



SUMMER 2019 COOKBOOK





BAKED CINNAMON CHURROS

Yield: 18-20 servings

INGREDIENTS:

- 1 box puff pastry sheets
- 2 eggs, beaten
- 6 tablespoons sugar
- 1 teaspoon cinnamon

INSTRUCTIONS:

1. Cut the pastry sheets into strips (4 per sheet). On a lightly floured surface, roll out pastry strips to make a bit longer.
2. Brush lightly with beaten egg. Twist each strip into spirals, pressing ends to gently adhere.
3. Place 1 inch apart on lined baking sheet and bake at 350 degrees for 12-16 minutes until puffed and golden.
4. While churros are baking, mix the sugar and cinnamon in a bowl.
5. While still warm, toss or sprinkle with cinnamon-sugar mixture.



BANANA "NICE" CREAM

Yield: 4-6 servings

INGREDIENTS:

- 5 ripe bananas (presliced into coins and frozen overnight in an airtight bag)
- ½-1 cup milk (soy, almond, or dairy)

ADD-IN OPTIONS:

- 2 cups frozen berries
- 2 tablespoons cocoa powder

INSTRUCTIONS:

1. Blend the frozen banana pieces and berries or cocoa powder in a powerful blender (a food processor works too). Keep blending until you see the mixture shift to a creamy texture. Add milk as needed to help the mixture come together.
2. Blend for a few more seconds to aerate the ice cream.
3. Enjoy the ice cream immediately and it will be more like a frozen yogurt, or freeze for a bit to harden.





BLACK BEAN + CORN SALAD

Yield: About 8 servings

INGREDIENTS:

- 1 can (14 ounces) black beans, drained and rinsed
- 2 cups corn kernels
- 1 bell pepper, chopped and seeded
- ½ red onion, chopped
- 1½ teaspoons cumin
- 1 lime, juiced
- ¼ cup cilantro, finely chopped
- 2 tablespoons olive oil
- Salt + pepper, to taste

INSTRUCTIONS:

1. Combine all ingredients in a bowl. Mix well.
2. If time allows, let stand 10-15 minutes to allow flavors to combine. Mix again and enjoy!



BLUEBERRY ENERGY BITES

Yield: About 16 bites

INGREDIENTS:

- 1 cup dry oats
- $\frac{1}{4}$ cup almond, peanut, or sunflower butter
- $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ cup dried blueberries
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon vanilla
- Salt (optional)

INSTRUCTIONS:

1. Mix oats, nut butter, and honey in a large bowl.
2. Add dried blueberries, cinnamon, vanilla, and salt. Mix to combine all of the ingredients.
3. Place bowl in refrigerator for 30-60 minutes or until the mixture has become firm.
4. Mold mixture into bite-size balls.





BLUEBERRY MINT LEMONADE

Yield: 10-12 cups

INGREDIENTS:

- 2 cups lemon juice
- 1 cup blueberries
- 1 cup cane sugar
- 15-20 fresh mint leaves
- 6-8 cups water

INSTRUCTIONS:

1. Combine lemon juice, blueberries, and cane sugar in a pitcher. Muddle, then let sit for 10-15 minutes.
2. Add 6-8 cups of water, stir, and taste. Add additional water if too sour or sweet.
3. Pour over ice and enjoy.



BRUSCHETTA WITH LEMON RICOTTA

Yield: 12 small servings

INGREDIENTS:

- Challah bread
- 2 fresh lemons
- 2 cups low-fat or whole-milk ricotta
- Extra-virgin olive oil
- Sea salt
- Honey
- Apples (optional)

INSTRUCTIONS:

1. Slice challah lengthwise into 2 smaller loaves. Slice $\frac{3}{4}$ -inch pieces from each and toast.
2. Zest lemons; reserve the zest. Juice lemons and mix with ricotta cheese.
3. Smear toasted challah slices with lemon ricotta.
4. Drizzle with olive oil and sprinkle sea salt on top of the ricotta, then drizzle honey. Sprinkle each slice with lemon zest. Serve while still warm by itself or with fresh fruit.





CLASSIC BRUSCHETTA

Yield: 8 servings

INGREDIENTS:

- ½ baguette
- ¼ cup olive oil
- 4 large or 6 small vine tomatoes
- 2 garlic cloves (2 teaspoons minced)
- 16–20 fresh basil leaves
- 1 teaspoon sea salt
- ½ teaspoon pepper
- 1 tablespoon balsamic vinegar

INSTRUCTIONS:

1. Preheat oven to 450 degrees and line a baking sheet with parchment paper or cooking spray.
2. Slice bread and brush top with a light coating of olive oil. Toast bread for 5–8 minutes until golden brown.
3. Chop the tomatoes into cubes. If time allows, remove all the seeds prior to chopping. Transfer to mixing bowl.
4. Mince the garlic and chiffonade* the basil. Combine in the mixing bowl with the tomatoes, salt, pepper, and 2 tablespoons olive oil. Place a heaping spoonful of the tomato mixture on a piece of toasted baguette.

**Chiffonade means “little ribbons” in French. To chiffonade basil, stack leaves on top of each other, roll up, and cut into ribbons.*



COCONUT LIME ICE POPS

Yield: About 10 pops.

May vary depending on mold.

INGREDIENTS:

- 2 cups vanilla yogurt (regular, Greek, or coconut milk)
- 2 limes, zested and juiced
- $\frac{3}{4}$ cup lime juice
- 2 tablespoons honey or maple syrup

INSTRUCTIONS:

1. In a bowl or blender, combine vanilla yogurt, lime juice, lime zest, and honey or maple syrup. Mix.
2. Pour into ice pop molds and allow to freeze.



COCONUT MACAROONS

Yield: About 18

INGREDIENTS:

- 3 egg whites
- 2 cups unsweetened coconut flakes
- ½ cup cane sugar
- 1 teaspoon vanilla extract
- Pinch salt

ADD-IN OPTIONS:

- 2 tablespoons melted dark chocolate
- ½ cup dried cherries, apricots, or cranberries, chopped
- 2 tablespoons guava paste
- ⅓ teaspoon each cayenne pepper + cinnamon

INSTRUCTIONS:

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper or cooking spray.
2. Use a whisk to beat egg whites until frothy. NOTE: This can be done by hand flicking the whisk back and forth, rather than in circles. (No electric mixer is needed.)
3. Add remaining ingredients, including add-in options, and mix with spatula until combined. Wet hands, shake off excess water, and scoop 1 or 2 tablespoons of batter into hands and press into balls.
4. Bake 15-18 minutes until golden.





FRUIT SALSA

Yield: About 2 cups

INGREDIENTS:

- 1 cup diced strawberries
- ½ cup quartered or halved grapes
- ⅓ cup torn mint leaves
- ½ cup sugar-free strawberry preserves
- 1 cup diced pears

INSTRUCTIONS:

1. In a large bowl, stir together all the ingredients. Tip: Tear mint leaves by hand or chiffonade.*
2. Serve with cinnamon chips or a sweet cracker or cookie.

**Chiffonade means “little ribbons” in French. To chiffonade mint, stack leaves on top of each other, roll up, and cut into ribbons.*



GAZPACHO

Yield: 6-8 servings

INGREDIENTS:

- 8 plum tomatoes, peeled
- 1 large seedless cucumber, chopped
- 1 bell pepper, chopped
- 1 red onion, chopped
- 1 clove garlic
- 1 lemon, zested and juiced
- Extra-virgin olive oil, to taste (approximately $\frac{1}{4}$ cup)
- Red wine vinegar (4-6 tablespoons, to taste)
- Salt + pepper, to taste

INSTRUCTIONS:

1. Combine the first 6 ingredients in a food processor or blender. While the food processor/blender is running, drizzle in the olive oil and red wine vinegar and continue blending until smooth.
2. Add salt and pepper to taste.
3. Serve with your choice of garnish.



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empower. inspire. challenge.

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empower. inspire.

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empower.

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HOMEMADE GUACAMOLE

Yield: About 2 cups

INGREDIENTS:

- ¼ cup finely minced red onion
- 2 plum tomatoes, seeded and diced
- ¼ cup cilantro leaves and tender stems, chopped
- 3 ripe Haas avocados
- 1 lime, juiced
- Salt, to taste
- ½ teaspoon garlic powder (optional)
- 1 to 2 teaspoons minced jalapeño or serrano pepper (optional)

INSTRUCTIONS:

1. Add minced onion, tomatoes, and cilantro to a medium bowl.
2. Cut avocados in half lengthwise and remove the pit. Scoop out the flesh and add to bowl.
3. Add lime juice, salt, garlic powder, and jalapeño or serrano if including. Use a fork to mash until creamy but still chunky.
4. Serve with sliced vegetables or tortilla chips.



ISRAELI CARROT SALAD

Yield: About 4-6 servings

INGREDIENTS:

- 2 cloves garlic
- 8 sprigs fresh parsley, stems removed
- 1 pound carrots, peeled
- 2 tablespoons lemon juice
- 2 tablespoons orange juice
- 4 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- Several grinds pepper

INSTRUCTIONS:

1. Place the garlic and the parsley in the bowl of a food processor equipped with a steel blade, and chop or julienne. (If you don't have a food processor, you can peel each carrot and use the carrot "ribbons"; a spiralizer would work too.)
2. In a bowl add the carrots, lemon juice, orange juice, oil, salt, and pepper. Mix well.
3. Pulse until the carrots are well chopped but not pureed. Adjust the seasoning to taste and serve.



What makes a great
COMMUNITY?

staff
empower. inspire. challenge.

staff
empower. inspire. challenge.

believe

believe

help
be kind
share
love
kindness
help
be kind
share
love
kindness



ORANGE CREAMSICLE SMOOTHIE

Yield: About 6 glasses

INGREDIENTS:

- 1 cup orange juice; add more if needed
- 1 cup frozen mango chunks; add more if needed
- 1 cup carrots, finely chopped or shredded
- $\frac{1}{2}$ cup vanilla coconut milk

INSTRUCTIONS:

1. Combine all ingredients in a blender and blend until smooth, adding more orange juice or mango as needed.
2. Serve immediately and enjoy.



PIZZA HUMMUS

Yield: About 6-8 servings

INGREDIENTS:

- 1 can (15 ounces) garbanzo beans, drained and rinsed
- ¼ cup tahini paste
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons tomato paste
- 1½ tablespoons fresh-squeezed lemon juice
- 1 tablespoon dried basil
- 5-6 stems fresh oregano (just the leaves)
- Kosher salt, to taste
- 2 tablespoons grated Parmesan cheese

INSTRUCTIONS:

Combine all the ingredients except cheese in the blender and puree until smooth. If the hummus is too thick, add a bit of water at a time until smooth and creamy. Add the cheese and pulse until incorporated.





SPINACH-BASIL PESTO

Yield: About 1 cup

INGREDIENTS:

- 2 cups spinach
- 1 cup fresh basil
- 1 lemon, juiced
- $\frac{1}{4}$ cup Parmesan cheese
- Pinch salt + pepper
- 2-4 tablespoons olive oil
(more if needed)

INSTRUCTIONS:

1. Add spinach, basil, and lemon juice to food processor/blender and pulse until everything is broken down.
2. Add Parmesan cheese and seasoning and continue to pulse, streaming in oil, until smooth.



STRAWBERRY- CITRUS ICE POPS

Yield: About 8 ice pops

May vary depending on mold.

INGREDIENTS:

- 2 cups fresh strawberries, sliced
- $\frac{1}{4}$ cup water
- 1 tablespoon sugar or honey
- 2 cups clementine segments (about 10 clementines)
- $\frac{1}{4}$ cup orange juice

INSTRUCTIONS:

1. Place strawberries, water, and sugar in blender or food processor. Add clementines and orange juice; pulse until combined.
2. Pour or spoon into ice pop molds.
3. Top with foil and insert popsicle sticks through foil.
4. Freeze until firm.





VEGETABLE DUMPLINGS

Yield: 16 dumplings

INGREDIENTS:

- 2 cloves garlic, peeled and minced
- ½ onion, finely chopped
- ½ bell pepper, finely chopped
- 2 tablespoons ginger, peeled and grated
- 2 tablespoons fresh basil, thinly sliced
- 16 dumpling wrappers
- 2 tablespoons olive oil
- Sweet and soup dipping sauce (optional)

INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. In a bowl, combine the first 5 ingredients.
3. Lay out all the dumpling wrappers and place 2 teaspoons of the filling in the center of each wrapper. Using your fingertip, wet the edges of each wrapper with water.
4. Fold the wrappers over the filling in a half moon shape. Pinch the edges together with your fingers.
5. Place dumplings on a foil-lined baking sheet and spray or brush with olive oil.
6. Bake until the dumplings are golden brown, about 5-7 minutes.
7. Serve with your favorite sweet and sour dipping sauce, if desired.

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!



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Photos of Camp Settoga by Alyson Potter