Mini Canes Recreational Sports Camp

2011 COOKBOOK

Have fun with food!
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Personal Pizza

What you need:  • 1 Sandwich thins roll
• spaghetti or pizza sauce shredded mozzarella cheese pepperoni.

May also be added:

Olives
Tomatoes.
Mushrooms
Onions
Green Peppers
Chicken
Ham

What you need:

1. Preheat oven to 400º
2. Aluminum foil.
3. Spoon sauce on sandwich thin.
4. Add Toppings.
5. Sprinkle shredded cheese on top
6. Place on cookie sheet and put in oven.
7. Cook until cheese melts
Fabulous French Toast

Prep Times: about 15 minutes:

Ingredients:
- 1 egg
- ¼ c. milk
- Dash of vanilla extract
- 1 tbsp. magazine
- 2 pieces of bread

Utensils:
- medium-size bowl
- mixing spoon
- frying spoon
- frying pan
- stove (you’ll need help from your adult assistant)
- spatula
- serving plate
- measuring cups and spoons

Directions:
1. Crack the egg into a medium-size bowl and beat well. Then mix in the milk and vanilla extract.
2. Put the margarine in a frying pan. Heat the pan on the stovetop on medium heat. It’s hot enough when the margarine starts to bubble.
3. Dunk each piece of bread in the egg mixture. Make sure the bread is totally covered.
4. Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes).
5. Use a spatula to flip the bread over, and cook again for another 5 minutes.
6. Use the spatula to transfer the French toast to a plate.
Chocolate Chip Cookies

Ingredients:

- ¾ cup rolled oats
- 1 cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup butter, softened
- ¼ cup canola oil
- 1/3 cup granulated sugar
- 1/3 cup brown sugar
- 1 large egg
- 1 teaspoon vanilla extract

Preparation:

1. Preheat oven to 350º F. Coat 2 baking sheets with cooking spray.
2. Grind Oats in blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla, beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.
3. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the prepared baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.
Blueberry Oatmeal Squares

**Prep and cook time:** 25 minutes

**What you need:**

- 1 ½ cups

1 ½ cups quick oats
1 ½ cup whole-wheat flour
½ teaspoon baking soda
½ teaspoon salt
2 teaspoons cinnamon
½ cup fresh or frozen blueberries
1 egg
1 cup skim milk
3 tablespoons apple sauce
¼ cup brown sugar
2 teaspoons vanilla extract

**Equipment and Supplies:**

- Large mix bowl
- 9 x 13-inch baking pan
- Measuring cups and spoons

**What to do:**

1. **Preheat** oven to 350º F.
2. Coat baking pan with cooking spray.
3. Place all of the ingredients into a large bowl and mix until just combined.
4. Pour into prepared pan and bake for 20/25 minutes or until a toothpick inserted into the center comes out clean.
5. Allow to cool for 5 minutes and cut into squares.
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  
Mini Canes Camp  
(305) 284-8510

www.discountschoolssupply.com  
Discount School Supply  
1-(800) 627-2829

www.oriental.com  
Oriental Trading Company  
1-(800) 228-2269

http://lboondoggleman.com  
Lanyards

http://kidscooking.about.com/od/howtocook/ht/rulesforkidcook.htm  
How To Teach Kids Basic Cooking Rules

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