CAMP RECKY
KIDS IN THE
KITCHEN
FROM HOME
Stuffed Bell Peppers
(8 servings)

Ingredients
- 4 large bell peppers, cut in half lengthwise and seeded
- 1 bag frozen mixed vegetables, cooked according to package directions
- 1 bag frozen whole grain brown rice, cooked according to package directions
- 1 cup shredded part skim mozzarella cheese, divided
- ½ cup parmesan cheese, divided
- 1 can (8 oz.) tomato sauce
- 1/8 teaspoon black pepper

Instructions
1. Preheat oven to 350 degrees
2. Lightly grease a 9 x 13-inch shallow baking dish with nonstick cooking spray
3. Combine prepared vegetables, brown rice, ½ cup mozzarella cheese, ¼ cup parmesan cheese, tomato sauce, and black pepper in a large bowl
4. Arrange peppers in prepared pan and spoon mixture into peppers
5. Pour ¼ cup water into pan around the peppers. Cover with aluminum foil and bake for 30 minutes, until peppers are tender.
6. Remove foil and evenly sprinkle peppers with remaining cheeses. Bake uncovered 5 minutes or until cheese is melted.

Banana Split Pops
(8 servings)

Ingredients
- 4 bananas
- 8 popsicle sticks
- 1 cup melted chocolate of choice
- 1 tbsp. coconut oil
- ¼ cup rainbow nonpareil sprinkles
- Whipped cream (optional for serving)
- 8 maraschino cherries (optional)

Instructions
1. Line a large baking sheet with parchment paper and set aside
2. Cut the ends off of each banana to level the sides, then cut in half. Insert a Popsicle stick into each banana piece and place on prepared baking sheet. Freeze for 2 hours.
3. In a medium bowl, whisk together melted chocolate and coconut oil until smooth. Pour sprinkles into a small bowl. Dip the top of each frozen banana in chocolate, then roll the melted chocolate tip around in sprinkles. Return to baking sheet and freeze until the chocolate is firm, about 15 minutes.
4. Top each pop with whipped cream and garnish with a maraschino cherry.
**Tuesday**

**Parmesan Zucchini Tots**
(makes about 30 tots)

**Ingredients**
- 1 ½ cups shredded and lightly patted dry zucchini, about 1 ½ medium zucchini
- 1 cup panko bread crumbs
- ½ tbsp dry Italian seasoning
- ½ cup shredded parmesan cheese
- 1 large egg

**Instructions**
1. Shred zucchini with a vegetable grater. When done, pat zucchini dry with about four sheets of paper towels. It doesn’t need to be completely dry, just absorb some of the moisture.
2. Preheat oven to 400 degrees. Measure out 1 ½ cups of patted dry zucchini and add to a large mixing bowl. Add egg, cheese, and breadcrumbs. Stir until everything is thoroughly combined.
3. Take 1 tbsp of zucchini batter and squeeze between palm of hand, compressing it. Some water should also release out. Using both hands shape to resemble a cylinder tater tot shape. Place onto a baking sheet lined with parchment paper. Repeat with remaining zucchini.
4. Bake for about 15-20 minutes until bottoms are golden brown and crispy. Flip over and bake for another 5 minutes. Serve warm with dipping sauce of your choice.

**Fresh Mild Salsa**
(4 servings)

**Ingredients**
- 4 ripe tomatoes, chopped
- 4 cloves garlic, minced
- 1 serrano pepper, seeded and chopped
- 1 jalapeño pepper, seeded and chopped
- ¼ white onion, finely chopped
- ¼ green bell pepper, finely chopped
- 2 tablespoons fresh cilantro, chopped
- 1 tablespoon ground cumin
- 2 ½ teaspoons lemon juice
- 2 teaspoons salt
- 1 teaspoon black pepper

**Instructions**
1. Stir all ingredients together in a bowl.

**Sweet and Spicy Pineapple Salsa**
(12 servings)

**Ingredients**
- 4 cups pineapple, diced
- 10 roma tomatoes, cored and diced
- 1 bunch fresh cilantro, finely chopped (about 1 cup)
- 1 red onion, finely chopped
- 3-4 jalapeno peppers, seeded and finely chopped (about ½ cup)
- 2 tablespoons fresh lime juice
- Pinch of salt and pepper

**Instructions**
1. In a large bowl, mix all ingredients, then add salt and pepper to taste.
2. Allow the flavors to blend at room temperature for 30 minutes, then chill until serving time.

**Guacamole**
(4 servings)

**Ingredients**
- 3 avocados, peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- ¼ cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

**Instructions**
1. In a medium bowl, mash together avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.
FRESH FRUIT POPSICLES
(6 SERVING)
Ingredients
- Popsicle molds
- 2 kiwis
- 2 peaches
- 5 strawberries
- ½ cup blueberries
- 32 oz flavored water or juice (apple, cranberry, or lemonade)
- 1 teaspoon sugar (optional)

Instructions
1. Cut the kiwis, peaches, and strawberries into small pieces
2. Add fruit into each popsicle mold until each one is filled (leave about ½ inch from the top)
3. Pour the flavored water into each mold filling until it reaches about ½ inch from the top
4. Place the top of the popsicle mold on and place in the freezer for 4-5 hours or overnight

Pizza made with Naan
(1 serving)
Ingredients
- 1 store bought piece of naan
- About ½ cup pizza sauce
- ¼ cup mozzarella cheese
- ¼ cup parmesan cheese
- ¼ cup provolone cheese
- Pizza toppings of your choice

Instructions
1. Preheat oven to 350 degrees
2. Spread pizza sauce onto naan
3. Sprinkle cheese on piece of naan
4. Add toppings of your choice, then place on baking sheet lined with parchment paper
5. Bake for about 8 minutes, or until cheese has melted
THURSDAY

Sorbet
(3 sorbets)

Peach:
Ingredients
- 4 medium peaches, sliced (about 3 ¾ cups)
- 1 tablespoon raw honey
- 1 teaspoon lemon juice
- ¼ cup warm water, as needed

Instructions
1. Slice the ripe peaches, removing the pit, and lay out the peaches on a baking sheet lined with parchment paper and freeze until solid (3-4 hours or overnight).
2. Place frozen raspberries in food processor or blender along with the raw honey and lemon juice.
3. Blend until smooth, adding warm water as needed to help the process along.
4. Eat immediately for softer texture, or freeze 3-4 hours until firm.

Raspberry:
Ingredients
- 3 cups raspberries
- 2 tablespoons raw honey
- 1 teaspoon lemon juice
- ¼ cup warm water, as needed

Instructions
1. Lay out raspberries on a baking sheet lined with parchment paper and freeze until solid (3-4 hours or overnight).
2. Place frozen raspberries in food processor or blender along with the raw honey and lemon juice.
3. Blend until smooth, adding warm water as needed to help the process along.
4. Eat immediately for softer texture, or freeze 3-4 hours until firm.

Mango:
Ingredients
- 2 mangos, diced (about 3 ¾ cups)
- 1 teaspoon lime juice
- ¼ cup warm water, as needed

Instructions
1. Dice the mangos and then lay them out on a baking sheet lined with parchment paper and freeze until solid (3-4 hours or overnight).
2. Place frozen mangos in food processor or blender along with the lime juice.
3. Blend until smooth, adding warm water as needed to help the process along.
4. Eat immediately for softer texture, or freeze 3-4 hours until firm.

Strawberry Shortcakes
(6 servings)

Ingredients
- 1 quart fresh strawberries, sliced
- ¼ cup white sugar
- 1 12 oz package prepared sponge cake dessert cups
- 1 can whipped cream

Instructions
1. Place strawberries in a container with a lid, add sugar and shake to coat.
2. Refrigerate until sugar has dissolved, at least 15 minutes.
3. Place 1 dessert cup in each serving bowl and smother with strawberries.
4. Top with whipped cream.
Zucchini Bread (12 servings)

**Ingredients**
- 1 cup whole-wheat flour
- 1/3 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 2 eggs
- 1/2 cup avocado or canola oil
- 1/2 cup honey
- 2 teaspoons vanilla extract
- 1 1/2 cup shredded zucchini
- 3/4 cup mini chocolate chips (optional)

**Instructions**
1. Preheat oven to 350 degrees.
2. Generously coat a 8 1/2 by 4 1/2 inch loaf pan with cooking spray.
3. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, cinnamon, nutmeg, and salt in a medium bowl.
4. Whisk eggs, oil, honey, and vanilla in a large bowl. Stir zucchini into the wet ingredients and stir with the silicone spatula until moistened. Add chocolate chips and stir just until combined.
5. Spread the batter out into the prepared loaf pan. Bake until the bread has risen and the center springs back when lightly touched, 50-54 minutes. Let cool in the pan 15 minutes. Turn out of pan and let cool completely on a wire rack before slicing.

BUCKEYES (ABOUT 4 DOZEN)

**Ingredients**
- 1 stick butter
- 1 cup peanut butter
- 3 cups powdered sugar
- Dash of salt
- Coating chocolate (my grandma always used Mercken’s coating milk chocolate—it is the best!)

**Instructions**
1. Mix butter, peanut butter, powdered sugar, and salt together until well combined.
2. Roll about 1 1/2 tablespoons of mixture into a ball.
3. Place on baking sheet lined with parchment paper and refrigerate for about an hour or until firm.
4. Poke ball with toothpick, dip into melted coating chocolate leaving a hole at the top, then return to baking sheet.
5. To make it look like a true buckeye, run a knife under warm water and smooth holes on top.