

Mini Canes Recreational Sports Camp

2012 COOKBOOK



Have fun with food!

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Personal Pizza

What you need:

Sandwich thins roll (makes 2) spaghetti or pizza sauce grated mozzarella cheese.

You may also add toppings:

1. pepperoni
2. mushrooms
3. bell peppers

What do you do:

1. Spread sauce on roll
2. Add toppings, then sprinkle cheese on top
3. Bake at 400° until cheese is melted.



Soft and Chewy Chocolate Chip Cookies

What you need:

- ❖ 2 ¼ cups all-purpose flour
- ❖ ½ teaspoon baking soda
- ❖ 1 cup (2 sticks) unsalted butter, room temperature
- ❖ ½ cup granulated sugar
- ❖ 1 cup packed light brown sugar
- ❖ 1 teaspoon salt
- ❖ 2 teaspoons vanilla extract
- ❖ 2 large eggs
- ❖ 2 cups semisweet or milk chocolate chips (about 12 ounces)

What to do:

1. Preheat oven to 350°
2. In a small bowl, mix flour and soda
3. In a large bowl, combine butter with sugars. Mix until fluffy
4. Add salt, vanilla and eggs. Mix.
5. Add flour mixture until well combined. Stir in chocolate chips
6. Drop Tablespoon size balls of dough about 2 inches apart on parchment lined cookie sheets
7. Bake until cookies are golden around edges, but soft in center. 8 to 10 minutes.



Apple Pie Party Dip

Ingredients for Dip:

- 1 1/3 cups peeled, cored and diced apple
- 1 teaspoon fresh lemon juice
- 2 teaspoons brown sugar
- 2 teaspoons apricot preserves
- 1/8 teaspoon cinnamon

1. Combine all ingredients in a bowl, than cover and refrigerate the mixture until chilled
 - 5 (6") flour tortillas
 - 2 tablespoons butter, melted
 - 1/2 teaspoon cinnamon
 - 1 1/2 tablespoon sugar
1. Cut the tortillas into wedges, then brush with butter
2. Arrange the wedges on a greased baking sheet, sprinkle with cinnamon-sugar and bake at 350° until golden brown, about 10 minutes. Cool before serving.



Cheesy Quesadillas

What you need:

- Pat of butter
- 1 flour or corn tortilla
- ¼ cup grated Mexican blend cheese

What to do:

1. In a frying pan melt the butter over medium heat.
2. Set the tortilla in pan and sprinkle with cheese.
3. Fold the tortilla over the cheese.
4. Cook for about 2 minutes. Use a spatula to flip tortilla over. Cook for 2 minutes or until brown.



Apple Cookies

What you need:

- ¼ cup of butter
- ¼ teaspoon of salt
- ½ cup of sugar
- ¼ cup of sour cream
- ½ cup of brown sugar
- ½ cup of raisins
- 1 egg
- 1 cup of finely chopped unpeeled apples
- 1 teaspoon of vanilla
- 1 ½ cup of sifted flour
- 1 teaspoon of baking powder
- ½ teaspoon of baking soda

What to do:

1. Cream butter with sugars; beat in egg and vanilla.
2. Sift together the dry ingredients then add to creamed mixture alternately with sour cream, raisins and chopped apples.
3. Drop cookie dough by teaspoons onto sheet lined with parchment paper.
4. Bake at 375° for 12 to 15 minutes.



Oatmeal Cranberry Chocolate Chip Cookie

What you need:

- $\frac{2}{3}$ cup of butter or margarine, softened
- $\frac{2}{3}$ cup of brown sugar
- 2 large eggs
- $1\frac{1}{2}$ cups old fashioned oats
- $1\frac{1}{2}$ cup flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 5ounce package craisins
- $\frac{2}{3}$ cup white or chocolate chips

What to do:

1. Beat butter or margarine and sugar in a medium bowl until fluffy.
2. Add eggs, mixing well.
3. Combine oats, flour, baking soda and salt in a separate bowl.
4. Add dry ingredients to butter mixture mixing well.
5. Stir in cranberries and chips.
6. Drop by rounded teaspoonfuls onto a cookie sheet lined with parchment paper.
7. Bake at 375° for 10-12 minutes or until golden brown.



Snicker Doodles

What you need:

- 1 stick of margarine
- 2 $\frac{3}{4}$ cups flour
- 1 $\frac{1}{2}$ cups granulated sugar
- 2 eggs
- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 3 tablespoons sugar
- 1 tablespoon cinnamon

What do you do:

1. Stir margarine and sugar until well mixed.
2. Add eggs and mix well.
3. Add dry ingredients until dough is blended.
4. Place sugar and cinnamon in a zip lock bag.
5. Use a teaspoon to scoop up some dough. Roll dough into a ball and drop into the zip lock bag. Gently shake until covered with cinnamon.
6. Place balls on cookie sheets.
7. Cook at 350° for 8-10 minutes



Potato Chip Cookies

(MAKES 100 COOKIES)

What you need:

- 4 sticks margarine
- 2 teaspoons vanilla
- 1 cup crushed potato chips
- 1 ¼ cups granulated sugar
- 3 ¼ cups flour
- 1 cup chopped pecans (optional)
- Confectioner's sugar

What you do:

1. Preheat oven to 350°
2. Combine the margarine and sugar
3. Add the vanilla and then the flour. Mix well
4. Add the potato chips and mix well
5. Using a teaspoon, measure the dough into small balls and place on an ungreased cookie sheet. Bake for 15 minutes
6. Roll in confectioner's sugar.



Web Sites

www.miami.edu/wellness/camp

(305) 284-8510

Mini Canes Camp

www.discountschoolsupply.com

1-(800) 627-2829

Discount School Supply

www.oriental.com

1-(800) 228-2269

Oriental Trading Company

<http://lboondogleman.com>

Lanyards

<http://kidscooking.about.com/od/howtocook/ht/rulesforkidcook.htm>

How To Teach Kids Basic Cooking Rules

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Student Exhibits Handbook