stir into dry ingredients just until moistened. Place the ice cream cones in muffin cups; spoon about 3 tbsp. batter into each cone.
- Bake at 375 degrees for 19-21 minutes or until a toothpick inserted near the center comes out clean. Cool completely.
- In a saucepan over low heat, melt chocolate chips and shortening; stir until smooth. Dip muffin tops in chocolate; decorate with sprinkles.

Candy Apple Cupcakes

Ingredients: 1 package spice or carrot cake mix, 2 c. chopped, peeled, tart apples, 20 caramels, 3 tbsp milk, 12 popsicle sticks

Directions:

- Prepare cake batter according to package directions, fold in apples.
- Fill 12 lined muffin cups, bake at 350 degrees for 20 minutes
- In a saucepan, cook the caramels and milk over low heat until smooth
- Spread over cupcakes
- Insert a wooden stick into the center of each