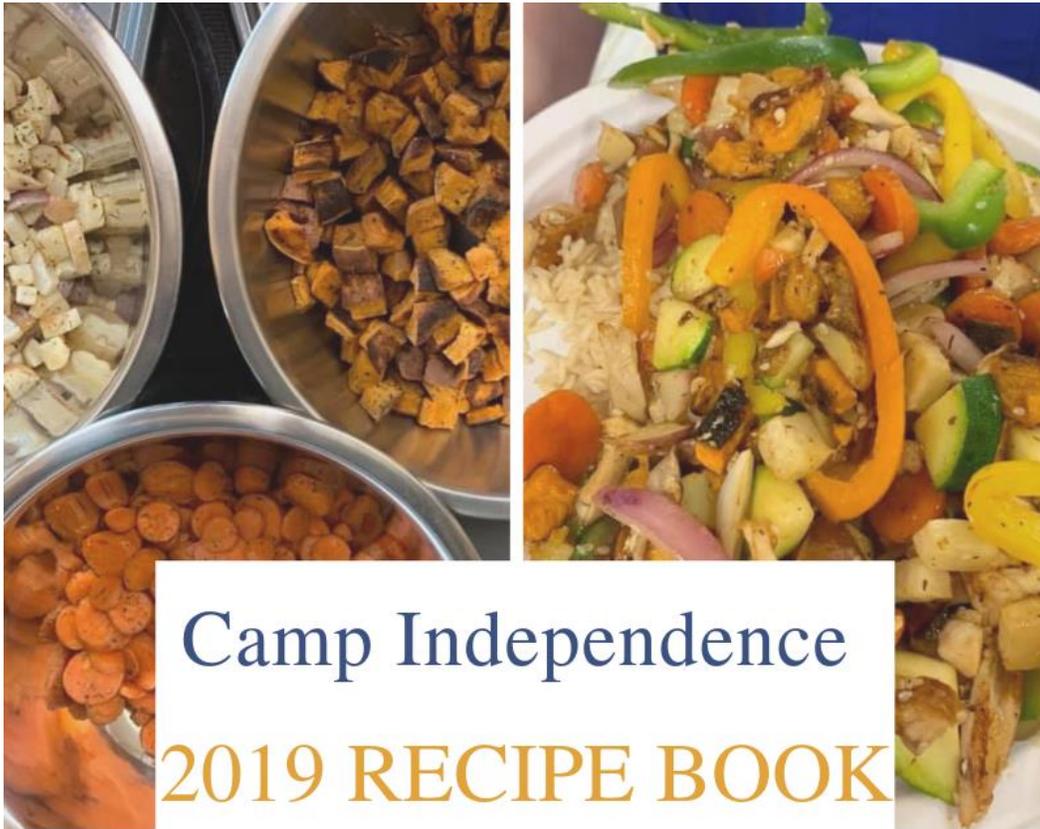


2019

## **Camp Independence 2019 Recipe Book**

Lauren San Diego

Heather Colleran



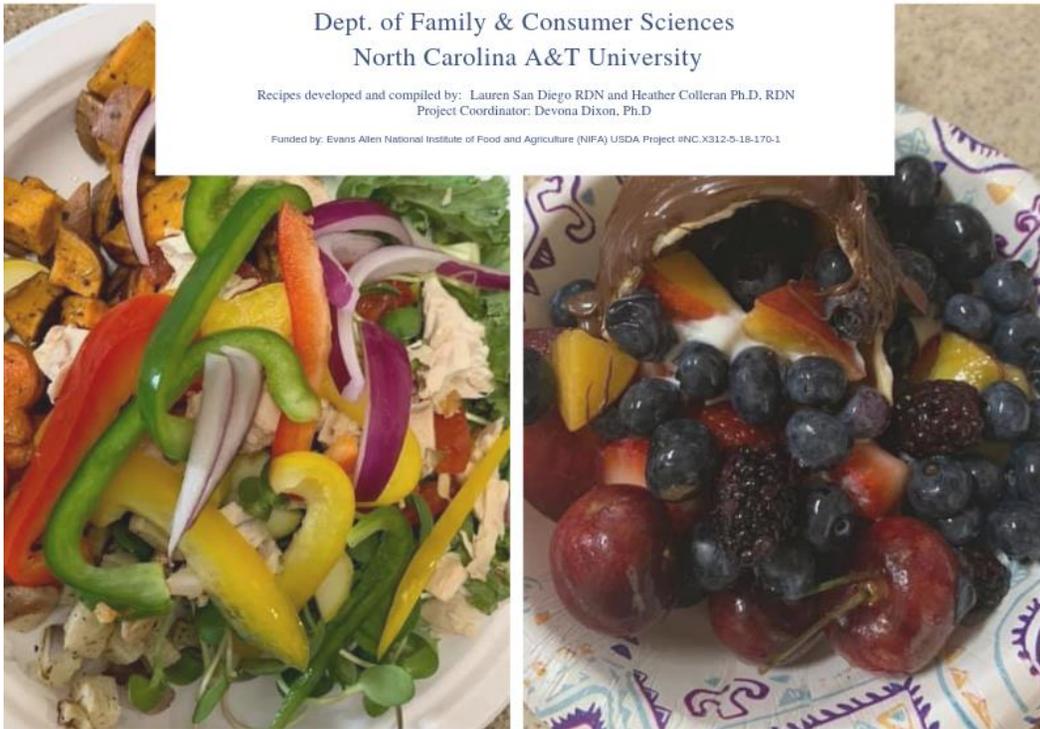
# Camp Independence

## 2019 RECIPE BOOK

Dept. of Family & Consumer Sciences  
 North Carolina A&T University

Recipes developed and compiled by: Lauren San Diego RDN and Heather Collieran Ph.D, RDN  
 Project Coordinator: Devona Dixon, Ph.D

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**Curriculum**  
 Money Energy and Time  
 Adults with I/DD N. C. A&T  
 Resource Management Nutrition  
 FCS Sense of Community  
 Appearance Management  
 Self-Sufficiency Relationship Building  
 Healthy Living  
 Shopping Strategies Grocery Shopping  
 Food Safety  
 Make MyPlate  
 What to Wear





# Camp Independence

Nutrition and Self-Sufficiency for Adults with Disabilities Summer Camp

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at North Carolina A&T State University

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# Camp Independence

## Daily Menu and Recipes

Monday, June 10

Meal theme: Summer Picnic

- Baked Sweet Potato Fries
- Easy Classic Hamburgers
- Black Bean Burgers
- Mustard Quinoa Salad

Tuesday, June 11

Meal theme: Leftovers

- Loaded Nachos
- Fruit Pizza
- Homemade ice cream

Wednesday, June 12

Meal theme: Veggie Varieties

- Make your own Farmer's Market Pizza
- Strawberry Peach Smoothies
- Blueberry Smoothies

Thursday, June 13

Meal theme: Taste the Rainbow

- Make your own Buddha Bowls
- Make your own Greek Yogurt Fruit Bowls

Friday, June 14

Meal theme: Different Crock-pot Meals you can make with simple ingredients

- Chicken Ramen Noodles
- Peach Cobbler

## Baked Sweet Potato Fries

Servings: 2

### Ingredients:

- 2 large sweet potatoes
- 2 Tbsp extra virgin olive oil or cooking spray
- 1 tsp pepper
- 1/2 tsp salt (optional)
- Variety of Spices

### Utensils:

- Chef Knife
- Cutting Board
- Baking Sheet
- Tin Foil
- Gallon-sized Ziplock Bag
- Timer
- Spatula



### Directions:

- Preheat the oven to 425°F to warm the oven up as you prepare the rest of the food.

- Cut the sweet potatoes:
  - Remove any undesirable disfigurements from the sweet potatoes before cutting using a paring knife.
  - Cut the sweet potatoes in half, length wise.
  - Start cutting the sweet potato from the outside (small part) to the center (thicker part).
  - Cut the thicker slices into fries the same size as the fries cut from the outside.
  - Lightly coat the cut sweet potatoes in oil.
- Mix the salt, pepper, and selected variety of spices in the Ziplock bag.
- Toss in the oiled sweet potatoes into the Ziplock bag with spices.
- Make sure there is enough room shake the sweet potatoes.
- Shake the bag until the sweet potatoes are evenly seasoned.
- Place the seasoned sweet potato fries evenly on the baking sheet.

- Bake for 25-30 minutes, or until desired crispiness is reached.
- Use a spatula to remove the finished sweet potato fries from the baking sheet to serve.

## Easy Classic Hamburgers

Servings: 4

### Ingredients:

- 1 lb. lean ground beef
- 1 tbsp Worcestershire sauce
- ½ cup finely chopped yellow onion
- 1/3 cup finely chopped parsley
- salt and pepper to taste

### Utensils:

- Cutting board
- Knife
- Mixing bowl
- Plate (for raw patties)
- Skillet
- Spatula
- Thermometer

### Directions:

- Finely chop the onion and parsley.
- Mix the ground beef, Worcestershire sauce, parsley and onion in a large bowl. Mix well to thoroughly distribute flavors.
- Separate the mixture and form into 4 equal sized patties.
- Cook the patties on a medium skillet with medium-high heat until brown on both sides. Make sure that the middle or thickest part of the burger reaches 160°F.
- Serve on hamburger buns, and garnish with cheese, lettuce, onions and sliced tomatoes (or your favorite burger toppings).

## Black Bean Burgers

Servings: 4

### Ingredients:

- 1-16 oz can black beans, undrained
- 3/8 cup salsa
- 1 1/2 tsp cider vinegar
- 1 egg
- 1/2 cup wheat flour
- 3 tbsp corn meal
- 3/4 tsp salt
- 3/4 tsp black pepper
- 2 tbsp olive oil

### Utensils:

- Large mixing bowl
- Measuring spoons and cups
- Cooking spray
- Nonstick skillet
- Measuring cup
- Spatula
- Plates

### Directions:

- Thoroughly mix all the ingredients except the olive oil.
- Heat the olive oil over low heat in a large nonstick skillet.
- Pour mixture by 1/2 cups into skillet, press gently with a spatula to form patties, and cook (flipping once) until brown on both sides.
- Add cheese if desired.
- Serve on hamburger buns, and garnish with lettuce and sliced tomatoes (or your favorite burger toppings).

## Mustard Quinoa Salad

Servings: 6

### Ingredients:

- 1 cup cooked Quinoa
- 1 large Zucchini
- 2 cups of Greens
- 1 medium Onion
- 3 large carrots
- 2 Bell Peppers
- 1 cup dried cranberries
- 1 medium Broccoli head
- 1 sprig of Cilantro
- 1/3 cup Olive Oil
- 1/2 cup Mustard
- 1/3 cup Balsamic Vinegar (or to taste)

### Utensils:

- Cooking Pot & Lid
- Measuring Cups
- Liquid Measuring Cups
- Chef Knife
- Cutting Board
- Mixing Spoon
- Large Bowl



### Directions:

- Cook quinoa according to the package.
  - Measure out 1 cup of quinoa using the measuring cups and place in the cooking pot.
  - Add water to the pot to rinse the quinoa then drain the water.

- Measure out 2 cups of water using the liquid measuring cups and add to the cooking pot.
- Bring the quinoa & water to a boil over the stove using high heat.
- Once the water is boiling, bring the stove down to medium heat.
- Let the quinoa simmer (about 10-12 minutes) until the quinoa grains form “tails.”
- Allow quinoa to cool then place in the refrigerator.
- Cut the vegetables:
  - Chop the zucchini, bell pepper, and broccoli into bite-sized pieces.
  - Finely chop the carrots, onions, greens & cilantro.
- Bring out the chilled quinoa and add the cut vegetables and dried cranberries.
- Add the remaining ingredients: olive oil, mustard, and balsamic vinegar and mix thoroughly. Cover the bowl and place in the refrigerator until serving time.

## Loaded Nachos

Servings: 8

### Ingredients:

- Tortillas or Nacho Chips
- Hamburger patties or ground meat
- Cheese
- Beans
- Lettuce
- Sour Cream
- Cilantro (optional)
- Taco Seasoning
- Corn
- Onions
- Tomatoes
- Salsa

### Utensils:

- Baking Sheet
- Cutting Boards
- Chef Knives

### Directions:

- Pre-heat the oven to 325°F.
- Wash and cut lettuce leaves into strips and place to the side.
- Wash and cut onions & tomatoes into bite-sized pieces and place to the side.
- Break apart hamburger patties or ground meat into pieces. Make them as crumbly as possible.

- Line a baking pan with tortilla or nacho chips.
- Sprinkle the hamburger or ground meat crumbles, beans, corn, onions and cheese on top of the tortilla or nacho chips.
  - Optional: Add taco seasoning or your choice of spices.
- Place the baking sheet in oven at 325°F for 3-5 minutes or until cheese melts.
- Add desired toppings (lettuce, sour cream, cilantro, tomatoes and salsa) before serving.

## Fruit Pizza

Servings: 24

### Ingredients:

- 1 package refrigerated sugar cookies
- 1 Tub Greek yogurt-vanilla
- 3 cups fresh fruit

### Utensils:

- Oven
- Baking Sheet
- Rolling Pin (optional)
- Spatula
- Chef Knife
- Cutting Board
- Butter Knife or Spoon
- Serving Plate

### Directions:

- Pre-heat your oven according the cookie package.
- Open the cookie package. Flatten out each individual cookie with your hands or a rolling pin to make the cookie bigger.
- Bake cookies as directed on package on a baking sheet.
- While the cookies are baking, wash and cut up your choice of fresh fruit. The more variety of fruit, the better for you!
- Once the cookies are done baking, let them cool completely, about 10 minutes.

- Using a spatula, transfer one cookie from the baking sheet to a small plate.
- Spread yogurt over the cooled cookie using a butter knife or a spoon.
- Arrange your choice of sliced fruit on top. Serve immediately, or cover and refrigerate up to 2 hours before serving.

## Homemade ice cream

Servings: 4

### Ingredients:

- 1 cup heavy cream
- 1 cup half and half
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 2-gallon sized resealable plastic bags
- 2 cups ice cubes
- 1/2 cup salt

### Utensils:

- Measuring spoons
- Gallon bags (2)

### Directions:

- Pour cream, half and half, sugar, and vanilla extract into a gallon sized resealable plastic bag.
- Seal well. Squish it around to combine until sugar is dissolved.
- Place ice cubes and salt into another gallon sized resealable plastic bag.
- Place the bag with the ice cream mixture into the bag with the ice. Seal the larger bag.
- Shake until mixture freezes.
- Serve immediately or store in a freeze to improve texture.

## Make your own Farmer's Market Pizza

Servings: 1

### Ingredients:

- Your choice of produce
- Personal Pizza-sized Crust
- Cheese
- Tomato Sauce
- Italian/ Pizza Seasoning

### Utensils:

- Cutting Board
- Knife
- Baking Sheet
- Pizza cutter

### Directions:

- Pre-heat your oven to 425°F
- Wash and chop your produce into pizza topping sizes.
- On your pizza crust, spread out your tomato sauce then add cheese on top.
- Add your desired pizza toppings.
- Optional: Top off your pizza with Italian or Pizza Seasoning.
- Bake pizzas for 7-15 minutes at 425°F.



## Strawberry Peach Smoothie

Servings: 2

### Ingredients:

- 1 ½ cup Peaches
- 1 ½ cup Strawberries
- 1 ½ cup Zucchini peeled and chopped
- 1 cup Milk or Yogurt

### Utensils:

- Knife
- Cutting Board
- Blender

### Directions:

- Add your peaches, strawberries, zucchini, and milk or yogurt in the blender.
- Cover the blender and blend ingredients until you are happy with the texture of your smoothie.
- Pour into 2 separate cups and enjoy!

## Blueberry Smoothies

Servings: 2

### Ingredients:

- 1 ½ cups Blueberries
- 1 ½ cups Milk or Yogurt
- ½ cup ice
- 2 cups Spinach

### Utensils:

- Knife
- Cutting Board
- Blender

### Directions:

- Add your ice, spinach, blueberries and milk or yogurt in the blender.
- Cover the blender and blend ingredients until you are happy with the texture of your smoothie.
- Pour into 2 separate cups and enjoy!

## Make your own Buddha Bowls

### Ingredients:

- Your Choice of Grains
- Your Choice of Vegetables
- Your Choice of Protein

### Utensils

- Large Pot
- Knife
- Cutting board
- Frying pan
- Wooden spoon
- Serving bowl
- Fork



### Directions:

#### Preparing your Buddha Bowl:

- Cook your grains.
- Wash and chop your vegetables.
- Cook your vegetables as desired.
- Cook your protein as desired.

#### Assembling your Buddha Bowl:

- In a bowl, pick your base of greens.

- Add your choice of grains on top of your greens.
- On top of your grains, add at least 3 different types of vegetables
- Top your Buddha Bowl off with your choice of protein and sauce.
- Mix everything together or arrange your Buddha Bowl in a way you think looks delicious!

### Suggested Sauces:

Combine all the ingredients in a mason jar or bowl and shake or stir to combine!

#### Teriyaki Sauce

- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 3 tablespoons orange juice
- 2 tablespoons honey
- 1/2 teaspoon cornstarch

#### Ginger Soy Stir Fry Sauce

- 1 tablespoon minced/grated ginger
- 2 tablespoons soy sauce
- 3 tablespoons rice vinegar
- 2 tablespoons honey
- 1 tablespoon sesame seeds
- 1/2 teaspoon cornstarch

#### Sriracha Stir Fry Sauce:

- 1 teaspoon sriracha
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon honey
- 1 clove crushed/grated garlic
- 1 teaspoon minced/grated ginger

## Make your own Greek Yogurt Fruit Bowls

Servings: 1

### Ingredients:

- Various in-season fruit
- Greek Yogurt
- Waffle Bowls or Cones
- Semi-Sweet Chocolate Chips

### Utensils:

- Cutting board
- Knife
- Microwave safe bowl
- Spoon
- Ice cream scooper



### Directions:

- Wash and chop your choice of fruit
- Melt chocolate in the microwave in short segments (about 15-30 seconds), stirring in between to avoid scorching
- Spread the melted chocolate on the rim of the waffle bowls.

- Optional: add sprinkles while the chocolate is still melted.
- Once chocolate has cooled, fill the waffle bowl with the Greek Yogurt and top with your fruits.

## Chicken Ramen Noodles

Servings: 6

### Ingredients:

- 1 3/4 – 2 pounds boneless skinless chicken breast
- 2 quarts chicken broth
- 3 garlic cloves, minced
- 1 teaspoon fresh grated ginger
- 1 bunch scallions
- 3 large eggs
- 1 cup ice
- 2 tablespoons white miso
- 8 ounces shitake mushrooms, stems trimmed
- 8 ounces dried (dehydrated) ramen noodles
- 5 ounces fresh baby spinach
- Sliced radishes
- Sesame seeds

### Utensils:

- Slow Cooker
- Cutting board
- Knife
- Tongs
- Bowl (for ice bath)
- Spoon(s)

### Directions:

- Place the chicken breasts, whole eggs in shells, ginger, and garlic in a large slow cooker. Pour the



chicken broth over the top. Cover the slow cooker and turn on low.

- Cut the tops off the scallions and chop the green ends to use as a garnish later.
- After 2 hours, take one egg out with a pair of tongs. Place in ice water for a couple minutes, then crack the “tester egg” to check the doneness.
- Once the eggs are hard-boiled and resting in an ice bath, check that the chicken is cooked through (2 – 2 1/2 hours).
- Remove the scallions and skim the top of the broth to remove ginger and residue.
- Take the chicken out of the broth. Stir in the miso paste. Then add the mushrooms and dried ramen noodles and place the chicken breasts on top to press the noodles down under the broth. Cover and slow cook another 10-15 minutes until the noodles and mushrooms are soft.
- To Serve:
  - Peel the eggs and cut in half.
  - Remove the chicken and slice.
  - Ladle the ramen noodles and broth into 6 bowls.
  - Place several slices of chicken, some cooked mushrooms, a handful of fresh spinach, and a soft-boiled egg on top of each bowl.
  - Garnish with jalapeños, chopped scallions, toasted sesame seeds, radishes and crushed red pepper!

## Peach Cobbler

Servings: 6

### Ingredients:

- 1 1/8 cup Brown Sugar light or dark
- 3/4 cup Rolled Oats
- 3/4 cup All-Purpose Flour
- 3/8 teaspoon Salt
- 1/2 teaspoon Ground Cinnamon
- 1/2 teaspoon Ground Nutmeg
- 1/2 teaspoon Ground Allspice
- 1/2 cup Unsalted Butter divided
- 20 ounces Peaches



### Utensils

- Large mixing bowl
- Measuring spoons
- Microwave safe bowl
- Crockpot
- Serving bowls
- Serving spoons

### Directions:

- In a large mixing bowl; combine the sugar, rolled oats, flour, salt, cinnamon, nutmeg and allspice.
- Melt 6 tablespoons of the butter.
- Add the melted butter to the mixing bowl and combine until it resembles coarse crumbs.

- Using the 2 remaining tablespoons of butter, butter the sides and bottom of a 3.5- or 4-quart slow cooker.
- Add 1/4 of the contents in the mixing bowl to the bottom of the slow cooker and spread evenly in a single layer.
- Add the peaches to the large mixing bowl toss to coat the peaches in the mixture.
- Pour contents of the bowl into the slow cooker and spread evenly.
- Cover and cook on LOW for 2 to 2 1/2 hours.