

Recipe Packet: Teen Camp, Day 1

Carrot Zucchini Muffins

Makes 1 dozen muffins

- 1 ½ cups whole wheat flour
- 1 ½ cups unbleached all purpose flour
- 1 ½ cups sugar
- 1 ½ teaspoons baking powder
- ¾ teaspoon kosher salt
- ¾ teaspoon baking soda
- 1 ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¾ cup canola oil
- 3 eggs
- 1 cup of fresh unsweetened applesauce
- 1 tsp of vanilla
- 1 ½ cup grated zucchini, squeezed of extra water (use small holes)
- 1 ½ cup grated carrots (use small holes)
- 1 recipe Streusel topping, optional

Preheat oven to 350°F. Line a 12-cup muffin tin with paper cupcake liners, or spray evenly with nonstick spray. Set aside.

In a large bowl, combine the dry ingredients flours, sugar, baking powder, salt, baking soda, cinnamon and nutmeg. Stir together.

In another bowl, stir together the oil, eggs, applesauce and vanilla extract. Add the dry ingredients in three batches to the wet mixture and mix to reach a smooth consistency. Fold in grated carrots and zucchini.

Use a #12 portion scoop and divide the batter into the lined muffin cups. Top each muffin with a tablespoon of streusel. Bake in a pre-heated oven for 35 – 40 minutes, rotating half way.

Take it out and test with a toothpick to make sure inside of the muffins are done. Allow them to cool on wire racks.

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Streusel Topping

Makes 1 cup

- ¼ cup firmly packed golden brown sugar
- ¼ cup sliced almonds, unsalted
- 6 tablespoons unsalted butter, chilled and cut into ½" cubes
- ¼ cup old-fashioned oats (not instant, not quick-cook!)
- ¼ cup all purpose flour

Combine all of the ingredients into a food processor and let it run until moist clumps form. Chill in the fridge until ready to use.

Smokey Tomato Jam

Makes 2 cups

- 2 tablespoons extra virgin olive oil
- 1 cup chopped onion
- 2 garlic cloves, peeled and minced
- 1 28-ounce can diced tomatoes in juice
- 1 tablespoon sugar
- 1 teaspoon dried thyme, or 2 teaspoons fresh
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 teaspoon smoked paprika, or 1 teaspoon liquid smoke

Heat the oil in a medium-sized saucepan over medium heat. Add the onion and sauté until translucent, about 7 minutes. Add the garlic and sauté until fragrant, about 1 minute. Add the remaining ingredients and stir to combine. Cook over medium heat until almost all of the liquid evaporates and the mixture is reduced to about 2 cups. Stir occasionally. Cool, and portion to jars. Process for storage or freeze.

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Fruit Kabobs

Makes 12 kabobs

- 12 long bamboo skewers
- 12 medium-sized strawberries, washed and hulled
- 12 banana chunks, peeled and cut into 2-inch pieces (about 3-4 bananas)
- 12 red grapes, seedless
- 12 green grapes, seedless
- 12 pineapple chunks, about 2-inches

Thread the fruit in alternating colors on a skewer and repeat until all of the fruit has been skewered. Place on a platter and cover with plastic wrap. Chill for 30 minutes and serve cold.

Piggies in Blankets, or Bagel Dogs

Serves 4 - 6

- 1 package pre-made pizza dough
- 2 packages Aidell's Chicken and Apple Sausage
- 1 egg, beaten with 2 teaspoons water
- 1 tablespoon poppy seeds or sesame seeds, for garnish

Pre-heat the oven to 375°F.

Cut the dough into 8 equal pieces. Let the dough come to room temperature, or until soft and pliable. Gently roll each piece into 12-14-inch "snakes."

Wrap each sausage by coiling each sausage with the dough, starting from one end to the other. Place on a baking sheet lined with foil or parchment paper.

Brush the top of the dough with egg wash and sprinkle with poppy seeds or sesame seeds.

Bake until the bread is golden brown, about 25 minutes. Transfer to a platter and serve hot with mustard.