

Mini Canes Recreational Sports Camp

2010 COOKBOOK



15 Years of Fun In The Kitchen!

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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

Personal Pizza

What you need:

- 1 canned biscuit
- spaghetti or pizza sauce shredded mozzarella pepperoni.

What to do:

1. Preheat oven to 375°F.
2. Flour hands and flatten biscuit using palm.
3. Place on aluminum foil.
4. Spoon sauce on biscuit, add topping and cheese
5. Bake about 12 minutes or until done

Cheesy Quesadillas

What you need:

Pat of butter
1 flour or corn tortilla
¼ cup grated cheddar cheese

What you do:

- In a frying pan. Melt the butter over medium heat.
- Set the tortilla in the pan and sprinkle with cheese.
- Fold half of the tortilla over the cheese to form half circle.
- Cook for about 2 minutes. Use a spatula to flip tortilla over. Cook for 2 minute or until brown.

Sandy's Famous Chocolate Chip Cookies

What you need:

2 cups (4 sticks) margarine, warmed to room temperature
2 cups brown sugar
1 ½ cups granulated sugar
2 tablespoons of real vanilla
3 eggs
½ teaspoon salt
½ teaspoon baking soda
6 cups all purpose flour
3 cups real chocolate chips

What do you do:

1. Preheat oven to 350°.
2. In a large mixing bowl, beat brown sugar, margarine and granulated sugar.
3. Add 2 tablespoons vanilla and eggs.
4. In a medium bowl mix the dry ingredients.
5. Combine the dry ingredients and the wet ingredients and mix well.
6. Add chocolate chips.
7. Form rounded teaspoons of dough into balls and place on a cookie sheet, flattening slightly.
8. Bake for 9-10 minutes. Let cool for 5 minutes.

Ironed Grill Cheese Sandwiches

What you need:

1 slice of bread
1 slice of cheese
1 pat of butter

What you do:

1. Spread butter on one side of the bread.
2. Cut the bread in half.
3. Fold the cheese in half and place on buttered sides of bread.
4. Place sandwich on the aluminum foil with the buttered sides out.
5. Fold the foil over the sandwich.
6. Iron both sides of the sandwich until the cheese melts and the bread is brown.

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.

Oatmeal Cookies with Dried Cranberries

1 ½ cups all purpose flour
1 teaspoon cinnamon
½ teaspoon salt
½ teaspoon baking soda
½ teaspoon baking powder
1 cup (2sticks) unsalted butter, room temperature
1 cup firmly packed dark brown sugar
½ cup granulated sugar
2 large eggs
1 teaspoon pure vanilla extract
2 cups old fashioned rolled oats
2 cups dried cranberries

Preheat oven to 350 degrees

Combine in a medium bowl flour, cinnamon, salt, baking soda, and baking powder. In a large bowl, beat the butter and sugars until light and fluffy. Add eggs and vanilla and beat until combined. Add flour mixture and beat until combined. Stir in oats and cranberries. Using a small ice cream scoop; drop dough on cookie sheet.

Bake 20 minutes or until edges are just turning brown. Makes 4 dozen cookies.

Monkey Bread

1 refrigerator biscuit
1 tablespoon granulated sugar
1 teaspoon ground cinnamon
1 teaspoon margarine/butter
Nuts, if desired

Preheat oven to 400 degrees

Cut refrigerator biscuit into 6 pieces. Roll each piece into a ball. Roll balls in cinnamon/sugar mixture. Place in muffin cup. Add nuts if you like. Sprinkle sugar mixture on top. Put margarine on top.

Bake for 15 minutes

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://lboondoggleman.com>

Lanyards

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

How To Teach Kids Basic Cooking Rules

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