

# Camp ENERGY 2023

## Meals & Recipes

**SCAN ME FOR CAMP  
ENERGY RECIPES**



## **Breakfast Ideas from Camp ENERGY**

Use your camper workbook to plan your breakfast with MyPlate. Choose a protein, grain, vegetable, fruit, and dairy to balance your meal.

### **Breakfast Sandwiches:**

- High fiber English muffin
- Egg
- Light cheese
- E.g. Additions: Canadian bacon, tomato, spinach, avocado

### **Cereal**

Low-Sugar Cereal, High in Protein  
(e.g. Kashi go lean crunch, homemade granola)

### **Oatmeal**

Additions - honey, cinnamon, fruit

### **Non-Fat Greek Yogurt**

Flavored or plain

- E.g. Additions: Fruit/Berries, Cinnamon, Honey

### **Other options:**

Hard boiled eggs

Asparagus-Mushroom-Cheese Frittata

*(recipe on the next page)*

## Asparagus, Mushroom and Cheese Frittata

### Ingredients

- non-stick vegetable oil pan spray or 1 tablespoon oil or butter
- 8 ounces fresh mushrooms, sliced
- 1 cup chopped onion
- 1 pound fresh asparagus, cleaned and cut into pieces
- 8 large eggs
- 1 tablespoon Pizza Seasoning or a mixture of basil, oregano, garlic, and salt
- 1 cup shredded cheddar cheese
- 1/2 cup feta cheese, crumbled

### Directions

Preheat the oven to 400°F.

Heat an ovenproof skillet over medium-high heat. (Because frittata is finished in the oven or under a broiler, be sure your skillet is ovenproof.) When the oil is hot, add the mushrooms and onions and sauté until the onions are browned, and the mushrooms have given up most of their liquid.

Add the asparagus and sauté for just a few minutes, until it's becoming tender, but is still bright green. Remove from the heat and set aside.

Clean the pan, and grease it lightly.

Beat together the eggs, Pizza Seasoning, and 1 cup cheese.

Heat the greased skillet until hot. Pour in the egg mixture, add the sautéed vegetables and cook for several minutes, stirring from the edges and bottom of the pan.

When the mixture starts to thicken, sprinkle with the crumbled feta cheese; the frittata should be starting to set around the edges.

Place the pan in the oven, and bake for 12 to 15 minutes, until the eggs are set through, the cheese is lightly browned, and it's puffy. Remove from the oven, let rest for 5 minutes, then cut into wedges to serve. Garnish with chopped scallions, if desired.

Yield: 6 servings.

## **Lunch ideas from Camp ENERGY**

Use your camper workbook to plan your lunch with MyPlate. Include fruits, grains, vegetables, protein, and dairy for balance meal.

### **Sandwich with Zucchini Chips (recipe for Zucchini Chips to follow)**

#### ***Deli Meat Build your own:***

- Whole wheat bread or Sandwich thins
- Low fat deli meat - turkey and ham
- Low fat cheese
- Lettuce, tomato, onion
- Pickles, Cucumbers, Baby Spinach
- Mustard and/or Hummus

#### ***Chicken Salad Sandwich***

-Recipe to follow.

#### ***Chickpea Salad Sandwich***

-Recipe to follow.

#### ***Sloppy Joes with vinegar coleslaw***

-Recipe to follow

#### ***Quesadillas with black bean/corn and Strawberry Spinach Salad***

-Recipe to follow.

#### ***Build Your Own Taco Bowl***

-Recipe to follow.



## MY OTHER RECIPES

## GREEK YOGURT CHICKEN SALAD SANDWICH

YIELD: 4 SERVINGS   PREP TIME: 15 MINUTES   TOTAL TIME: 15 MINUTES

*From the plump grapes to the sweet cranberries, this lightened up sandwich won't even taste healthy! PROMISE!*

## INGREDIENTS:

- 2 cups leftover rotisserie chicken
- 1 cup chickpeas, rinsed, drained, smashed
- 1/2 cup diced red onion
- 1/2 cup diced apple
- 1/2 cup grapes, halved
- 1/4 cup dried cranberries
- 1/4 cup slivered almonds
- 1/2 cup plain Greek yogurt
- 1 tablespoon freshly squeezed lemon juice, or more, to taste
- 1/2 teaspoon garlic powder
- Kosher salt and freshly ground black pepper
- 8 slices bread
- 4 leaves Boston bibb lettuce

## DIRECTIONS:

1. In a large bowl, combine red onion, apple, grapes, dried cranberries, sliced almonds, Greek yogurt, lemon juice, garlic powder, salt and pepper, to taste.
2. Serve sandwiches on bread.



This delicious recipe brought to you by **DAMN DELICIOUS**

<http://damndelicious.net/2012/11/07/lightened-up-greek-yogurt-chicken-salad-sandwich/>



Photo by: Randy Mayor

## Zucchini Oven Chips

Breaded, oven-fried **zucchini** chips taste like they're fried, yet they are baked and amazingly crispy. These chips make a healthy substitute for French fries or potato chips.

Cooking Light AUGUST 2005

Yield: 4 servings, 1 cup each



### Ingredients

1/4 cup dry breadcrumbs	1/8 teaspoon freshly ground black pepper
1/4 cup (1 ounce) grated fresh Parmesan cheese	2 tablespoons fat-free milk
1/4 teaspoon seasoned salt	4 cups (1/4-inch-thick) slices zucchini (about 4 small)
1/4 teaspoon garlic powder	Cooking spray

### Preparation

Preheat oven to 425°.

Combine first 5 ingredients in a medium bowl, stirring with a whisk. Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumb mixture. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet. Bake at 425° for 30 minutes or until browned and crisp. Serve immediately.

### Nutritional Information

Amount per serving

Calories: 61   Calories from fat: 28%   Fat: 1.9g   Saturated fat: 1g   Monounsaturated fat: 0.5g   Polyunsaturated fat: 0.2g

Protein: 3.8g   Carbohydrate: 7.6g   Fiber: 1g   Cholesterol: 5mg   Iron: 0.6mg   Sodium: 231mg   Calcium: 87mg

[Search for Recipes by Nutrition Data](#)

Go to full version of  
[Zucchini Oven Chips recipe](#)

Copyright © 2014 Time Inc. Lifestyle Group. All Rights Reserved. Use of this site constitutes acceptance of our [Terms of Use](#) and [Privacy Policy](#) (Your California Privacy Rights). **Ad Choices**

## Smashed Chickpea Salad

---

- 1 15-ounce can chickpeas, drained and rinsed
- (Optional) 2 tablespoons pitted, halved and very thinly sliced black olives
- 1 tablespoon finely chopped red onion
- 1 tablespoon chopped fresh parsley
- Zest and juice from half a lemon (if you've got one of those sad, juiceless lemons, use both sides for juice)
- Couple good pinches of salt
- A few grinds of black pepper, and/or pinches of red pepper flakes
- A few glugs of olive oil

Mix everything but the olive oil in a small-to-midsized bowl. Very lightly smash the chickpea mixture with the back of a fork or a potato masher. You're not looking for a hummus-like puree but something closer to a coarse chop with a few smaller bits to hold it together. Taste and adjust seasonings as needed, a slug or two of olive oil, mix it lightly and enjoy.

## **Sloppy Joes with Sweet & Tangy Vinegar Coleslaw**

Servings: 7 • Serving Size: 1/2 cup

### **Ingredients**

- 1.25 lbs lean ground turkey
  - Soy crumbles for vegetarians
- 1 tbsp steak seasoning or seasoned salt
- 1 carrot, minced
- 1 medium onion, minced
- 2 cloves garlic, minced
- 1/4 cup red bell pepper, minced
- 1 tbsp red wine vinegar
- 1 tbsp Worcestershire sauce
- 2 cups tomato sauce
- 2 tbsp tomato paste
- 100 calorie bread thins or whole grain

### **Directions**

Chop all the vegetables really fine, using a chopper or food processor.

Heat a large skillet over medium high heat. Add the meat to the pan and break it up as it cooks. Season with steak seasoning and cook the meat until it browns, then add onion, garlic, carrots, and red peppers to the skillet. Reduce heat to medium and add red wine vinegar and Worcestershire sauce, cook 5 more minutes. Add tomato sauce and paste to pan, stir to combine. Cover and reduce heat to simmer and cook an additional 5 minutes. Using a measuring cup, pile 1/2 cup of sloppy meat onto buns.

## **Sweet and Tangy Vinegar Coleslaw**

Yield: 4 - 5

### **Ingredients**

- 1 – 16 oz. package coleslaw mix (shredded green cabbage, carrots)
- 1 handful red cabbage, shredded (optional)
- ½ medium red onion, thinly sliced

### **Dressing**

- ½ cup apple cider vinegar
- 2 Tablespoons water
- 2 teaspoons tahini (energy can provide if victory cannot get it from vendor)
- 1 Tablespoon miso (energy can provide if victory cannot get it from vendor)
- 3 Tablespoons maple syrup
- ½ teaspoon ground mustard
- ¼ teaspoon sea salt
- 1/8 teaspoon black pepper

### **Instructions**

- Place all the dressing ingredients in a small bowl, whisk to combine.
- Place the coleslaw mix, red cabbage, and red onion slices in a bowl, toss.
- Drizzle the dressing over the coleslaw mix, red cabbage, red onions and toss to combine. Serve on the side, or on top of, the sandwich.



### **Quesadillas (Cheese with Black Bean/Corn Salsa)**

- Whole Wheat Tortillas
- Low-Fat Cheese
- Black Bean/Corn Salsa

Serve with:

- Non-fat plain greek yogurt (as a replacement for sour cream)
- Salsa
- Guacamole

### **Black bean/Corn salsa**

Yield: 4 servings

- 1 can, 14 ounces, black beans, rinsed and drained
- 2 cups frozen corn kernels
- 1 small red bell pepper, seeded, chopped
- 1/2 red onion, chopped
- 1 1/2 teaspoons ground cumin
- 2 teaspoons hot sauce
- 1 lime, juiced
- 2 tablespoons vegetable or olive oil
- Salt and pepper

Directions: Combine all ingredients in a bowl. Let stand at least 15 minutes for corn to fully defrost and flavors to combine, then toss and add to quesadilla. Make quesadillas with whole wheat tortillas, low-fat cheese, and black bean/corn salsa

### **Strawberry Spinach Salad**

Servings: 2

Dressing

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon white balsamic vinegar
- Coarse salt and freshly ground pepper

Salad

- 4 cups lightly packed baby spinach
- 6 ounces strawberries (1 ½ cups), hulled and thinly sliced
- ¼ cups almonds (1 ½ ounces), toasted and coarsely chopped
- 2 ounces goat cheese, crumbled

Whisk together oil and vinegar in a large bowl. Season with salt and pepper. Add spinach, strawberries, almonds, and cheese. Gently toss until spinach is evenly coated with dressing. Serve immediately.

## Build Your Own Taco Bowl

### Ingredients

- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon black pepper
- Pinch dried oregano
- 1 pound 93% or leaner ground beef or ground turkey or ground chicken
- 1 tablespoon oil of choice
- 3 tablespoons salsa

### Directions

1. In a small bowl combine the seasonings and mix the seasoning into the ground meat mixture.
2. Heat oil over medium heat in a skillet, and cook beef until browned, about 7 minutes. Add in salsa and mix to combine.

### Taco Bar Toppings

- Brown Rice
- Tortilla Chips
- Chopped romaine lettuce
- Avocado, cubed
- Black beans, rinsed
- Diced cherry tomatoes
- Bell pepper, finely chopped
- Grated cheddar cheese
- Salsa
- Lime wedges

### **Dinner Ideas from Camp ENERGY**

Use your camper workbook to plan your dinner with MyPlate.

Choose a protein, grain, vegetable, fruit, and dairy to balance your meal.

#### **Turkey Burgers with Sweet Potato Fries and Roasted Broccoli**

-Recipe to follow.

#### **Baked Ziti with Salad**

-Recipe to follow.

#### **Chicken Stir Fry with Vegetables**

-Recipe to follow.

#### **Coconut Crusted Fish with Mango Salsa, Roasted Red Potatoes, and Honey-Glazed Carrots**

-Recipe to follow.

#### **Salmon Cake with Cauliflower Mac & Cheese, and Green Beans**

-Recipe to follow.

## **Turkey Burgers with Sweet Potato Fries and Broccoli**

4 Servings

1 lb ground turkey breast  
4-ounce chunk Monterey pepper jack cheese, cut into 1/4-inch dice  
1 tablespoon chili powder (a palmful)  
1 tablespoon grill seasoning  
2 teaspoon ground cumin  
1/4 small red onion  
1/4 cup extra-virgin olive oil (EVOO), divided  
Whole wheat buns or 100 calorie thins

Toppings: low fat cheese, lettuce, tomato, onion, ketchup, mustard

In a bowl, combine the ground turkey, cheese, cilantro, chili powder, grill seasoning, cumin. Grate the red onion directly over the meat (grating the onion gives the patties added moisture) and mix well with your hands. Score the meat into 4 equal portions with the side of your hand then form each portion into 1-inch-thick patties. Preheat a large non-stick skillet over medium-high heat with 2 turns of the pan of EVOO, about 2 tablespoons. Cook patties 6-7 minutes on each side or until cooked through.

### **Sweet Potato Fries**

4 to 6 servings

3 pounds sweet potatoes, cut into 1½-inch pieces  
extra-virgin olive oil  
kosher salt  
freshly ground black pepper

Preheat oven to 450°. Toss potatoes, oil, salt, and pepper on a rimmed baking sheet. Roast, tossing occasionally, until tender and browned, 35–45 minutes.

### **Roasted Broccoli**

4 servings

1 bunch broccoli (about 1 1/2 pounds), cut into florets, stems peeled and sliced or diced  
extra-virgin olive oil  
3 cloves garlic, sliced  
Kosher salt and freshly ground pepper

Preheat oven to 450 degrees F.

Toss the broccoli florets with the olive oil, garlic, salt, and pepper on a baking sheet. Spread them out and then roast, without stirring, until the edges are crispy and the stems are crisp tender, about 20 minutes.

# Baked Ziti

---

- Yield: 8 servings

## INGREDIENTS

### *Veggies*

- 2 tablespoons extra-virgin olive oil
- 3 large carrots, chopped (about 1 cup)
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 medium yellow onion, chopped
- 1/4 teaspoon salt
- 5 to 6 ounces baby spinach

### *Pasta and everything else*

- 8 ounces ziti, rigatoni or penne pasta
- 4 cups (32 ounces) marinara sauce ([homemade](#) or store-bought), divided
- 1/4 cup chopped fresh basil, plus extra for garnish
- 8 ounces (2 packed cups) grated part-skim mozzarella cheese, divided
- 2 cups (16 ounces) cottage cheese or ricotta cheese, divided

## INSTRUCTIONS

1. To prepare the veggies: In a large skillet over medium heat, warm the olive oil. Once shimmering, add the carrots, bell pepper, zucchini, yellow onion, and salt. Cook, stirring every couple of minutes, until the veggies are golden on the edges, about 8 to 12 minutes.
2. Add a few large handfuls of spinach. Cook, stirring frequently, until the spinach has wilted. Repeat with remaining spinach and cook until all of the spinach has wilted, about 3 minutes. Remove the skillet from the heat and set aside.
3. Meanwhile, bring a large pot of salted water to boil. Cook the pasta just until al dente, according to package directions (it will continue to cook while it bakes in the oven, so you want the pasta to still have a little bite to it). Drain and return the pasta to the pot.
4. Add 2 cups of the marinara, the chopped basil, and 1/2 cup of the mozzarella to the pasta. Gently stir to combine.
5. It's assembly time! Spread 1 cup of additional marinara sauce inside a 9×13" baker. Top with half of the pasta mixture, and gently spread it into an even layer. Evenly sprinkle half of the veggies on top, then dollop 1 cup of the cottage cheese (it doesn't need to be spread into an even layer), followed by 1/2 cup of the mozzarella.
6. Top the mozzarella with the remaining pasta. Then sprinkle the remaining veggies on top, dollop the remaining cup of ricotta on top, then dollop the remaining cup of marinara on that, then sprinkle the remaining cheese all over.
7. Place a clean, rimmed baking sheet on the lower oven rack to catch any drippings. Place the ziti, uncovered, on top of the baking sheet. Bake for 30 minutes, then transfer to the upper rack for 2 to 5 more minutes until the cheese is deeply golden, if desired.
8. Remove the baker from the oven and let it cool for 10 minutes before serving (trust me). Sprinkle freshly torn basil on top, slice with a sharp knife, and serve.

# 30-Minute Chicken Rice Noodle Stir-Fry Recipe

30-Minute Chicken Rice Noodle Stir-Fry Recipe

Prep Time	Cook Time	Total Time
20 mins	10 mins	30 mins

Servings: 4

## Ingredients

- 12 oz rice noodles or egg noodles
- 3 tablespoons olive oil
- 2 skinless boneless chicken breasts sliced into bite-size strips
- 1/2 red and green bell pepper sliced
- 1 cup broccoli chopped
- 4 oz shiitake mushroom sliced
- 1 tablespoon peeled and shredded fresh ginger
- 1/2 cup chicken stock
- 2 tablespoons soy sauce
- 2 tablespoons ketchup
- 1 teaspoon cornstarch
- few drizzles of Asian sesame oil

## Instructions

1. Follow directions for rice noodles, or for egg noodles: fill pot with water add salt and bring it to a boil. Place noodles into the pot and cook them on medium heat until barely tender, about 2 minutes. Drain the water and stir in 1 tablespoon of olive oil. Set aside.
2. In a large skillet, heat 2 tablespoons of olive oil over high heat, carefully add chicken and stir-fry on high heat, constantly stirring for about 3 minutes. Remove chicken from the skillet on to the plate and set aside.
3. Combine bell peppers, broccoli, mushrooms, and ginger in the same skillet and stir-fry on medium heat for 3 minutes.
4. Using a mixing bowl and a spoon, whisk chicken stock, soy sauce, ketchup and cornstarch.
5. Return chicken to the skillet, add noodles and chicken broth mixture and stir-fry for 3 minutes or until chicken is cooked through.
6. When serving drizzle sesame oil.
7. Grab a fork and enjoy!

## **Coconut Crusted Fish with Carrots and Herb Roasted Potatoes**

### **Coconut Crusted Fish, 4 Servings**

- 3 large egg
  - 1 tablespoon water
  - 3/4 cup flour, all-purpose
  - 1 1/4 cup panko (Japanese bread crumbs)
  - 1 1/4 cup coconut flakes
  - 3/4 teaspoon paprika
  - 12 ounce white fish fillet (tilapia or something similar)
  - 4 tablespoon olive oil
  - 2 medium mango
  - 1/2 medium onion, red
  - 1/4 cup cilantro
  - 3 medium lime
1. In a shallow bowl, whisk together the eggs and water; set aside. Place the flour in a shallow dish, large enough to spread out for dredging. Mix the Panko, coconut and paprika in a separate shallow dish.
  2. Dip each fish fillet into the egg wash, then the flour, and finally into the coconut mixture, making sure to coat both sides. Set onto plate.
  3. Heat oil in a large skillet over medium heat for 3-5 minutes. This will ensure hot oil and a nice crispy coating on the fish.
  4. Place each fillet into the hot oil, being sure to not over-crowd the fish. If needed, cook only 1-2 pieces at a time, adding more oil if needed.
  5. While the fish cooks, dice mango and onion; toss together with chopped cilantro and the juice of one lime. Set aside.
  6. Serve fish topped with mango salsa; spritz with extra lime juice as desired.

### **Carrots, 4 Servings**

- 8 medium carrot
  - 2 teaspoon ground mustard
  - 3 tablespoon honey
  - 1/8 teaspoon salt
1. Preheat oven to 400°F. Wash and peel carrots; cut into sticks then place onto a baking sheet.
  2. Whisk together ground mustard, honey and salt. Drizzle half the mixture evenly over the carrots.
  3. Bake for 15-20 minutes until tender; remove from oven and drizzle with remaining honey-mustard.

### **Herb Roasted Potatoes, 6 Servings**

- 1 teaspoon Oregano
  - 1 teaspoon Paprika
  - 1 teaspoon Thyme
  - 3/4 teaspoon Sea Salt
  - 1/2 teaspoon Garlic Powder
  - 2 pounds baby red potatoes, quartered
  - 2 tablespoons olive oil
1. Preheat oven to 425°F. Mix oregano, paprika, thyme, sea salt and garlic powder in small bowl.
  2. Toss potatoes with oil in large bowl. Sprinkle seasoning mixture over potatoes. Toss to coat well. Spread potatoes in single layer on foil-lined 15x10x1-inch baking pan.
  3. Bake 30 to 35 minutes or until potatoes are tender and golden brown

# Salmon Cakes with Cauliflower Mac & Cheese and Green Beans



Photo by: Photo: Brian Woodcock; Styling: Cindy Barr

## Classic Salmon Cakes

Classic Salmon Cakes are so tasty, they don't even need a sauce. A simple squeeze of lemon or lime does the trick for these fantastic Salmon Cakes.

Cooking Light APRIL 2013

Yield: Serves 4 (serving size: 1 salmon cake and 1 lemon wedge)

Hands-on: 24 Minutes

Total: 24 Minutes

### Ingredients

2/3 cup panko (Japanese breadcrumbs), divided	1/2 teaspoon Worcestershire sauce
1 tablespoon minced fresh flat-leaf parsley	1/8 teaspoon kosher salt
2 tablespoons finely chopped green onions	1/8 teaspoon ground red pepper
2 tablespoons canola mayonnaise	1 large egg, lightly beaten
1 teaspoon lemon juice	8 ounces cooked, flaked salmon
1 teaspoon Dijon mustard	1 tablespoon olive oil
1/2 teaspoon Old Bay seasoning	1 lemon, quartered

### Preparation

1. Combine 1/3 cup panko and next 10 ingredients (through egg) in a large bowl, stirring well. Add salmon; stir gently just until combined. Place remaining 1/3 cup panko in a shallow dish. Using wet hands, shape salmon mixture into 4 equal balls. Coat balls in panko. Gently flatten balls to form 4 (4-inch) patties.
2. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add patties; cook 3 minutes on each side or until golden. Serve with lemon wedges.

### Nutritional Information

#### Amount per serving

Calories: 210 Fat: 11g Saturated fat: 1.4g Sodium: 307mg

[Search for Recipes by Nutrition Data](#)

Go to full version of  
[Classic Salmon Cakes recipe](#)

Copyright © 2013 Time Inc. Lifestyle Group. All Rights Reserved. Use of this site constitutes acceptance of our [Terms of Use](#) and [Privacy Policy](#) (Your California Privacy Rights). **Ad Choices**





# Skinny Cauliflower Macaroni and Cheese



Prep  
30 MIN

Total  
55 MIN

Servings  
6



## Ingredients

- 8 cups water
- 2 cups chopped cauliflower florets
- 1 cup uncooked elbow macaroni (8 oz)
- 1 1/2 cups fat-free (skim) milk
- 3 tablespoons Gold Medal™ all-purpose flour
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground red pepper (cayenne)
- 2 cups shredded sharp Cheddar cheese (8 oz)
- 1/2 cup Progresso™ Italian style panko crispy bread crumbs
- 1 tablespoon butter, melted

## Steps

- 1 In 4-quart saucepan, heat water to boiling over medium heat. Add cauliflower and macaroni; cook 5 to 7 minutes, stirring frequently, until macaroni is tender. Drain; return to saucepan, and cover to keep warm.
- 2 Meanwhile, heat oven to 350°F. Spray 2-quart glass baking dish with cooking spray. In 2-quart saucepan, stir milk, flour, mustard, salt, black pepper and red pepper with whisk until smooth. Cook over medium heat, stirring constantly, until mixture boils and thickens. Remove from heat. Stir in cheese until melted.
- 3 Add cheese sauce to cooked pasta mixture; mix well. Spoon into baking dish. In small bowl, mix bread crumbs and melted butter. Sprinkle over pasta mixture in baking dish. Bake 20 to 25 minutes or until edges are bubbly.

# Simple Lemon Green Beans

Prep time	Cook time	Total time
10 mins	5 mins	15 mins

These green beans, simply prepared with olive oil, garlic, and lemon, are an easy, 4-ingredient, delicious side dish!

Author: Jeanine Donofrio

Recipe type: Side Dish

Serves: 4

## Ingredients

- 1 pound green beans, de-stemmed
- 1 tablespoon extra-virgin olive oil
- 1 garlic clove, grated or finely minced
- juice of ½ lemon plus ½ teaspoon zest
- sea salt and freshly ground black pepper.

## Instructions

1. Bring a large pot of water to a boil.
2. In a small bowl mix together the olive oil, garlic, lemon juice, zest, salt, and pepper.
3. Boil the beans until tender but still vibrant green and a little bit crunchy, about 2 to 4 minutes. The timing will depend on their size..
4. Drain the green beans in a colander, and rinse under cold water. Transfer to a kitchen towel and pat dry. Transfer to a serving dish and toss with the dressing. Season to taste and serve.

Recipe by Love and Lemons at <https://www.loveandlemons.com/simple-lemon-green-beans/>



## Snack Ideas from Camp ENERGY

- 100 calorie granola bars / 2% milk string cheese
- Veggies / Veggie Straws/ Pretzels with Ranch dip & hummus
  - Make your own ranch dip with Plain non-fat Greek yogurt & ranch packet (dill optional)
    - Directions: Add 2 cups greek yogurt to a bowl and mix well with 1, 1 oz ranch seasoning packet. Gently fold in 1 tablespoon fresh dill and let sit in fridge for at least 15-minutes to allow the flavor to develop.
- Parfait Bar: Plain, non-fat Greek yogurt, Kashi Go Lean Cereal, berries for toppings
- Healthy Home-Made Granola (recipe to follow)
- Banana Ice cream
  - Ingredients: 2-3 cups frozen banana chunks, 1 tablespoon of unsweetened almond milk or 2% milk per banana; optional: 1/8 teaspoon vanilla extract per serving, toppings of your choice
  - Directions: Pulse frozen banana and milk in a food processor or blender until it's the consistency of ice cream. Eat alone or top with your favorite healthy toppings.
- Taco Layer Dip with Tortilla Chips or Veggies (recipe to follow)
- Salad on a stick (recipe to follow)

# Healthy Homemade Granola

Author: Cookie and Kate   Prep Time: 5 mins   Cook Time: 21 mins   Total Time: 26 minutes

Yield: 8 cups    Category: Breakfast   Method: Baked   Cuisine: American

★★★★★ 4.9 from 2224 reviews

This delicious healthy granola recipe is naturally sweetened with maple syrup (or honey). It's made with oats, coconut oil and your favorite nuts and fruit. Make it your own! Recipe yields about 8 cups granola, enough for about 16 half-cup servings.



SCALE

## INGREDIENTS

- 2 cups old-fashioned rolled oats (use certified gluten-free oats for gluten-free granola)
- 1 cup raw nuts and/or seeds (I used 1 cup pecans and 1/2 cup pepitas)
- 1/2 teaspoon fine-grain sea salt (if you're using standard table salt, scale back to 3/4
- teaspoon) 1/4 teaspoon ground cinnamon
- 1/4 cup melted coconut oil or olive oil
- 1/4 cup maple syrup or honey
- 1/2 teaspoon vanilla extract
- 2/3 cup dried fruit, chopped if large (I used dried cranberries)
- Totally optional additional mix-ins: 1/4 cup chocolate chips or coconut flakes\*

ADD TO SHOPPING LIST

Save recipes, create shopping lists,  
meal plans and more.

## INSTRUCTIONS

[Privacy](#) - [Terms](#)

1. Preheat oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, nuts and/or seeds, chocolate chips (optional) salt and cinnamon. Stir to blend.
3. Pour in the oil, maple syrup and/or honey and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
4. Bake until lightly golden, about 21 to 24 minutes, stirring halfway (for extra-clumpy granola, press the stirred granola down with your spatula to create a more even layer). The granola will further crisp up as it cools.
5. Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit (and optional chocolate chips, if using). Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra-clumpy granola.
6. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

## NOTES

*Recipe adapted [Meg Gordan's granola](#), which I've tweaked over the years.*

**Make it gluten free:** Be sure to use certified gluten-free oats.

**Make it nut free:** Use seeds, like pepitas or sunflower seeds, instead of nuts.

**\*If you want toasted coconut in your granola:** Stir the coconut flakes into the granola halfway through baking. They'll get nice and toasty that way.

**Serving suggestions:** This granola is awesome on its own, with milk or yogurt and fresh fruit, and you can even throw a couple handfuls into a salad for granola "croutons."

## ► NUTRITION INFORMATION

### *Did you make this recipe?*

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

*Recipe from Cookie and Kate: <https://cookieandkate.com/healthy-granola-recipe/>*



Dip Vegetarian

# Taco Layer Dip for Kids

READY IN	SERVINGS
15 mins	4 people
INTERESTS	Healthy Bites Vegetarian

Courtesy of Weis Dietitians

## INGREDIENTS

- 1/2 cup(s) prepared guacamole
- 1/4 cup(s) Weis Quality 2% Reduced Fat Mexican Blend Shredded Cheese
- Weis Signature Collection Round White Tortilla Chips
- 1/4 cup(s) red, yellow, and green bell peppers, diced
- 1/4 cup(s) Weis Quality Original Sour Cream
- 1/2 cup(s) Weis Quality No Salt Added Black Beans, drained and rinsed
- 2 tsp. Lime Juice

## DIRECTIONS

- 1 Layer ingredients in 4 small clear cups or dishes. In each dish, add: 2 tbsp prepared guacamole, 1 tbsp sour cream, 2 tbsp black beans, 1 tbsp shredded Mexican blend cheese, and 1 tbsp diced bell peppers
- 2 Top each with ½ tsp lime juice. Serve with tortilla chips.

Courtesy of Weis Dietitians



## Salad on a Stick

### U.S.

### Metric

#### *For the Kebob:*

1 cup	Cherry Tomatoes, washed	149 g
1 each	Cucumber, washed, cut into wedges	1 each
1 cup	Cheddar Cheese, low-fat, cubed	113 g

#### *For the Dressing:*

1/4 cup	Yogurt, Plain, low-fat	56.7 g
1/4 cup	Sour Cream, reduced fat	56.7 g
2 tsp	Parsley, fresh, chopped	2.4 g
1 tsp	Green Onion, finely chopped	2.1 g
1 tsp	Lemon Juice	5 mL
1/8 tsp	Garlic Powder	0.4 g
1/8 tsp	Salt, Kosher	0.75 g
to taste	Black Pepper, ground	to taste

### **Preparation:**

#### *For the Kebabs:*

1. Gather all ingredients and equipment.
2. Cut the cucumber, tomato and cheese into bite sized pieces. You may use a knife or small cookie cutter to shape your vegetables into bite size pieces.
3. Slide vegetables and cheese onto skewers, alternating between vegetables and cheese.

#### *For the Dressing:*

1. Whip together the yogurt and sour cream.
2. Fold in the chopped herbs, lemon juice, and seasonings.
3. Cover and allow to chill for at least 10 minutes before serving.
4. Serve with kebabs and enjoy!

**\*\*Nutrition Facts on Reverse**

## **Water Infusion Ideas from Camp ENERGY**

Your body needs 8 glasses of fluids each day to stay hydrated. See the camper workbook for *Tips for Healthy Drinking*.

### **Cucumber and Mint Water**

Prep Time: 5 mins; Total Time: 5 mins

Ingredients:

- ½ cup mint leaves
- 1 md cucumber, peeled and sliced
- 2 quarts water
- Tall Glass/Container for mixture

Directions: Slice cucumber, pull mint leaves, and add to water and let sit for a few hours to infuse. The more fruit/vegetables or spices added, the stronger the flavor.

### **Fruit Infused Water with Lemon or Lime**

Ingredients:

- A selection of raspberries, strawberries, blueberries, lemon, lime
- 2 quarts water
- Tall Glass/Container for mixture

Directions: Choose your favorite flavor combination. Slice any fruit/vegetables and add to water and let sit for a few hours to infuse. The more fruit added, the stronger the flavor.