



DYNAMITE RECIPES



SUMMER 2018 COOKBOOK



At Camp Settoga, we are thoughtful about food—where it is sourced, how it is prepared, and the healthy variety of options that campers are exposed to throughout the summer. In our culinary center, we introduce fruits and vegetables from our garden while creating kid-approved snacks and dishes, which campers can now share with family and friends at home!

These recipes were prepared with Chef Talia during our cooking activities throughout the summer. Check out www.cheft4kids.com for more. Happy cooking!



BERRY YOGURT ICE POPS

Yields: Approx. 6-8 pops

INGREDIENTS:

- 1 cup fresh berries
- 2 cups vanilla yogurt (Greek, coconut milk, or your favorite)
- 1 teaspoon honey/agave (optional)

INSTRUCTIONS:

1. Gently mash the berries using a fork or whisk.
2. Add the yogurt and honey. Mix well.
3. Pour mixture evenly into ice pop molds.
4. Insert ice cream sticks and freeze until solid (approx. 6-8 hours).



BLACK BEAN BROWNIES

Yields: 12 servings

INGREDIENTS:

- 1 ½ cups black beans (15-ounce can), drained and rinsed very well
- 2 tablespoons cocoa powder
- ½ cup quick oats
- ¼ teaspoon salt
- ½ cup agave or maple syrup
- ¼ cup coconut or vegetable oil
- 2 teaspoons vanilla extract
- ½ teaspoon baking powder
- ⅔ cup chocolate chips

INSTRUCTIONS:

1. Preheat oven to 350°.
2. Combine all ingredients except chocolate chips in food processor and blend until completely smooth. (A blender will work, but the texture and taste might change slightly.)
3. Stir in the chips, then pour into a greased 8x8 pan. Optional: Sprinkle some extra chocolate chips over the top.
4. Cook 15 to 18 minutes. Let cool at least 10 minutes before cutting, as brownies need time to become firm.





BLACK BEAN SALSA

Yields: About 6 cups

INGREDIENTS:

- 1 can (15 ounces) yellow whole kernel corn
- 1 can (15 ounces) black beans
- 1 cup chopped red onion
- 2 cups chopped tomatoes
- $\frac{1}{4}$ cup chopped fresh cilantro
- Juice from 1 lime
- $\frac{1}{2}$ teaspoon cumin
- 2 tablespoons olive oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ cup seeded and chopped jalapeños (optional)
- Tortilla chips

INSTRUCTIONS:

1. Place all ingredients (except tortilla chips) in a large bowl and stir to combine.
2. Serve with tortilla chips.



FRUIT PIZZA

Yields: 6-8 slices

INGREDIENTS:

- Crust/Base:
Whole wheat tortilla or graham cracker
- Sauce:
Chocolate spread, flavored yogurt, or sunflower butter
- Toppings:
Berries, mandarin oranges, kiwi, pineapple, grapes, coconut, mint leaves, or dried fruit

INSTRUCTIONS:

1. Spread your favorite "sauce" onto your pizza base.
2. Chop up your favorite fruit and "decorate" the pizza.
3. Sprinkle your favorite toppings.





HONEY MINT TEA

Yields: 8 cups

INGREDIENTS:

- 2 quarts water
- ½ cup fresh mint leaves
- ¼ cup honey
- 2 tablespoons lemon juice

INSTRUCTIONS:

1. Muddle mint leaves in the bottom of a big jar or pitcher and add water.
2. Let steep for as long as possible if unable to use boiling water.
3. Remove leaves; add honey and lemon juice.
4. Serve warm or chill in refrigerator.



ISRAELI SALAD

Yields: 6-8 servings

INGREDIENTS:

- 1 pound cucumbers, diced
- 1 pound fresh ripe tomatoes, seeded and diced
- ½ cup minced purple onion (optional)
- ½ cup minced fresh parsley
- ¼ cup extra virgin olive oil
- 3 tablespoons fresh lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper

INSTRUCTIONS:

1. Dice all the vegetables into small cubes and place into a large mixing bowl.
2. Add the parsley, olive oil, lemon juice, salt, and pepper.
3. Mix until all the vegetables are well coated.





MONSTER ENERGY BALLS

Yields: Approx. 16 balls

INGREDIENTS:

- 1 ½ cups old-fashioned oats
- ½ cup sunflower butter
- ¼ cup honey

ADD-IN OPTIONS (CHOOSE 2):

- ½ cup mini candy-coated chocolates
- ½ cup raisins or dried cranberries
- ½ cup mini chocolate chips
- ½ cup coconut
- ½ cup chopped dried apples

INSTRUCTIONS:

1. Mix all of the ingredients in a bowl.
2. Stir well for a few minutes until everything is combined and coated with wet ingredients.
3. Roll mixture into small balls (approx. 1-1 ½ inches).
4. Place balls on a cookie sheet lined with parchment paper. Allow to set in refrigerator until solid.



NO-COOK GRANOLA

Yields: 4 servings

INGREDIENTS:

GRANOLA BASE

- 2 cups old-fashioned rolled oats (pre-toasted)
- 2 tablespoons coconut or olive oil
- 3 tablespoons honey
- 1 teaspoon cinnamon
- ¼ teaspoon salt

ADD-INS:

- 2-3 tablespoons dried fruit (dates, apricots, cherries, blueberries, raisins, or cranberries, or chop any larger dried fruits into dime-size pieces)
- 2-3 tablespoons coconut flakes
- 2-3 tablespoons pumpkin and/or sunflower seeds
- 2-3 tablespoons mini chocolate chips

INSTRUCTIONS:

1. Mix all base ingredients in a bowl, stirring well to coat.
2. Fold in desired add-ins.
3. Serve with yogurt or milk.





PINEAPPLE SALSA

Yields: About 3 cups

INGREDIENTS:

- 2 cups diced fresh pineapple
- ½ cup fresh cilantro, chopped
- ¼ cup finely chopped red onion
- 1 serrano pepper, seeded and finely chopped
- ⅛ teaspoon fine sea salt
- Zest and juice from 1 lime

INSTRUCTIONS:

1. Toss all ingredients together in a bowl.
2. Chill until ready to serve.



RAINBOW FRUIT ICE POPS

Yields: 8-10 servings

INGREDIENTS:

- 2 cups berries (blueberries, raspberries, strawberries, blackberries)
- ½ cup pineapple
- ½ cup mandarin oranges
- ½ cup green grapes or kiwi
- 1 ½-2 cups white-grape juice or coconut water

INSTRUCTIONS:

1. Chop fruit into small pieces. Layer each fruit into ice pop molds to make a rainbow, or mix together.
2. Pour enough juice into each mold to cover the fruit.
3. Insert ice cream sticks and freeze until solid (approx. 6-8 hours).





SOFT PRETZELS

Yields: 8-10 pretzels

INGREDIENTS:

- 4 cups self-rising flour
- 1-2 cups lukewarm water
- 1 teaspoon salt
- 1 tablespoon sugar
- 2 eggs, beaten
- Coarse salt or cinnamon-sugar for sprinkling

INSTRUCTIONS:

1. Preheat oven to 425°. Line baking sheet with parchment paper or coat with cooking spray.
2. In a large bowl, mix flour, salt, and sugar. Slowly add the water and mix until dough is thick. Knead the dough for 3-5 minutes. (Use your judgment to determine if additional water/flour is needed.)
3. Separate the dough into 8-10 individual sections and roll into ropes. Place on baking sheet. Twist into a pretzel shape or be creative! Pretzel sticks or bites may be easier for small hands.
4. Use a brush to coat the pretzels with the egg wash. Place on baking sheet and sprinkle with salt or cinnamon-sugar.
5. Bake 10 minutes or until the tops turn a light brown.



TOMATO SALSA

Yields: 1 cup

INGREDIENTS:

- 1 large tomato
- 1 garlic clove
- 1 mild green chili pepper (optional)
- 5 sprigs fresh cilantro
- Juice from $\frac{1}{4}$ lime
- Salt
- Tortilla chips

INSTRUCTIONS:

1. Dice the tomato and put it in a medium-size bowl.
2. Mince the garlic and add it to the tomato.
3. Mince the chili pepper and add 1 tablespoon to the bowl.
4. Finely chop the cilantro and add 2 tablespoons to the salsa.
5. Squeeze the lime juice over the mixture and add a pinch of salt. Stir to combine.
6. Taste the salsa and add more of any of the ingredients as needed.
7. Serve with tortilla chips.



CAMP SETTOC



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STRAWBERRY-MINT LEMONADE

Yields: 6 cups

INGREDIENTS:

- 2 cups lemon juice (about 15 lemons)
- 1 cup strawberries, chopped
- 1 cup cane sugar
- 6 fresh mint leaves, minced
- 6-8 cups water

INSTRUCTIONS:

1. Combine lemon juice, strawberries, sugar, and mint in a pitcher.
2. Muddle, then let sit for 10-15 minutes.
3. Add 6 cups of water, stir, and taste.
4. Add more water if too sweet or sour.



WHITE BEAN HUMMUS WITH DILL

Yields: 8 servings

INGREDIENTS:

- 1 can (15 ounces) white northern beans, drained and rinsed
- ½ cup olive oil
- Juice from 1 lemon
- 1 clove garlic
- ⅓ cup fresh dill, stems removed
- ½ teaspoon salt

INSTRUCTIONS:

1. Combine beans, olive oil, lemon, garlic, dill, and salt in food processor until smooth.
2. Serve with sliced vegetables or chips.



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