

Camp **KAMAJI's**

# JUST ADD WATER

A Collection of Marjena's Most Popular Recipes



This cookbook is dedicated to MARJENA SLOAN, Camp Kamaji's Head Cook from 1980 through 2010!! If you have been lucky enough to be a Kamaji camper or staff member during the past three decades, your memories of camp probably include the wonderful meals which Marjena and her Kami Kitchen Krew have 'campingly' prepared.

In addition to naming Kamaji's dining hall SLOAN HALL in honor of Marjena's 30 summers with Kamaji (so far!!) we wanted to also commemorate Marjena's 30<sup>th</sup> season with the publication of an idea we have talked with Marjena for forever(!!)—a Kamaji cookbook entitled *Just Add Water*. And so here it is . . .

. . . a collection of Kamaji's most requested and popular recipes — straight from the Kamaji Kitchen. Not all of Kamaji's recipes were developed at camp — in fact many have come from campers, alumnae, camper parents, staff and friends of Kamaji in addition to those recipes taken from cookbooks and, most recently, on-line recipe websites. While we can't claim credit for many of the recipes, what we **CAN** say with absolute certainty is that all the recipes you'll find in the following pages have been tested in the Kamaji Kitchen and overwhelmingly kid-approved in Sloan Hall!!

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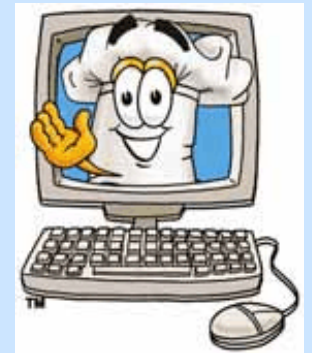
A division of CAMP KAMAJI FOR GIRLS  
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*JUST ADD WATER* is a work in progress. New recipes will periodically be added once camper-tested and -approved!!

The names, characters, places and incidents mentioned in this book actually do resemble actual events, locales and persons.

Please feel free to copy and pass on any recipes – after all ‘imitation is the sincerest form of flattery’!!

2010 by Camp Kamaji for Girls



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**Food tastes better when shared with friends...**

# GOOEY ROLLS

## Ingredients

- ★ 3/4 cup milk
- ★ 1/4 cup margarine, softened
- ★ 3 1/4 cups all-purpose flour
- ★ 1 (.25 ounce) package instant yeast
- ★ 1/4 cup white sugar
- ★ 1/2 teaspoon salt
- ★ 1/4 cup water
- ★ 1 egg
- ★ 1 cup brown sugar, packed
- ★ 1 tablespoon ground cinnamon
- ★ 1/2 cup margarine, softened

## Directions

1. Heat the milk in a small saucepan until it bubbles, then remove from heat. Mix in margarine; stir until melted. Let cool until lukewarm.
2. In a large mixing bowl, combine 2 1/4 cup flour, yeast, sugar and salt; mix well. Add water, egg and the milk mixture; beat well. Add the remaining flour, 1/2 cup at a time, stirring well after each addition. When the dough has just pulled together, turn it out onto a lightly floured surface and knead until smooth, about 5 minutes.
3. Cover the dough with a damp cloth and let rest for 10 minutes. (Meanwhile make 'goo' and prep pan.)
4. Roll out dough into a 12x9 inch rectangle. Roll up dough and pinch seam to seal. Cut into 12 equal size rolls.

## To make the Goo for the Gooey!!

1. Spread a thin layer of margarine on the bottom, sides and edges of the baking pan.
2. Mix equal parts of brown and white sugar (approximately 1 cup of each although you'll likely use less if you want less goo) and a tablespoon of ground cinnamon. Spread evenly across the pan.
3. Place rolls in pan and then let rise until doubled, about 30 minutes.
4. Pour 1/2 cup water (OR if you want to be truly decadent, 1/2 cup heavy cream!) around edges of pan and over the buns themselves. Give pan a little shake before popping into 375 degrees F (190 degrees C) for 20 minutes.
5. Flip over onto a platter covered with waxed paper or parchment (if you don't want to be chiseling goo off serving dish!!) and serve.

**Servings: 12**

# BLUEBERRY SCONES

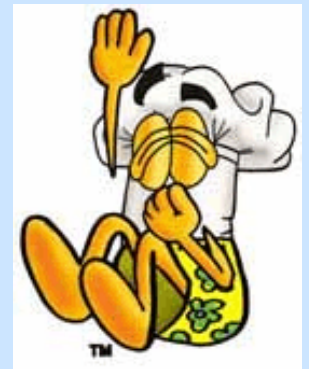
## Ingredients

- ★ 1 cup sour cream
- ★ 1 teaspoon baking soda
- ★ 4 cups all-purpose flour
- ★ 1 cup white sugar
- ★ 2 teaspoons baking powder
- ★ 1/4 teaspoon cream of tartar
- ★ 1 teaspoon salt
- ★ 1 cup butter
- ★ 1 egg
- ★ 1 cup dried blueberries

## Directions

1. In a small bowl, blend the sour cream and baking soda, and set aside.
2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking sheet.
3. In a large bowl, mix the flour, sugar, baking powder, cream of tartar, and salt. Cut in the butter. Stir the sour cream mixture and egg into the flour mixture until just moistened. Mix in the raisins.
4. Turn dough out onto a lightly floured surface, and knead briefly. Roll or pat dough into a 3/4 inch thick round. Cut into 12 wedges, and place them 2 inches apart on the prepared baking sheet.
5. Bake 12 to 15 minutes in the preheated oven, until golden brown on the bottom.

**Servings: 12 scones**



# CINNAMON SCONES

## Ingredients

- ★ 2 cups white flour
- ★ 1/3 cup sugar
- ★ 1 tbs baking powder
- ★ 1 tsp cinnamon
- ★ 1/4 tsp salt
- ★ 1/2 cup butter
- ★ 2/3 cup milk
- ★ 1 egg, slightly beaten
- ★ 1 tsp vanilla

## To Make Cinnamon Sugar Topping

- ★ 2 tablespoons granulated sugar
  - ★ 1/4 teaspoon ground cinnamon
- ★ one egg separated

## Directions

1. Preheat oven to 400F.
2. Blend together flour, sugar, baking powder, cinnamon and salt.
3. Cut in butter. Mix milk, egg and vanilla in another mixing bowl. Add to the flour mixture, and stir until just moist. Shape dough into an 8-inch round loaf. cut into 8 wedges and separate slightly.
4. Brush egg white (mixed with 1 teaspoon water) over scones and sprinkle cinnamon sugar (see ingredients above), to taste, over scones.
5. Bake 18-20 minutes Bake for 15-20 minutes.

**Servings: 8 scones**



# MONKEY BREAD

## Ingredients

- ★ 3 (12 ounce) packages refrigerated biscuit dough
- ★ 1 cup white sugar
- ★ 2 teaspoons ground cinnamon
  
- ★ ½ cup margarine
- ★ 1 cup packed brown sugar
- ★ ½ cup chopped walnuts (optional)
- ★ ½ cup raisins (optional)

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease one 9 or 10 inch tube/Bundt® pan.
2. Mix white sugar and cinnamon in a plastic bag. Cut biscuits into quarters. Shake 6 to 8 biscuit pieces in the sugar cinnamon mix. Arrange pieces in the bottom of the prepared pan. Continue until all biscuits are coated and placed in pan. If using nuts and raisins, arrange them in and among the biscuit pieces as you go along.
3. In a small saucepan, melt the margarine with the brown sugar over medium heat. Boil for 1 minute. Pour over the biscuits.
4. Bake at 350 degrees F (175 degrees C) for 35 minutes. Let bread cool in pan for 10 minutes, then turn out onto a plate. Do not cut! The bread just pulls apart.

**Servings: 15**



# ROASTED APPLE & BLUEBERRY BREAKFAST PIZZA

## Ingredients

For Roasted Apples

- ★ 4 large Granny Smith apples, thinly sliced
- ★ 2 tablespoons unsalted butter, melted
- ★ 1/4 teaspoon cinnamon
- ★ 1/8 teaspoon nutmeg

## Directions for Roasting the Apples

1. Preheat oven to 300 degrees F and grease a 9x9-inch baking dish.
2. Mix all roasted apple ingredients in bowl until apples are evenly coated.
3. Lightly layer apple mixture into pan and bake uncovered for approximately 10-20 minutes, or until apples are tender and lightly browned.

## Ingredients For Pizza

- ★ 8 ounce container Mascarpone cheese
- ★ 5 ounces sour cream
- ★ 3 ounces brown sugar
- ★ 1/2 teaspoon Almond Extract
- ★ 1/4 teaspoon Vanilla Extract
- ★ Roasted Apples
- ★ 3 ounces fresh blueberries (or dried cranberries – plumped as below)
- ★ 3 ounces slivered almonds (optional)
- ★ Streusel Topping (4 tablespoons butter, 1/2 cup flour, 1/4 cup sugar – blend until crumbly)
- ★ Parbaked Pizza Crust from your grocery freezer section

## Directions

1. Combine mascarpone cheese, sour cream, brown sugar, almond and vanilla extracts. Blend until combined thoroughly.
2. Cover and refrigerate until ready to use.
3. If using dried blueberries or cranberries, place them in a small saucepan and cover with water, simmer over low heat until they plump up.
4. Drain the fruit, cover, and refrigerate until ready to use.
5. Place the proofed crust on a pizza screen or pizza tray.
6. Spread the mascarpone cheese blend over the crust.
7. Evenly distribute the roasted apples over the cheese blend.
8. Sprinkle with almonds and blueberries (or cranberries).
9. Finally, sprinkle streusel topping over the pizza.
10. Bake the pizza in a preheated pizza oven for 5-10 minutes or until golden brown.

**Servings: 8-12 (depending on size of pizza crust)**

# BERRY CRISP

## Ingredients

- ★ 1½ cups fresh blackberries
- ★ 1½ cups fresh raspberries
- ★ 1½ cups fresh blueberries
- ★ 4 tablespoons white sugar
- ★ 2 cups all-purpose flour
- ★ 2 cups rolled oats
- ★ 1½ cups packed brown sugar
- ★ 1 teaspoon ground cinnamon
- ★ ½ teaspoon ground nutmeg
- ★ 1½ cups butter

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, gently toss together blackberries, raspberries, blueberries, and white sugar; set aside.
3. In a separate large bowl, combine flour, oats, brown sugar, cinnamon, and nutmeg. Cut in butter until crumbly. Press half of mixture in the bottom of a 9x13 inch pan. Cover with berries. Sprinkle remaining crumble mixture over the berries.
4. Bake in the preheated oven for 30 to 40 minutes, or until fruit is bubbly and topping is golden brown.

**Servings: 18**

# APPLE CRISP

## Ingredients

- ★ 10 cups all-purpose apples, peeled, cored and sliced
- ★ 1 cup white sugar
- ★ 1 tablespoon all-purpose flour
- ★ 1 teaspoon ground cinnamon
- ★ ½ cup water
- ★ 1 cup quick-cooking oats
- ★ 1 cup all-purpose flour
- ★ 1 cup packed brown sugar
- ★ 1/4 teaspoon baking powder
- ★ 1/4 teaspoon baking soda
- ★ ½ cup butter, melted

## Directions

1. Preheat oven to 350 degrees F (175 degree C).
2. Place the sliced apples in a 9x13 inch pan. Mix the white sugar, 1 tablespoon flour and ground cinnamon together, and sprinkle over apples. Pour water evenly over all.
3. Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter together. Crumble evenly over the apple mixture.
4. Bake at 350 degrees F (175 degrees C) for about 45 minutes.

**Servings: 12**

# PEACH COBBLER

## Ingredients

- ★ 1 (29 ounce) can sliced peaches, drained
- ★ 2 cups all-purpose flour
- ★ 1½ cups white sugar
- ★ 1 pinch salt
- ★ 1½ teaspoons ground cinnamon
- ★ 1 cup butter, chilled

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Layer the peaches in a 9x13 inch baking pan. In a large bowl, mix the flour, sugar, salt and cinnamon. Slice the butter into chunks and mix it into the dry ingredients until it looks like pea size crumbs. Sprinkle crumbs over peaches.
3. Bake for 30 to 40 minutes in the preheated oven, until lightly golden.



**Servings: 8-12**

# CINNAMON COFFEE CAKE

## Ingredients

- ★ 1 (18.25 ounce) package yellow cake mix
- ★ 1 (3.4 ounce) package instant vanilla pudding mix
- ★ 1 (3.4 ounce) package instant butterscotch pudding mix
- ★ 4 eggs
- ★ 1 cup water
- ★ 1 cup vegetable oil
- ★ 1 cup packed brown sugar
- ★ 1 tablespoon ground cinnamon
- ★ 1 cup chopped walnuts

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan, or a 10 inch Bundt cake pan.
2. In a medium bowl, stir together the cake mix, vanilla pudding mix, and butterscotch pudding mix. Add the eggs, oil and water, mix until well blended. In another bowl, stir together the brown sugar, cinnamon and nuts. Pour half of the batter into the pan, spread evenly. Sprinkle with half of the nut mixture. Cover with the rest of the batter, and sprinkle with the rest of the nut mixture.
3. Bake for 20 minutes in the preheated oven, then turn the oven down to 325 degrees F (165 degrees C) and bake for an additional 35 to 40 minutes.

**Servings: 24**

# GRAHAM STREUSEL COFFEE CAKE



## Ingredients

- ★ 1½ cups graham cracker crumbs
- ★ ¾ cup packed brown sugar
- ★ ¾ cup chopped pecans
- ★ 1½ teaspoons ground cinnamon
- ★ ⅔ cup butter or margarine, melted
- ★ 1 (18.25 ounce) package yellow cake mix
- ★ ½ cup confectioners' sugar
- ★ 1 tablespoon milk

## Directions

1. Combine the first five ingredients; set aside.
2. Prepare cake mix according to package directions.
3. Pour half of the batter into a greased 13-in. x 9-in. x 2-in. baking pan.
4. Sprinkle with half of the graham cracker mixture.
5. Carefully spoon the remaining batter on top.
6. Sprinkle with the remaining graham cracker mixture.
7. Bake at 350 degrees F for 40-45 minutes or until a toothpick inserted near the center comes out clean.
8. Cool on a wire rack.

**Servings: 12**

# BLUEBERRY SOUR CREAM COFFEE CAKE

## Ingredients

- ★ 1 cup butter, softened
- ★ 2 cups white sugar
- ★ 2 eggs
- ★ 1 cup sour cream
- ★ 1 teaspoon vanilla extract
- ★ 1 5/8 cups all-purpose flour
- ★ 1 teaspoon baking powder
- ★ 1/4 teaspoon salt
- ★ 1 cup fresh or frozen blueberries
- ★ 1/2 cup brown sugar
- ★ 1 teaspoon ground cinnamon

## Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch Bundt pan.
2. In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the sour cream and vanilla. Combine the flour, baking powder, and salt; stir into the batter just until blended. Fold in blueberries.
3. Spoon half of the batter into the prepared pan. In a small bowl, stir together the brown sugar and cinnamon (and, if desired, 1/2 cup chopped pecans).
4. Sprinkle half of this mixture over the batter in the pan.
5. Spoon remaining batter over the top, and then sprinkle the remaining sugar/cinnamon mixture over.
6. Use a knife or thin spatula to swirl the sugar layer into the cake.
7. Bake for 55 to 60 minutes in the preheated oven, or until a knife inserted into the crown of the cake comes out clean. Cool in the pan over a wire rack. Invert onto a serving plate, and tap firmly to remove from the pan. Dust with confectioners' sugar just before serving.

**Servings: 12**



# CHOCOLATE CHIP PANCAKES

## Ingredients

- ★ Your favorite pancake mix
- ★ 1 cup semi-sweet chocolate chips (for every two cups of pancake mix)

## Directions

1. Prepare pancake batter as directed.
2. Pour the batter by 1/4 cupfuls onto a greased hot griddle.
3. Sprinkle each pancake with 2 teaspoon chocolate chips. Turn when bubbles form on top of pancake; cook until second side is golden brown.

**Servings: 6**



# MACARONI AND CHEESE

## Ingredients

- ★ 1 (8 ounce) package elbow macaroni
- ★ 1 (8 ounce) package shredded sharp Cheddar cheese
- ★ 1 (12 ounce) container small curd cottage cheese
- ★ 1 (8 ounce) container sour cream
- ★ 1/4 cup grated Parmesan cheese
- ★ salt and pepper to taste
- ★ 1 cup dry bread crumbs
- ★ 1/4 cup butter, melted

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil, add pasta, and cook until done; drain.
2. In 9x13 inch baking dish, stir together macaroni, shredded Cheddar cheese, cottage cheese, sour cream, Parmesan cheese, salt and pepper. In a small bowl, mix together bread crumbs and melted butter. Sprinkle topping over macaroni mixture.
3. Bake 30 to 35 minutes, or until top is golden.

**Servings: 6– 9**



# 'ZA 2 (BBQ CHICKEN PIZZA)

## Ingredients

- ★ 1 (12 inch) pre-baked pizza crust (for example, Boboli pizza crust) OR baked flatbread (we serve Za 2 on flatbread at camp)
- ★ ½ cup hickory flavor barbecue sauce
- ★ ½ cup diced grilled chicken
- ★ 1/4 cup chopped red bell pepper (optional)
- ★ 1/4 cup chopped green bell pepper (optional)
- ★ 1/4 cup chopped yellow peppers (optional)
- ★ 1/4 cup chopped red onion (optional)
- ★ 1 cup shredded Monterey Jack cheese (or mozzarella cheese)

## Directions

1. Preheat oven to 450 degrees F (230 degrees C).
2. Place pizza crust on cookie sheet. Spread with barbecue sauce. Scatter chicken over top. Sprinkle evenly with peppers and onion. Cover with cheese.
3. Bake in preheated oven for 10 to 12 minutes, or until cheese is melted.

**Servings: 4 +**

# RAINBOW BURGERS



Kamaji's Rainbow Burger is a "work of art" so take some time and care in the quest towards hamburger heaven!!

1. A really good burger needs fat, especially when grilled. Fat is flavor, and fat is juiciness, and by making a burger with lean ground beef you're halfway doomed to failure from the start. The fat will baste and flavor the meat, and make for a succulent, never dry, flavorful patty. So look for ground chuck (or a combination of ground chuck and sirloin) that contains at least 20% fat — Kamaji makes 4 oz burgers that contain 23% fat.\*\* (Don't use meat that contains more than 25% fat!)

\*\* Although purposely using meat that contains 'fat' appears to be a contradiction to Kamaji's Healthy Eating Philosophy, grilling is an inherently lean way of cooking and most of the fat will drop down onto the coals during grilling. Plus the fat bastes and flavors the meat and makes a succulent, never dry, flavorful patty which is half the secret to Kamaji's Rainbow Burgers' popularity.

2. Don't over-handle the burger. You need a light and delicate touch \*\*\* when forming the patties. Do not pack the meat into a dense thick patty — this is not a hockey game and the hamburger should not resemble a puck!! A patty should be no larger than an inch in thickness – 3/4 inch is even better. (Burgers that are too thick are difficult to grill well.)

\*\*\* The Rainbow Boys may be rough-and-rowdy on the outside but when it comes to producing the perfect burger they are willing to show their 'feminine' side!!

3. Resist the temptation to add other ingredients to the burger when prepping — especially marinades. There is but one ingredient in Kamaji's Rainbow Burgers and that is the meat!!
4. Chill the patties at least an hour or two before grilling. This will firm them up and make them hold better on the grill.
5. Use a charcoal grill!!! (To reach burger nirvana it is imperative that no shortcuts be taken — when making Rainbow Burgers at home, resist the urge to fast cook these on a gas grill!!)
6. Grill over a medium high heat, about 4 minutes per side, with the lid up, watching carefully. The second most important step to a good burger (the first step being pure unaltered 20%-25% fat in the burger!!) is simply attentive cooking. Be sure to need to keep a watchful eye when grilling to make sure that a flare up doesn't happen.
7. The choice of add-ons to the burger once it is grilled are entirely up to you!!

# ALFREDO SAUCE

## Ingredients

- ★ 1/4 cup butter
- ★ 1 cup heavy cream
- ★ 1 clove garlic, crushed
  
- ★ 1½ cups freshly grated Parmesan cheese
- ★ 1/4 cup chopped fresh parsley (optional)

## Directions

1. Melt butter in a medium saucepan over medium low heat. Add cream and simmer for 5 minutes, then add garlic and cheese and whisk quickly, heating through. Stir in parsley and serve.

Cannot save as sauce separates once cooled, so be sure and eat it all at one serving!!

**Servings: 2 - 4, depending. . .**

# MARJENA'S LASAGNA

## Ingredients

- ★ 26 - 30 ounces of your favorite spaghetti sauce
- ★ 1 pound (16 ounces) cottage cheese
- ★ 2 teaspoons parsley flakes
- ★ 3/4 teaspoon leaf oregano
- ★ 12 dried (uncooked!) lasagna noodles which is equivalent to 3/4 pound lasagna noodles
- ★ 3/4 pound (12 ounces) shredded mozzarella cheese
- ★ 1/4 cup shredded parmesan cheese

## Directions

1. Mix cottage cheese, parsley flakes and oregano.
2. Spoon 1/3 of the spaghetti sauce into bottom of 9x13 baking dish.
3. Arrange 6 (**uncooked!**) noodles in a 9x13-inch baking dish, breaking if necessary to fit.
4. Spoon 1/3 of the sauce over noodles.
5. Top with 1/2 cottage cheese mixture and 1/2 of the mozzarella cheese.
6. Repeat layers with remaining noodles, sauce, cottage cheese, and mozzarella cheese. Top with 1/4 cup shredded Parmesan cheese.
7. Cover tightly with plastic wrap followed by a layer of aluminum foil (shiny side in, as always at Kamaji!). Make sure that both the wrap and the foil are pulled tightly around edges of baking dish. It is this critical step that will guarantee that noodles steam cook
8. If at all possible refrigerate overnight or at least an hour or two. (Not a critical step if in a time crunch.)
9. Preheat oven to 350 degrees F (175 degrees C).
10. Bake lasagna, covered, until noodles are soft, cheese is melted, and sauce is bubbly, about 1 hour. Allow to sit for 15 - 30 minutes (with wraps intact) minutes before serving.
11. Unwrap, cut into pieces and serve.

**Servings: 8**



# BAKED ZITI

## Ingredients

- ★ 1 pound dry ziti pasta
- ★ 1 onion, chopped (at camp we leave onions out!!)
- ★ 1 pound lean ground beef (optional – at Kamaji our pasta dishes are usually meatless!)
- ★ 2 (26 ounce) jars spaghetti sauce
- ★ 6 ounces provolone cheese, sliced
- ★ 1½ cups sour cream
- ★ 6 ounces mozzarella cheese, shredded
- ★ 2 tablespoons grated Parmesan cheese

## Directions

1. Bring a large pot of lightly salted water to a boil. Add ziti pasta, and cook until al dente, about 8 minutes; drain.
2. OPTIONAL STEP: In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce, and simmer 15 minutes.
3. Preheat the oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish. Layer as follows: ½ of the ziti, Provolone cheese, sour cream, ½ sauce mixture, remaining ziti, mozzarella cheese and remaining sauce mixture. Top with grated Parmesan cheese.
4. Bake for 30 minutes in the preheated oven, or until cheeses are melted.

**Servings: 10**



# BRISKET

## Ingredients

- ★ 4 pounds lean beef brisket
- ★ 2 tablespoons liquid smoke flavoring
- ★ 1 tablespoon onion salt
- ★ 1 tablespoon garlic salt
- ★ 1 ½ tablespoons brown sugar
- ★ 1 cup ketchup
- ★ 3 tablespoons butter
- ★ 1/4 cup water
- ★ ½ teaspoon celery salt
- ★ 1 tablespoon liquid smoke flavoring
- ★ 2 tablespoons Worcestershire sauce
- ★ 1½ teaspoons mustard powder
- ★ salt and pepper to taste

## Directions

1. Pour liquid smoke over brisket. Rub with onion salt and garlic salt. Roll brisket in foil and refrigerate overnight.
2. Preheat oven to 300 degrees F (150 degrees C). Place brisket in a large roasting pan. Cover and bake for 5 to 6 hours. Remove from oven, cool, and then slice. Put slices back into pan.
3. In a medium saucepan, combine brown sugar, ketchup, butter, water, celery salt, liquid smoke, Worcestershire sauce, mustard, salt and pepper. Stir, and cook until boiling.
4. Pour sauce over meat slices in pan. Cover and bake for 1 more hour.

**Servings: 10**



# KABOBS

## Ingredients

- ★ 1/4 cup soy sauce
- ★ 3 tablespoons light brown sugar
- ★ 3 tablespoons distilled white vinegar
- ★ 1/2 teaspoon garlic powder
- ★ 1/2 teaspoon seasoned salt
- ★ 1/2 teaspoon garlic pepper seasoning
- ★ 4 fluid ounces lemon-lime flavored carbonated beverage
- ★ 2 pounds beef sirloin steak (or sirloin tips), cut into 1 1/2 inch cubes
- ★ 1 each red, yellow and green peppers, cut into 2 inch pieces
- ★ skewers
- ★ 1/2 pound fresh mushrooms, stems removed (TOTALLY optional)
- ★ 1 pint cherry tomatoes
- ★ 1 fresh pineapple - peeled, cored and cubed (or, if easier canned pineapple chunks)

## Directions

1. In a medium bowl, mix soy sauce, light brown sugar, distilled white vinegar, garlic powder, seasoned salt, garlic pepper seasoning, and lemon-lime flavored carbonated beverage. Reserve about 1/2 cup of this marinade for basting. Place steak in a large resealable plastic bag. Cover with the remaining marinade, and seal. Refrigerate for 8 hours, or overnight.
2. Bring a saucepan of water to a boil. Add green peppers, and cook for 1 minute, just to blanch. Drain, and set aside.
3. Preheat grill for high heat. Thread steak, green peppers, mushrooms, tomatoes, and pineapple onto skewers in an alternating fashion. Discard marinade and the bag.
4. Lightly oil the grill grate. Cook kabobs on the prepared grill for 10 minutes, or to desired doneness. Baste frequently with reserved marinade during the last 5 minutes of cooking.
5. Serve with rice.

**Servings: 8**

# GRILLED TRI-TIPS

## Ingredients

- ★ 1/4 cup soy sauce
- ★ 1/4 cup olive oil
- ★ 2 tablespoons water
- ★ 2 cloves garlic, peeled and chopped
- ★ ground black pepper to taste
- ★ 4 pounds boneless sirloin tri-tip, cut into 1/2 inch slices

## Directions

1. In a large, non-reactive bowl, blend the soy sauce, olive oil, water, garlic, and pepper. Place the beef tri tip in the marinade. Cover, and marinate in the refrigerator at least 4 hours.
2. Preheat an outdoor grill for high heat, and lightly oil grate.
3. Grill the beef slices 3 to 5 minutes per side, or to desired doneness. Discard remaining marinade.

**Servings: 8**

# STEAK-ON-A-STICK

(4<sup>TH</sup> OF JULY PICNIC)

## Ingredients

- ★ 1 cup vegetable oil
- ★ ½ cup soy sauce
- ★ 1/3 cup red wine vinegar
- ★ 1/4 cup fresh lemon juice
- ★ 3 tablespoons Worcestershire sauce
- ★ 1 tablespoon freshly ground black pepper
- ★ 2 tablespoons Dijon-style prepared mustard
- ★ 1 onion, sliced
- ★ 2 cloves garlic, minced
- ★ 5 pounds boneless beef short rib (cut into 4 oz slices)
- ★ 20 wood skewers (only if you want your short rib on a stick to authenticate Kamaji's 4<sup>th</sup> of July Traditional Steak-on-a-Stick!!)



## Directions

1. In a medium bowl, combine the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, ground black pepper, mustard, onion, and garlic. Mix together well, and use to marinate your favorite meat.
2. Soak skewers in water for several hours before using.
3. Fire up grill charcoal bbq and grill to desired doneness.
4. Discard marinade.

**Servings: 20**

# BAKED BEANS

## Ingredients

- ★ 2 (15 ounce) cans vegetarian baked beans
- ★ ½ cup packed brown sugar
- ★ ½ onion, chopped (optional)
- ★ ½ cup ketchup or BBQ sauce
- ★ 1 tablespoon prepared mustard
- ★ 1 teaspoon Worcestershire sauce
- ★ 1 teaspoon red wine vinegar
- ★ salt and pepper to taste
- ★ 2 slices bacon (optional)

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a 9x9 inch baking dish, combine the pork and beans, brown sugar, onion, ketchup, mustard, Worcestershire sauce and vinegar and season with salt and pepper to taste. Top with the bacon slices.
3. Bake at 350 degrees F (175 degrees C) for 1 hour, or until sauce is thickened and bacon is cooked.

**Servings: 6**

# KAMAJI KUGEL

## Ingredients

- ★ 1 (16 ounce) package wide egg noodles
- ★ 1 cup reduced fat margarine
- ★ ½ cup fat free sour cream
- ★ 1 ½ cups egg substitute
- ★ 2 cups white sugar
- ★ 1 teaspoon lemon juice
  
- ★ 1 teaspoon vanilla extract
- ★ 8 ounces applesauce
- ★ 1/4 cup raisins (optional) – Kamaji campers are not fans of raisins!!
- ★ 1/4 cup graham cracker crumbs (optional)
- ★ 1 teaspoon ground cinnamon, or to taste

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Coat a 9x13 inch baking dish with cooking spray. Bring a large pot of lightly salted water to a boil. Cook noodles in boiling water for 8 to 10 minutes, or until al dente. Drain.
2. In a large bowl, mix together margarine, sour cream, egg substitute, sugar, lemon juice, vanilla extract, and applesauce. Stir in noodles and raisins.
3. Spread graham cracker crumbs on the bottom of the prepared dish. Pour the noodle mixture over the crumbs. Sprinkle top with cinnamon.
4. Bake 45 to 60 minutes in the preheated oven, or until set. Cover with foil if it browns too quickly.

**Servings: 12**

# OVEN ROASTED POTATOES

## Ingredients

- ★ 1/8 cup olive oil
- ★ 1 tablespoon minced garlic
- ★ 1/2 teaspoon dried basil
- ★ 1/2 teaspoon dried marjoram
- ★ 1/2 teaspoon dried dill weed
- ★ 1/2 teaspoon dried thyme
- ★ 1/2 teaspoon dried oregano
- ★ 1/2 teaspoon dried parsley
- ★ 1/2 teaspoon crushed red pepper flakes
- ★ 1/2 teaspoon salt
- ★ 4 large potatoes, peeled and cubed

## Directions

1. Preheat oven to 475 degrees F (245 degrees C).
2. In a large bowl, combine oil, garlic, basil, marjoram, dill weed, thyme, oregano, parsley, red pepper flakes, and salt. Stir in potatoes until evenly coated. Place potatoes in a single layer on a roasting pan or baking sheet.
3. Roast for 20 to 30 minutes in the preheated oven, turning occasionally to brown on all sides.

**Servings: 4**



# ZUCCHINI CASSEROLE

## Ingredients

- ★ 1/3 cup uncooked long grain white rice
- ★ 2/3 cup water
- ★ 2 tablespoons vegetable oil
- ★ 1½ pounds zucchini, cubed
- ★ 1 cup sliced green onions
- ★ 1 clove garlic, minced
- ★ 1 1/4 teaspoons garlic salt
- ★ ½ teaspoon basil
- ★ ½ teaspoon sweet paprika
- ★ ½ teaspoon dried oregano
- ★ 1½ cups seeded, chopped tomatoes
- ★ 2 cups shredded sharp Cheddar cheese, divided

## Directions

1. Combine the rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer 20 minutes, until rice is tender.
2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a shallow 1 1/2 quart casserole dish.
3. Heat the oil in a skillet over medium heat, and cook the zucchini, green onions, and garlic 5 minutes, or until tender. Season with garlic salt, basil, paprika, and oregano. Mix in the cooked rice, tomatoes, and 1 cup cheese. Continue to cook and stir until heated through. Transfer to the prepared casserole dish. Top with remaining cheese.
4. Bake uncovered 20 minutes, or until cheese is melted and bubbly.

**SERVINGS: 6**



# SPINACH QUICHE

## Ingredients

- ★ ½ cup butter
- ★ 3 cloves garlic, chopped
- ★ 1 small onion, chopped
- ★ 1 (10 ounce) package frozen chopped spinach, thawed and drained
- ★ 1 (4.5 ounce) can mushrooms, drained
- ★ 1 (6 ounce) package herb and garlic feta, crumbled
- ★ 1 (8 ounce) package shredded Cheddar cheese
- ★ salt and pepper to taste
- ★ 1 (9 inch) unbaked deep dish pie crust
- ★ 4 eggs, beaten
- ★ 1 cup milk
- ★ salt and pepper to taste

## Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a medium skillet, melt butter over medium heat. Saute garlic and onion in butter until lightly browned, about 7 minutes. Stir in spinach, mushrooms, feta and 1/2 cup Cheddar cheese. Season with salt and pepper. Spoon mixture into pie crust.
3. In a medium bowl, whisk together eggs and milk. Season with salt and pepper. Pour into the pastry shell, allowing egg mixture to thoroughly combine with spinach mixture.
4. Bake in preheated oven for 15 minutes. Sprinkle top with remaining Cheddar cheese, and bake an additional 35 to 40 minutes, until set in center. Allow to stand 10 minutes before serving.

**Servings: 6**



# BROCCOLI QUICHE

## Ingredients

- ★ 2 tablespoons butter
- ★ 1 onion, minced
- ★ 1 teaspoon minced garlic
- ★ 2 cups chopped fresh broccoli
- ★ 1 (9 inch) unbaked pie crust
- ★ 1½ cups shredded mozzarella cheese
- ★ 4 eggs, well beaten
- ★ 1½ cups milk
- ★ 1 teaspoon salt
- ★ ½ teaspoon black pepper
- ★ 1 tablespoon butter, melted

## Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Over medium-low heat melt butter in a large saucepan. Add onions, garlic and broccoli. Cook slowly, stirring occasionally until the vegetables are soft. Spoon vegetables into crust and sprinkle with cheese.
3. Combine eggs and milk. Season with salt and pepper. Stir in melted butter. Pour egg mixture over vegetables and cheese.
4. Bake in preheated oven for 30 minutes, or until center has set.

**Servings: 6**

# RATATOUILLE

## Ingredients

- ★ 2 tablespoons olive oil
- ★ 3 cloves garlic, minced
- ★ 2 teaspoons dried parsley
- ★ 1 eggplant, cut into 1/2 inch cubes
- ★ salt to taste
- ★ 1 cup grated Parmesan cheese
- ★ 2 zucchini, sliced
- ★ 1 large onion, sliced into rings
- ★ 2 cups sliced fresh mushrooms
- ★ 1 green bell pepper, sliced
- ★ 2 large tomatoes, chopped

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Coat bottom and sides of a 1 1/2 quart casserole dish with 1 tablespoon olive oil.
2. Heat remaining 1 tablespoon olive oil in a medium skillet over medium heat. Saute garlic until lightly browned. Mix in parsley and eggplant. Saute until eggplant is soft, about 10 minutes. Season with salt to taste.
3. Spread eggplant mixture evenly across bottom of prepared casserole dish. Sprinkle with a few tablespoons of Parmesan cheese. Spread zucchini in an even layer over top. Lightly salt and sprinkle with a little more cheese. Continue layering in this fashion, with onion, mushrooms, bell pepper, and tomatoes, covering each layer with a sprinkling of salt and cheese.
4. Bake in preheated oven for 45 minutes.

**Servings: 4**

# PORTOBELLO BURGERS



## Ingredients

- ★ 4 medium portabella mushrooms, stems removed
- ★ 1 medium onion, cut into 1/2-inch slices
- ★ 3 tablespoons olive oil
- ★ 3/4 teaspoon salt, divided
- ★ 1/2 teaspoon ground black pepper, divided
- ★ 1 fully ripened avocado, halved, pitted and sliced
- ★ 2 tablespoons low-fat plain yogurt
- ★ 1/2 teaspoon minced garlic
- ★ 4 whole grain hamburger buns, toasted
- ★ 4 roasted red peppers

## Directions

1. Brush mushrooms and onion slices with oil; sprinkle with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper.
2. Heat large skillet or grill pan over medium heat until hot. Add mushrooms; cook until tender, 8 to 10 minutes, turning once.
3. Transfer mushrooms to plate, cavity side up; cover to keep warm. In same skillet, cook onion slices until golden, about 8 minutes, turning occasionally.
4. Meanwhile, combine in small bowl, 1/2 of the Avocado, yogurt, garlic and remaining 1/4 teaspoon each salt and pepper; mash until smooth.
5. Spoon onions and roasted peppers into mushroom cavities, divided equally. Spread smooth Avocado mixture on bottom of each bun; top each with stuffed mushrooms.
6. Top with remaining sliced Avocado. Cover with tops of buns.

**Servings: 4**

# MEDITERRANEAN VEGETARIAN SANDWICH

## Ingredients

- ★ Crusty Sandwich Roll (Kamaji likes focaccia rolls)
- ★ Prepared Hummus
- ★ Leaf Lettuce
- ★ Sliced Tomato
- ★ Sliced Cucumber
- ★ Sliced Red Onion
- ★ Feta Cheese

## Directions

1. Warm/Bake sandwich roll.
2. Split sandwich roll in half and spread with a thick layer of hummus.
3. Layer leaf lettuce, tomato, cucumber, red onion and feta on bottom half of roll.
4. Replace top of roll to form the sandwich, cut in half and serve.

**Servings: 1 each**

# HUMMUS (AMONG US)

## Ingredients

- ★ 2 cups canned garbanzo beans, drained
- ★ 1/3 cup tahini (you can sub creamy peanut butter)
- ★ 1/4 cup lemon juice
- ★ 1 teaspoon salt
- ★ 2 cloves garlic, halved
- ★ 1 tablespoon olive oil
- ★ 1 pinch paprika
- ★ 1 teaspoon minced fresh parsley

## Directions

1. Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.
2. Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

**Servings: 16**

# ROASTED RED PEPPER HUMMUS

## Ingredients

- ★ 1 (15 ounce) can garbanzo beans, drained
- ★ 1 (4 ounce) jar roasted red peppers
- ★ 3 tablespoons lemon juice
- ★ 1½ tablespoons tahini (Kamaji subs creamy peanut butter)
- ★ 1 clove garlic, minced
- ★ ½ teaspoon ground cumin
- ★ ½ teaspoon cayenne pepper
- ★ ¼ teaspoon salt
- ★ 1 tablespoon chopped fresh parsley

## Directions

1. In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses. Transfer to a serving bowl and refrigerate for at least 1 hour. (The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)
2. Sprinkle the hummus with the chopped parsley before serving.

**Servings: 8**



# GRILLED MEDITERRANEAN VEGETABLE SANDWICH

## Ingredients \*\*

- ★ 1 eggplant, sliced into strips
- ★ 2 red bell peppers
- ★ 2 tablespoons olive oil, divided
- ★ 2 portobello mushrooms, sliced
- ★ 3 cloves garlic, crushed
- ★ 4 tablespoons mayonnaise
- ★ 1 (1 pound) loaf focaccia bread

\*\* Can sub or add in sliced roasted red peppers, red onion and/or zucchini.

## Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Brush eggplant and red bell peppers with 1 tablespoon olive oil; use more if necessary, depending on sizes of vegetables. Place on a baking sheet and roast in preheated oven. Roast eggplant until tender, about 25 minutes; roast peppers until blackened. Remove from oven and set aside to cool.
3. Meanwhile, heat 1 tablespoon olive oil and saute mushrooms until tender. Stir crushed garlic into mayonnaise. Slice focaccia in half lengthwise. Spread mayonnaise mixture on one or both halves.
4. Peel cooled peppers, core and slice. Arrange eggplant, peppers and mushrooms on focaccia. Wrap sandwich in plastic wrap; place a cutting board on top of it and weight it down with some canned foods. Allow sandwich to sit for 2 hours before slicing and serving.

**Servings: 6**





# CALIFORNIA GRILLED VEGGIE SANDWICH

## Ingredients \*\*

- ★ 1/4 cup mayonnaise
- ★ 3 cloves garlic, minced
- ★ 1 tablespoon lemon juice
- ★ 1/8 cup olive oil
- ★ 1 cup sliced red bell peppers
- ★ 1 small zucchini, sliced
- ★ 1 red onion, sliced
- ★ 1 small yellow squash, sliced
- ★ 2 (4-x6-inch) focaccia bread pieces, split horizontally (or focaccia bread rolls)
- ★ 1/2 cup crumbled feta cheese

\*\* Can sub or add in sliced eggplant and/or roasted red peppers.

## Directions

1. In a bowl, mix the mayonnaise, minced garlic, and lemon juice. Set aside in the refrigerator.
2. Preheat the grill for high heat.
3. Brush vegetables with olive oil on each side. Brush grate (or bbq vegetable basket) with oil. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside.
4. Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with feta cheese. Place on the grill cheese side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the cheese. Watch carefully so the bottoms don't burn. Remove from grill, and layer with the vegetables. Enjoy as open faced grilled sandwiches.

**Servings: 4**

# VEGGIE PIZZA

## Ingredients

- ★ 2 (8 ounce) packages refrigerated crescent rolls
- ★ 1 cup sour cream
- ★ 1 (8 ounce) package cream cheese, softened
- ★ 1 teaspoon dried dill weed
- ★ 1/4 teaspoon garlic salt
- ★ 1 (1 ounce) package ranch dressing mix
- ★ 1 small onion, finely chopped
- ★ 1 stalk celery, thinly sliced
- ★ 1/2 cup halved and thinly-sliced radishes
- ★ 1 red bell pepper, chopped
- ★ 1 1/2 cups fresh broccoli, chopped
- ★ 1 carrot, grated

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Spray a jellyroll pan with non-stick cooking spray.
2. Pat crescent roll dough into a jellyroll pan. Let stand 5 minutes. Pierce with fork.
3. Bake for 10 minutes, let cool.
4. In a medium-sized mixing bowl, combine sour cream, cream cheese, dill weed, garlic salt and ranch dip mix. Spread this mixture on top of the cooled crust. Arrange the onion, carrot, celery, broccoli, radish, bell pepper and broccoli on top of the creamed mixture. Cover and let chill. Once chilled, cut it into squares and serve.

**Servings: 12**

# PORTOBELLO MUSHROOM CAPS AND VEGGIES

## Ingredients

- ★ 1 tablespoon olive oil
- ★ 1 tablespoon garlic, peeled and minced
- ★ 1 onion, cut into strips
- ★ 1/3 yellow, 1/3 red, 1/3 orange pepper, cut into strips (think light tribes!)
- ★ 1/4 teaspoon salt
- ★ 4 large portobello mushroom caps

## Directions

1. Heat olive oil in a medium skillet over medium heat. Stir in the garlic, onion, and pepper. Season with salt. Cook about 5 minutes, until vegetables are tender.
2. Reduce skillet heat to low. Place mushroom caps in the skillet, cover, and cook about 5 minutes per side, until tender.

OR

1. Saute garlic, onion and peppers as directed above.
2. Brush bottom of mushroom with olive oil.
3. Flip over and fill 'gill' side of mushroom with sauteed vegetables.
4. Grill over indirect flames for 15 minutes.

**Servings: 4**

# GRILLED PORTOBELLO WITH BASIL MAYONNAISE SANDWICH

## Ingredients

- ★ 1/3 cup balsamic vinegar
- ★ 1/4 cup olive oil
- ★ 1 tablespoon minced garlic
- ★ 6 portobello mushroom caps
- ★ ½ cup mayonnaise
- ★ 1 tablespoon Dijon mustard
- ★ 1 teaspoon lemon juice
- ★ 2 tablespoons chopped fresh basil
- ★ 6 kaiser rolls, split, toasted
- ★ 1 tablespoon butter
- ★ 6 leaves lettuce
- ★ 6 tomato slices

## Directions

1. Preheat an outdoor grill for medium heat, and lightly oil the grate. Whisk together the balsamic vinegar, olive oil, and garlic in a small bowl.
2. Arrange the portobello mushrooms gill-side up on a tray or baking sheet. Brush the mushrooms with some of the vinegar mixture, and allow to marinate for 3 to 5 minutes.
3. Place the marinated mushrooms on the preheated grill, gill-side down. Grill mushrooms until tender, brushing both sides of the mushrooms with the remaining marinade, about 4 minutes on each side.
4. Mix the mayonnaise, dijon mustard, lemon juice, and basil in a small bowl. Butter the toasted kaiser rolls, then spread with the mayonnaise mixture. Divide the mushrooms, lettuce, and tomato slices evenly to make 6 sandwiches.

**Servings: 6**

# CALIFORNIA WRAP

## Ingredients

- ★ 1 9" pita wrap (or Flatout Bread)
- ★ 1/3 cup hummus
- ★ 1/3 cup ½ -inch diced tomatoes
- ★ 1/3 cup ½ -inch diced avocado
- ★ 1 cup alfalfa sprouts
- ★ 1 tablespoon sunflower seeds



## Directions

1. Heat pita wrap.
2. Spread hummus evenly on wrap.
3. Layer remaining ingredients on wrap and roll.

**Servings: 1**

# GRILLED PORTOBELLO SANDWICH

## WITH ROASTED RED PEPPER AND MOZZARELLA

### Ingredients

- ★ 1 red bell pepper
- ★ salt and black pepper to taste
- ★ ½ cup olive oil
- ★ 4 portobello mushroom caps, cleaned
- ★ 4 slices onion
- ★ 4 Kaiser rolls, split
- ★ 4 teaspoons mayonnaise
- ★ 1 teaspoon roasted garlic, mashed into a paste (optional)
- ★ 4 ounces buffalo mozzarella, thinly sliced
- ★ 4 slices tomato
- ★ 16 fresh basil leaves, divided

### Directions

1. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
2. Place the red bell pepper onto the preheated grill, and grill until the skin is completely charred on all sides, 10 to 15 minutes. Place the pepper into a plastic bag, seal the bag, and let the pepper cool. When cooled, remove the charred skin, slice the pepper into quarters, and remove the seeds. Thinly slice the pepper and set aside.
3. Mix salt and pepper into the olive oil in a small bowl. Brush the smooth side of the mushrooms with the seasoned oil, and grill, oiled side down, until the mushrooms show grill marks, about 3 minutes. Brush the gill sides of the mushrooms with more seasoned olive oil, flip the mushrooms, and grill until the mushrooms are softened and juicy, about 3 more minutes. Set the mushrooms aside and keep warm.
4. Lightly grill the slices of onion until softened and lightly browned, about 2 minutes per side. Spread the rolls out onto the grill to toast, about 1 minute. Mix the mayonnaise and roasted garlic in a bowl.
5. Spread each roll with garlic mayonnaise, and make each sandwich with 1 mushroom cap, 1 ounce sliced mozzarella cheese, 1 slice of tomato, 4 basil leaves, 1 slice of grilled onion, and 1/4 the roasted red pepper slices. Repeat for remaining sandwiches.

**Servings: 4**

# LEMON POPPYSEED SALAD DRESSING

## Ingredients

- ★ ½ cup white sugar
- ★ ½ cup lemon juice
- ★ 2 teaspoons diced onion
- ★ 1 teaspoon Dijon-style prepared mustard
- ★ ½ teaspoon salt
- ★ 2/3 cup vegetable oil
- ★ 1 tablespoon poppy seeds

## Directions

In a blender or food processor, combine sugar, lemon juice, onion, mustard, and salt. Process until well blended. With machine still running, add oil in a slow, steady stream until mixture is thick and smooth. Add poppy seeds, and process just a few seconds more to mix. Chill in refrigerator.

# CALIFORNIA SALAD BOWL

## Ingredients

- ★ 1 avocado, peeled and pitted
  - ★ 1 tablespoon lemon juice
  - ★ ½ cup mayonnaise
  - ★ 1/4 teaspoon hot pepper sauce
  - ★ 1/4 cup olive oil
  - ★ 1 clove garlic, peeled and minced
  - ★ ½ teaspoon salt
- 
- ★ 1 head romaine lettuce- rinsed, dried and torn into bite sized pieces
  - ★ 3 ounces Cheddar cheese, shredded
  - ★ 2 tomatoes, diced
  - ★ 2 green onions, chopped
  - ★ 1/4 (2.25 ounce) can pitted green olives
  - ★ 1 cup coarsely crushed corn chips



## Directions

1. In a blender or food processor, mix avocado, lemon juice, mayonnaise, hot pepper sauce, olive oil, garlic, and salt. Process until smooth.
2. In a large bowl, toss together romaine lettuce, Cheddar cheese, tomatoes, green onions, green olives, and corn chips. Toss with the avocado dressing mixture just before serving.

**Servings: 8**



# CALIFORNIA CHERRY AND WALNUT SALAD

## Ingredients

- ★ 1 (10 ounce) bag mixed salad greens
- ★ 1/4 cup raspberry vinaigrette
- ★ 1/4 cup walnut pieces
- ★ 2 tablespoons dried tart cherries
- ★ 4 ounces goat cheese, sliced
- ★ 1/4 pound cooked chicken breast strips (optional)

## Directions

Toss the salad greens, raspberry vinaigrette, walnut pieces, and dried cherries together in a large bowl. Divide the salad into individual salad bowls or plates. Garnish each salad with two slices of goat cheese and a few strips of chicken breast.

**Servings: 4**

# FIELD SALAD

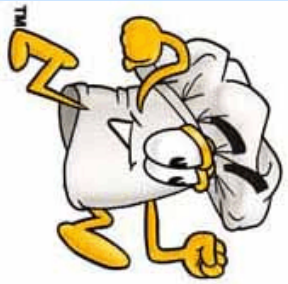
## Ingredients

- ★ 8 ounces mixed salad greens
- ★ 3/4 cup chopped walnuts
- ★ 8 ounces Gorgonzola cheese, crumbled
- ★ 2 tart green apples, cored and diced
- ★ ½ (8 ounce) bottle raspberry vinaigrette salad dressing

## Directions

1. In a large bowl, combine salad greens, walnuts, cheese, and apples. Toss with raspberry vinaigrette, and serve.

**Servings: 4**



# BEAUTIFUL SALAD

## Ingredients

- ★ 8 cups baby spinach leaves
- ★ ½ medium red onion, sliced and separated into rings (OPTIONAL)
- ★ 1 (11 ounce) can mandarin oranges, drained
- ★ 1½ cups sweetened dried cranberries
- ★ 1 cup honey-roasted sliced almonds
- ★ 1 cup crumbled feta cheese
- ★ 1 cup salad dressing – your preference Poppyseed or Raspberry Vinaigrette

## Directions

1. Mix and serve.

**Servings: 6**

# CRANBERRY SPINACH SALAD

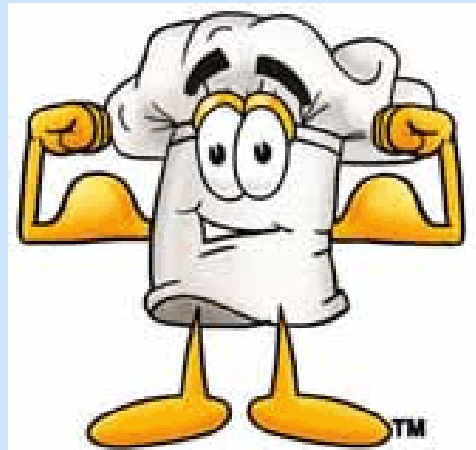
## Ingredients

- ★ 1 tablespoon butter
- ★ 3/4 cup almonds, blanched and slivered
- ★ 1 pound spinach, rinsed and torn into bite-size pieces
- ★ 1 cup dried cranberries
- ★ poppyseed dressing

## Directions

1. In a medium saucepan, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool.
2. In a large bowl, combine the spinach with the toasted almonds and cranberries.
3. Add dressing to taste!

**Servings: 8**



# BLUEBERRY WALNUT SALAD

## Ingredients

- ★ 1 (10 ounce) package mixed salad greens
- ★ 1 pint fresh blueberries
- ★ 1/4 cup walnuts
- ★ ½ cup raspberry vinaigrette salad dressing
- ★ 1/4 cup crumbled feta cheese

## Directions

1. In a large bowl, toss the salad greens with the blueberries, walnuts, and raspberry vinaigrette. Top with feta cheese to serve.

**Servings: 6**

# HARVEST SALAD

## Ingredients

- ★ ½ cup chopped walnuts
- ★ 1 bunch spinach, rinsed and torn into bite -size pieces
- ★ ½ cup dried cranberries
- ★ ½ cup crumbled blue cheese
- ★ 2 tomatoes, chopped
- ★ 1 avocado - peeled, pitted and diced
- ★ ½ red onion, thinly sliced (TOTALLY Optional!)
- ★ raspberry vinaigrette dressing

## Directions

1. Preheat oven to 375 degrees F (190 degrees C). Arrange walnuts in a single layer on a baking sheet. Toast in oven for 5 minutes, or until nuts begin to brown.
2. In a large bowl, toss together the spinach, walnuts, cranberries, blue cheese, tomatoes, avocado, and red onion.
3. Serve with dressing.

**Servings: 6**

# BANANA BREAD

## Ingredients

- ★ 1/4 cup white sugar
- ★ 1 teaspoon ground cinnamon
- ★ 3/4 cup butter
- ★ 3 cups white sugar
- ★ 3 eggs
- ★ 6 very ripe bananas, mashed
- ★ 1 (16 ounce) container sour cream
- ★ 2 teaspoons vanilla extract
- ★ 2 teaspoons ground cinnamon
- ★ 1/2 teaspoon salt
- ★ 3 teaspoons baking soda
- ★ 4 1/2 cups all-purpose flour
- ★ 1 cup chopped walnuts (optional)



## Directions

1. Preheat oven to 300 degrees F (150 degrees C). Grease four 7x3 inch loaf pans. In a small bowl, stir together 1/4 cup white sugar and 1 teaspoon cinnamon. Dust pans lightly with cinnamon and sugar mixture.
2. In a large bowl, cream butter and 3 cups sugar. Mix in eggs, mashed bananas, sour cream, vanilla and cinnamon. Mix in salt, baking soda and flour. Stir in nuts. Divide into prepared pans.
3. Bake for 1 hour, until a toothpick inserted in center comes out clean.

**Servings: 32**

# CHOCOLATE BANANA BREAD

## Ingredients

- ★ 1 cup margarine, softened
- ★ 2 cups white sugar
- ★ 4 eggs
- ★ 6 bananas, mashed
- ★ 2 teaspoons vanilla extract
- ★ 3 cups all-purpose flour
- ★ 2 teaspoons baking soda
- ★ 1/4 cup unsweetened cocoa powder
- ★ 1 cup lite sour cream
- ★ 1 cup semisweet chocolate chips

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
2. In a large bowl, cream together margarine, sugar and eggs. Stir in bananas and vanilla. Sift in flour, baking soda and cocoa; mix well. Blend in sour cream and chocolate chips. Pour batter into prepared pans.
3. Bake in preheated oven for 60 minutes, or until a toothpick inserted into center of a loaf comes out clean.

**Servings: 1 loaf**



# PUMPKIN BREAD



## Ingredients

- ★ 1 (15 ounce) can pumpkin puree
- ★ 4 eggs
- ★ 1 cup vegetable oil
- ★ 2/3 cup water
- ★ 3 cups white sugar
- ★ 3½ cups all-purpose flour
- ★ 2 teaspoons baking soda
- ★ 1½ teaspoons salt
- ★ 1 teaspoon ground cinnamon
- ★ 1 teaspoon ground nutmeg
- ★ ½ teaspoon ground cloves
- ★ 1/4 teaspoon ground ginger

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7x3 inch loaf pans.
2. In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.
3. Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

NOTE: At Kamaji we add mini chocolate chips to our batter!!

**Servings: 3 loaves makes 24 very generous servings!!**

# CARAMEL APPLE CRISP

## Ingredients

### Apple Filling

- ★ 5 large Granny Smith apples - peeled, cored, and thinly sliced
- ★ ½ cup white sugar
- ★ 1 tablespoon all-purpose flour
- ★ ½ teaspoon ground cinnamon
- ★ 1 tablespoon lemon juice
- ★ ¼ cup water

### Crumble

- ★ 1 ½ cups all-purpose flour
- ★ 1 cup brown sugar
- ★ 1 cup quick cooking oats
- ★ 1 cup butter, softened

**Caramel Sauce** (for ease, simply purchase a jar of caramel ice cream topping or . . .)

- ★ 1 (14 ounce) package individually wrapped caramels, unwrapped
- ★ 1 (5 ounce) can evaporated milk

## Directions

1. Preheat oven to 350 F (175 degree C).
2. In a medium size bowl, toss apples with sugar, flour, cinnamon, lemon juice, and water; spread evenly into a 8x8 inch pan. In another bowl, mix together flour, brown sugar, oats, and butter; spoon mixture evenly over apples.
3. (Skip this step if using a jar of caramel ice cream topping for sauce) Otherwise. . . In a heavy sauce pan over low heat, melt the caramels with the evaporated milk. Heat, stirring frequently, until mixture has a smooth consistency.
4. Drizzle the caramel sauce over the top of the crumble.
5. Bake in preheated oven for about 45 minutes (apple mixture will bubble and topping will be golden brown).

**Servings: 12**

# RICE KRISPIE TREATS

## Ingredients

- ★ 1/4 cup margarine (or butter)
- ★ 4 cups miniature marshmallows
- ★ 5 cups crisp rice cereal (for gluten-free use Brown Rice Krisps)

## Directions

1. Melt margarine in large sauce pan over low heat. Add marshmallows and stir until melted and well-blended. Cook 2 minutes longer, stirring constantly. Remove from heat.
2. Add cereal. Stir until well coated.
3. Using buttered spatula or waxed paper, press mixture evenly and firmly in buttered 13 x 9 inch pan. Cut into 2 x 2 inch squares when cool.

**Servings: 24**

# CHOCOLATE CHIP COOKIE DOUGH CUPCAKE \*\*

\*\* NOT TO BE CONFUSED WITH CHOCOLATE CHIP COOKIE DOUGH BAR (SEE PAGE 75 )

## Ingredients

- ★ 1 ½ cups all-purpose flour
- ★ 1/4 teaspoon baking soda
- ★ 1/4 teaspoon sea salt
- ★ ½ cup butter, softened
- ★ 1/4 cup white sugar
- ★ ½ cup brown sugar
- ★ 1 egg
- ★ 2 teaspoons vanilla extract
- ★ 1 cup miniature semisweet chocolate chips
- ★ 1 (18.25 ounce) box yellow cake mix
- ★ 1 1/3 cups water
- ★ 1/3 cup canola oil
- ★ 3 eggs

## Directions

1. Whisk together the flour, baking soda, and sea salt; set aside. Beat the butter, white sugar, and brown sugar with an electric mixer in a large bowl until smooth. Add 1 egg and the vanilla extract and beat until smooth. Mix in the flour mixture until just incorporated. Fold in the chocolate chips; mixing just enough to evenly combine. Form the dough into tablespoon-sized balls; place onto a baking sheet, and freeze until solid, about 2 hours.
2. Preheat an oven to 350 degrees F (175 degrees C). Line 24 muffin cups with paper liners.
3. Beat 3 eggs in a large bowl with an electric mixer to break up. Add the cake mix, water, and canola oil; continue beating for 2 minutes on medium speed. Spoon into the prepared cupcake liners, filling each 2/3 full. Place a frozen cookie dough ball on the top center of each cupcake.
4. Bake in the preheated oven until a toothpick inserted into the cake portion of the cupcake (not the cookie dough ball) comes clean, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

**SERVINGS: 24**



# WHITE CHOCOLATE FRUIT TART

## Ingredients

### CRUST

- ★ 3/4 cup butter, softened
- ★ 1/2 cup confectioners' sugar
- ★ 1 1/2 cups all-purpose flour

### FILLING

- ★ 1 (10 ounce) package vanilla or white chips, melted and cooled
- ★ 1/4 cup heavy whipping cream
- ★ 1 (8 ounce) package cream cheese, softened
- ★ 1 (20 ounce) can pineapple chunks, undrained

### TOPPING

- ★ 1 pint fresh strawberries, sliced
- ★ 1 (11 ounce) can mandarin oranges, drained
- ★ 2 kiwifruit, peeled and sliced

### GLAZE

- ★ 3 tablespoons sugar
- ★ 2 teaspoons cornstarch
- ★ 1/2 teaspoon lemon juice

## Directions

1. In a small mixing bowl, cream butter and confectioners' sugar until light and fluffy. Gradually add flour; mix well. Press into an ungreased 11-in. tart pan with removable bottom or 12-in. pizza pan with sides. Bake at 300 degrees F for 25-30 minutes or until lightly browned. Cool on a wire rack.
2. For filling, in a small mixing bowl, beat melted chips and cream. Add cream cheese and beat until smooth. Spread over crust. Refrigerate for 30 minutes. Drain pineapple, reserving 1/2 cup juice; set juice aside. Arrange the pineapple, strawberries, oranges and kiwi over filling.
3. For glaze, in a small saucepan, combine sugar and cornstarch. Stir in lemon juice and reserved pineapple juice until smooth. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Cool; brush over fruit. Refrigerate for 1 hour before serving. Refrigerate leftovers.

**Servings: 12**

# WHITE CHOCOLATE RASPBERRY CHEESECAKE

## Ingredients

**Crust** (You can 'cheat' by using a store-bought oreo cookie pie crust found in the bakery section!!)

- ★ 1 cup chocolate cookie crumbs
- ★ 3 tablespoons white sugar
- ★ 1/4 cup butter, melted
- ★ 1 (10 ounce) package frozen raspberries
- ★ 2 tablespoons white sugar
- ★ 2 teaspoons cornstarch
- ★ 1/2 cup water

## Filling

- ★ 2 cups white chocolate chips
- ★ 1/2 cup half-and-half cream
- ★ 3 (8 ounce) packages cream cheese, softened
- ★ 1/2 cup white sugar
- ★ 3 eggs
- ★ 1 teaspoon vanilla extract

## Directions

1. In a medium bowl, mix together cookie crumbs, 3 tablespoons sugar, and melted butter. Press mixture into the bottom of a 9 inch springform pan.
2. In a saucepan, combine raspberries, 2 tablespoons sugar, cornstarch, and water. Bring to boil, and continue boiling 5 minutes, or until sauce is thick. Strain sauce through a mesh strainer to remove seeds.
3. Preheat oven to 325 degrees F (165 degrees C). In a metal bowl over a pan of simmering water, melt white chocolate chips with half-and-half, stirring occasionally until smooth.
4. In a large bowl, mix together cream cheese and 1/2 cup sugar until smooth. Beat in eggs one at a time. Blend in vanilla and melted white chocolate. Pour half of batter over crust. Spoon 3 tablespoons raspberry sauce over batter. Pour remaining cheesecake batter into pan, and again spoon 3 tablespoons raspberry sauce over the top. Swirl batter with the tip of a knife to create a marbled effect.
5. Bake for 55 to 60 minutes, or until filling is set. Cool, cover with plastic wrap, and refrigerate for 8 hours before removing from pan. Serve with remaining raspberry sauce.

**Servings: 16**

# FROZEN MOCHA TORTE

## Ingredients

- ★ 1 cup chocolate wafer crumbs
- ★ 1/4 cup sugar
- ★ 1/4 cup butter, melted
- ★ 1 (8 ounce) package cream cheese, softened
- ★ 1 (14 ounce) can sweetened condensed milk
- ★ 2/3 cup chocolate syrup
- ★ 2 tablespoons instant coffee granules
- ★ 1 tablespoon hot water
- ★ 1 cup heavy whipping cream, whipped
- ★ Chocolate-covered coffee beans (optional)



## Directions

1. In a small bowl, combine wafer crumbs, sugar and butter. Press onto the bottom and 1 in. up the sides of a greased 9-in. springform pan; set aside. (Or simpler yet, buy an already prepared Oreo Cookie Chocolate Crust.)
2. In a large mixing bowl, beat cream cheese, milk and chocolate syrup until smooth. Dissolve coffee granules in hot water; add to cream cheese mixture. Fold in whipped cream. Pour over crust. Cover and freeze for 8 hours or overnight.
3. Remove from the freezer 10-15 minutes before serving. Carefully run a knife around edge of pan to loosen. Remove sides of pan. Garnish with coffee beans if desired.

**Servings: 10**

# FUDGE NUT BARS

## Ingredients

- ★ 1 cup butter or margarine, softened
- ★ 2 cups packed brown sugar
- ★ 2 eggs
- ★ 2 teaspoons vanilla extract
- ★ 3 cups quick-cooking oats
- ★ 2 ½ cups all-purpose flour
- ★ 1 teaspoon baking soda
- ★ 1 teaspoon salt

## Fudge Filling Ingredients

- ★ 1 (14 ounce) can sweetened condensed milk
- ★ 2 cups semisweet chocolate chips
- ★ 2 tablespoons butter or margarine
- ★ ½ teaspoon salt
- ★ 2 teaspoons vanilla extract
- ★ 1 cup chopped walnuts (optional)

## Directions

1. In a mixing bowl, cream butter and brown sugar. Add eggs and vanilla; mix well.
2. Combine oats, flour, baking soda and salt; add to the creamed mixture.
3. Spread two-thirds in the bottom of an ungreased 15-in. x 10-in. x 1-in. baking pan; set aside.
4. For filling, heat milk, chocolate chips, butter and salt in a saucepan or microwave-safe bowl until melted. Remove from the heat; stir in vanilla and walnuts.
5. Spread over oat mixture in pan.
6. Drop remaining oat mixture by tablespoonfuls over chocolate.
7. Bake at 350 degrees F for 20 to 25 minutes.

**Servings: 30**



# FRESH FRUIT TART WITH GINGER SNAP CRUST

## Ingredients

### Crust

- ★ 2 cups ground gingersnap cookies
- ★ 2 tablespoons sugar
- ★ 1/3 cup Butter Flavor Vegetable Shortening
- ★

### Filling

- ★ 8 ounces cream cheese, softened
- ★ 1/4 cup sugar
- ★ 2 teaspoons lemon juice

### Topping

- ★ 1/2 cup whipping cream
- ★ 2 cups sliced fresh strawberries
- ★ 1/4 cup blueberries
- ★ 1 kiwi, peeled and sliced
- ★ 1/2 cup seedless grapes
- ★ 1 orange, peeled and segmented (we use canned mandarin oranges)
- ★ 1/4 cup Apricot Preserves
- ★ 1 tablespoon water

## Directions

1. Preheat oven to 350 degrees F.
2. For crust: In a medium bowl, combine ground cookies and sugar. With a pastry blender or two knives, add Butter Flavored Shortening and mix until moist clumps form. Press mixture into bottom and up sides of a 10-inch removable bottom tart pan. Bake in oven till golden, about 8 minutes. Watch carefully as it can easily burn at the end of cooking time. Let cool.
3. For filling: Combine cream cheese, sugar and lemon juice with an electric mixer until well blended. Add whipping cream and beat at high speed until light and fluffy. Spread in tart shell and chill several hours.
4. Arrange fruit on top of chilled filling. Combine Apricot Preserves with water and brush over top.

**Servings: 8 Servings**

# DEATH BY CHOCOLATE MOUSSE (MOOSE)



## Ingredients

- ★ 21 chocolate sandwich cookies, crushed
- ★ 1/4 cup butter, softened
- ★ 1 cup heavy cream
- ★ 1 (12 ounce) package semisweet chocolate chips
- ★ 1 teaspoon vanilla extract
- ★ 1 pinch salt
- ★ 2 cups heavy cream
- ★ 1/4 cup white sugar
- ★ 1 cup heavy cream, chilled
- ★ 1/4 cup white sugar

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Generously grease a 9 inch springform pan with 2 3/4 inch sides.
2. In a medium bowl, mix together crushed cookies and softened butter or margarine. Press mixture evenly into greased pan. Bake in preheated oven for 5 minutes, then allow to cool. (OR again use a prepared Oreo Cookie pie crust found in the bakery section!)
3. Combine 1 cup cream, chocolate, vanilla extract, and salt, in the top of a double boiler. Heat until chocolate is fully melted and mixture is smooth. Alternatively, if you have a food processor, you can blend mixture by placing chocolate, vanilla extract, and salt, in processor bowl. Bring 1 cup cream to a boil on stovetop, then slowly pour cream into processor with blade running. Continue to process until mixture is smooth.
4. Pour chocolate mixture into a bowl and cool to room temperature, stirring occasionally.
5. In a large bowl, beat 2 cups chilled cream with 1/4 cup sugar. Beat until stiff peaks form. Fold whipped cream into chocolate mixture. Pour mixture into cooled crust.
6. Chill pie at least 6 hours before serving. Prior to serving, beat remaining 1 cup cream with 1/4 cup sugar. Beat until stiff, then pipe onto top of pie with a star tip, or place a spoonful on top of each slice.

**Servings: 8 servings**

# CHOCOLATE ECLAIR DESSERT

Wise to make this the night before so you can chill long enough to make cutting easier!!

## Ingredients

- ★ 2 individual packages graham crackers
- ★ 2 (3 ounce) packages instant vanilla pudding mix
- ★ 3 cups milk
  
- ★ 1 (8 ounce) container frozen whipped topping, thawed
- ★ 1 (16 ounce) package prepared chocolate frosting

## Directions

1. Line the bottom of a 9x13-inch pan with graham crackers.
2. In a large bowl, combine pudding mix and milk. Stir well.
3. Stir in whipped topping to pudding mixture.
4. Spread half of mixture over graham cracker layer.
5. Top with another layer of graham crackers and the remaining pudding.
6. Top all with a final layer of graham crackers and frost with chocolate frosting.
7. Refrigerate until serving.

**Servings: 12**

# DOUBLE CHOCOLATE FRUIT TART

## Ingredients

- ★ 1½ cups vanilla wafer crumbs
- ★ 1/3 cup Cocoa Powder
- ★ 1/3 cup confectioners' sugar
- ★ ½ cup butter, melted
  
- ★ 1 (8 ounce) package cream cheese, softened
- ★ ½ cup white sugar
- ★ 3 tablespoons Cocoa Powder
  
- ★ 1 tablespoon milk
- ★ 1½ teaspoons vanilla extract
- ★ 1 pint strawberries, halved
- ★ 4 kiwis, peeled and sliced
- ★ 1 cup fresh blueberries
- ★ 2 bananas, sliced
- ★ 1 fresh peach - peeled, pitted and sliced
- ★ 1/4 cup apricot preserves

## Directions

1. Make Chocolate Crumb Crust: Butter bottom and side of 12-inch pizza pan. In medium bowl, stir together vanilla wafer crumbs, cocoa and powdered sugar. Stir in butter. Press mixture onto bottom and up side of prepared pan; refrigerate thoroughly.  
  
OR use a prepared Oreo Cookie Pie Crust found in baking aisle of grocery store.
2. For the Double Chocolate Fruit Tart: In medium bowl, beat cream cheese, sugar, cocoa, milk and vanilla until smooth and well blended. Spread mixture over Chocolate Crumb Crust. refrigerate until chilled. Arrange fruit on cream cheese mixture. Heat preserves until thin; cool slightly. Glaze fruit with preserves. Refrigerate until set. Cut into wedges.

**Servings: 10**

# WHITE CHOCOLATE STRAWBERRY MOUSSE PARFAITS

## Ingredients

- ★ 1 package (3.3 ounces) instant white chocolate pudding mix
- ★ 1 cup milk
- ★ 2 cups whipping cream
- ★ 1 pound fresh strawberries, rinsed, stemmed, and coarsely chopped
- ★ 6 - 8 individual graham cracker tart shell

## Directions

1. In chilled mixing bowl with electric mixer at slow speed, blend together pudding mix and milk. Add whipping cream and whip at medium to high speed until stiff peaks form. Fold in strawberries. Place a large ice cream scoop of mousse into a tart shell (or, if you'd rather, transfer to a parfait dish).

**Servings: 6–8**



# CHOCOLATE PIE

## Ingredients

**For Crust** (We at Kamaji opt for an already-prepared pie crust – vanilla wafer, shortbread, oreo cookie or graham cracker crust but if you would rather prepare one from scratch. . .)

- ★ ½ cup chopped walnuts (optional)
- ★ 1 cup all-purpose flour
- ★ ½ cup butter

## Filling/Topping

- ★ 1 (8 ounce) package cream cheese
- ★ 1 cup confectioners' sugar
- ★ 1 (12 ounce) container frozen whipped topping, thawed
- ★ 1 (3.9 ounce) package instant chocolate pudding mix
- ★ 1 (3.4 ounce) package instant vanilla pudding mix
- ★ ½ cup chopped walnuts (optional)

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). In a medium bowl mix ½ cup chopped walnuts, flour and butter until well blended . Press mixture into a 9x13 inch pan. Bake in preheated oven for 15 to 20 minutes, or until lightly browned. Allow to cool. (NOTE: Omit this step if using a prepared pie crust.)
2. In a medium bowl, beat cream cheese and sugar until smooth. Fold in 1½ cups of the whipped topping. Spread over cooled crust.
3. In a medium bowl, mix chocolate pudding according to directions on package. Spread over cream cheese layer. Prepare vanilla pudding according to directions on package and spread over chocolate layer.
4. Top with remaining whipped topping (and sprinkle with ½ cup chopped walnuts).

**Servings: 12**

# PEANUT BUTTER PIE

## Ingredients

- ★ 1 (8 ounce) package cream cheese
- ★ 1 ½ cups confectioners' sugar
- ★ 1 cup peanut butter
- ★ 1 cup milk
- ★ 1 (16 ounce) package frozen whipped topping, thawed
- ★ 2 (9 inch) prepared graham cracker crusts

## Directions

1. Beat together cream cheese and confectioners' sugar. Mix in peanut butter and milk. Beat until smooth. Fold in whipped topping.
2. Spoon into two 9 inch graham cracker pie shells; cover, and freeze until firm.

**Servings: 16**

# WORMY DIRT

## Ingredients

- ★ 1 16-ounce package Oreo type cookies
- ★ 2 cups cold milk
- ★ 1 package small JELL-O Chocolate Instant Pudding (or instant vanilla pudding if you prefer). Do not cook!!
- ★ 1 tub (8 oz) COOL WHIP Whipped Topping, thawed slightly
- ★ Individual serving cups (or for more authenticity use a small potting pot)
- ★ Gummy Worms

## Directions

1. CRUSH cookies in zipper-style plastic bag with rolling pin or in food processor.
2. POUR cold milk into large bowl. Add pudding mix. Beat with wire whisk 2 minutes. Let stand 5 minutes. Stir in whipped topping and 1/2 of the crushed cookies.
3. PLACE about 1 tablespoon crushed cookies into the bottom of each cup. Fill cups about 3/4 full with pudding mixture. Top with remaining crushed cookies.
4. REFRIGERATE until ready to serve. Garnish with gummy worms just before serving. And if you're really in a fun mood, 'plant' a fake flower in the pot!!

**Servings: 8**



# ICE CREAM CAKE



## Ingredients

- ★ 16 ounces Oreo Cookies
- ★ 1/3 cup melted margarine
- ★ 2 cups hot fudge sauce (warmed enough to pour)
- ★ 4 cups whipped topping
- ★ ½ gallon ice cream (vanilla or mint chocolate chip are particularly good)

## Directions

1. Crush oreo cookies in blender gradually adding melted margarine. Press mixture into the bottom of a 9x13 inch baking dish.
2. Evenly slice slightly softened ½ gallon of ice cream and layer onto crumb mixture. Let soften a bit more and then spread evenly using a frosting knife or spatula.
3. Place in freezer for an hour.
4. Drizzle warm hot fudge over icecream. (Don't overdue it - a thin layer works great!)
5. Freeze until ready to serve.
6. Before serving, spread whipped topping over fudge sauce (and, if desired, sprinkle a light dusting of remaining crushed oreo cookie crumbs over the top.
7. Cut and serve (or cut and return to freezer until ready to serve).

**Servings: 12**

# S'MORE BARS

## Ingredients

- ★ 3/4 cup light corn syrup
- ★ 3 tablespoons butter
- ★ 1 package (11 oz.) milk chocolate chips
- ★ 1 teaspoon vanilla
- ★ 9 cups (12 oz. box) Golden Grahams cereal
- ★ 3 cups mini marshmallows

## Directions

1. Grease a 9 x 13 inch pan
2. Heat corn syrup, chocolate chips, and butter to boiling in a 3 quart saucepan, stirring constantly. Remove from heat.
3. Stir in vanilla.
4. Pour over cereal, which has been placed in a large bowl; toss until cereal is coated with chocolate.
5. Fold in the marshmallows, 1 cup at a time.
6. Firmly press mixture into the pan.
7. Let stand at least 1 hour. Cut into bars.

**Servings: 12**

# PEANUT BUTTER CHEERIO BARS

## Ingredients

- ★ 1 cup peanut butter
- ★ 1 cup white sugar
- ★ 1 cup light corn syrup
- ★ 6 cups cheerios

## Directions

1. Mix white sugar and light syrup together in pan. Bring to a boil, stirring constantly. Remove from heat.
2. Stir in peanut butter.
3. When completely blended, add cheerios and mix only sufficiently to coat.
4. Pat entire mixture into a 9x13 inch lightly buttered baking dish.
5. Cut into squares before it completely cools.

**Servings: 24**



# TOOTHPASTE BROWNIES

## Ingredients

- ★ 1 box fudgey brownie mix
- ★ White Frosting (can use prepared-in-a-can frosting, a frosting mix OR make from scratch)
- ★ Chocolate Frosting (can use prepared-in-a-can frosting, a frosting mix OR make from scratch)
- ★ Green Food Coloring
- ★ Mint extract

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
2. Prepare and bake brownies as directed on package.
3. Combine white frosting with a drop or two of green food coloring till right shade of mint toothpaste; add one teaspoon (pepper)mint extract. Frost with a thin layer and chill (in freezer) till firm.
4. Once mint layer has sufficiently hardened, add a layer of chocolate frosting and serve.

**Servings: 8–12**

# CARAMEL RIBBON BARS

## Ingredients

- ★ 2/3 cup evaporated milk
- ★ 1 (18.25 ounce) package yellow cake mix
- ★ 3/4 cup butter (or margarine)
- ★ 1 cup semisweet chocolate chips
- ★ 1 cup chopped walnuts (optional)
- ★ 1 10 oz. jar of caramel ice cream topping

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease one 8x10 inch baking pan.
2. Combine cake mix, evaporated milk, the butter (or margarine) and the chopped nuts (if using). Mix until combined and spread ½ of the batter into the prepared pan.
3. Bake at 350 degrees F (175 degrees C) for 6 minutes. Remove.
4. Sprinkle chocolate chips over entire semi-baked cake.
5. Pour the caramel topping over the chocolate chips.
5. Drop rounded teaspoons of remaining batter over top. Do not attempt to spread.
6. Spread the remaining batter over the top of the caramel. Return pan to oven and bake for an additional 18 – 20 minutes.
7. Let brownies cool before serving.

**Servings: 24 (give-or-take size of each!)**

# NO FROST CUPCAKES



## **Melt**

24 squares semi-sweet chocolate (or 8 ounces of chocolate chips)  
1 cup of margarine

## **Add but do not beat**

1 2/3 cup white sugar – add to melted chocolate/margarine before adding . . .  
1 cup flour

## **Stir in**

4 eggs, beaten  
1 tablespoon vanilla

## **Pour into**

paper-lined cupcake tins to 2/3 full

## **Bake**

at 350 degrees for 25 minutes or until puffed up.

Note: If you hold your breath right during production and baking AND temperature and wind directions is just right, the cupcakes will come out of their papers. If not, eat the paper along with the cupcake!!

**Servings: 8-12** (depending on size of cupcake tin!)

# CHOCOLATE CHIP COOKIE DOUGH BARS

## Ingredients

- ★ 1 – 17-19 oz. Box of favorite brownie mix

## For topping:

### Ingredients

- ★ 1 cup butter, softened
- ★ 1½ cups brown sugar, packed
- ★ 2 teaspoons vanilla extract
- ★ 1 tablespoon milk (or water)
- ★ 2 cups all-purpose flour
- ★ ¾ cup mini semisweet chocolate chips
- ★ ¾ cup chopped walnuts, if desired

## Directions

1. Bake brownie mix according to direction. Let cool.
2. Meanwhile cream the butter and sugar in a mixing bowl. Stir in the vanilla, milk (water), flour, chocolate chips, and walnuts, if desired, and mix until well blended.
3. Spread evenly over prepared brownies.
4. Refrigerate till cool. (Refrigerate left-overs too – if there are any left after horse-n-goggin')

**Servings: 8–12**

# MOLTEN CHOCOLATE CAKES WITH SUGAR-COATED RASPBERRIES

## Ingredients

- ★ 1 cup unsalted butter or unsalted margarine\*
- ★ 8 ounces semisweet chocolate chips, or bars, cut into bite-size chunks
- ★ 5 large eggs
- ★ ½ cup sugar
- ★ Pinch of salt
- ★ 4 teaspoons flour (or matzo meal, ground in a blender to a fine powder)
- ★ 8 extra-large paper muffin cups (or use regular paper muffin cups, which will make 12 cakes)

## Garnish

- ★ 1 (6 ounce) container raspberries, barely moistened and rolled in about ½ cup sugar right before serving

## Directions

1. Melt butter and chocolate in a medium heat-proof bowl over a saucepan of simmering water; remove from heat. Beat eggs, sugar and salt with a hand mixer in a medium bowl until sugar dissolves. Beat egg mixture into chocolate until smooth. Beat in flour or matzo meal until just combined. (Batter can be made a day ahead; return to room temperature an hour or so before baking.)
2. Before serving dinner, adjust oven rack to middle position; heat oven to 450 degrees. Line a standard-size muffin tin (1/2 cup capacity) with 8 extra-large muffin papers (papers should extend above cups to facilitate removal). Spray muffin papers with vegetable cooking spray. Divide batter among muffin cups.
3. Bake until batter puffs but center is not set, 8 to 10 minutes. Carefully lift cakes from tin and set on a work surface. Pull papers away from cakes and transfer cakes to dessert plates.
4. Top each with sugared raspberries and serve immediately.

**Servings: 8–12**



# KILLER BROWNIES



## Ingredients

- ★ 1 box (18.25 ounces) Betty Crocker Super Moist German Chocolate Cake Mix OR your favorite brownie mix
- ★ 12 tablespoons butter, melted
- ★ 3 tablespoons cream
- ★  $\frac{3}{4}$  cup walnut pieces (optional)
- ★  $\frac{2}{3}$  cup caramel ice cream topping
- ★  $\frac{2}{3}$  cup Callebaut semisweet chocolate chips
- ★ Powdered sugar (optional)

## Directions

1. Preheat oven to 350 degrees.
2. By hand or with a mixer, mix dry cake mix and butter.
3. Beat in cream.
4. Stir in walnuts by hand.
5. Spread half of the dough in the bottom of a lightly buttered and floured, 9-inch-square baking pan. Bake 5 minutes.
6. Remove from oven and bang on counter to make brownies fall. Bake 3 to 4 minutes longer.
7. Remove from oven and cool to room temperature. Refrigerate until cold.
8. Spread caramel topping over brownie layer. Sprinkle with chocolate chips. Freeze until firm.
9. Crumble remaining dough and scatter evenly over caramel layer. Bake at 350 degrees for about 20 to 25 minutes, until top is dry.
10. Cool completely, then refrigerate until firm.
11. Cut into squares and dust with powdered sugar. Store in refrigerator or freeze. Bring to room temperature to serve.

**Servings: 9 (huge) or 18 (just right) size!!**

# CHOCOLATE BLISS CAKE

## Ingredients

- ★ 1 (18.25 ounce) package chocolate cake mix
- ★ 1 cup Sour Cream
- ★ 1 pkg. (4 serving size) Chocolate Instant Pudding
- ★ 4 eggs
- ★ ½ cup oil
- ★ ½ cup water
- ★ 3 cups thawed Whipped Topping, divided
- ★ 1 (8 ounce) package Semi-Sweet Chocolate chips
- ★ 1½ cups raspberries

## Directions

1. Preheat oven to 350 degrees F. Lightly grease 9x13 inch cake pan. Beat all ingredients except whipped topping, chocolate and raspberries in large bowl with electric mixer on low speed just until moistened. Beat on medium speed 2 minutes scraping bowl occasionally. Pour into prepared pan.
2. Bake 50 minutes to 1 hour or until wooden toothpick inserted near center comes out clean. Cool in pan 10 minutes. Loosen cake from side of pan with knife or metal spatula and gently remove cake. Cool cake completely on wire rack. Place on serving plate.
3. Serve with drizzled hot fudge, whipped cream and fresh raspberries.

**Servings: 18**

# KAMAJI'S BIRTHDAY CAKE

## Ingredients

- ★ one angel food cake
- ★ ½ pint whipping cream
- ★ five crushed heath candy bars

## Directions

Whip whipping cream until stiff. Add crushed Heath bars. Frost the angel food cake and top with candles!!



# TIN FOIL DINNERS

## Ingredients

- ★ margarine
- ★ hamburger (1/4 to 1/3 pound per serving)
- ★ onion
- ★ potatoes
- ★ carrots
- ★ celery
- ★ green, red, orange and/or yellow peppers
- ★ cheese - sliced american or shredded Cheddar \*\*
- ★ seasonings

## Directions

1. Heavy Duty Aluminum Foil - shiny side in!!
2. 'Baste' bottom side of aluminum foil (where you'll layer ingredients) with margarine.
3. Break up hamburger into smaller sized pieces and place on foil. Season to liking.
4. Add any/all of the following veggies: diced onions, sliced potatoes, chopped carrots, diced celery, diced peppers. \*\*
5. Fold up sides of foil to form a bowl. Close foil and cook on hot campfire for at least 20 minutes (no need to turn over) or until burger and potatoes are done. (At home, we make these on our gas grill — cooking takes 15-20 minutes on HIGH).
6. Open foil bags, top with cheese, ketchup and enjoy!

\*\* There seems to be two fronts on when to add the cheese: before you seal and cook packet (as Kathy does which, of course, is the 'right' way☺!!) or after packet is cooked and opened. Choice is yours!!



**Helpful Hints on Cooking Tin Foil Dinners are on Next Page**

## TIN FOIL DINNER Helpful Hints

1. Make sure you have a large enough piece of HEAVY DUTY (to prevent breakage) foil. We use 12-inch wide foil and tore off pieces that were 18 inches long. This seemed to work fine for us. Double-wrap if foil tears during prep. REMEMBER – SHINY SIDE IN!!!
2. Meat will take the longest to cook so make sure the hamburger is on the bottom of your layered tin foil dinner.
3. Hard, raw vegetables--such as carrots, celery and potatoes--can take as long as meat. Slice them thin!!
4. Toss potatoes in oil to prevent sticking and encourage more even browning. We use one tablespoon of oil for every one large potato we use.
5. Onions will cook fast so tuck them between the meat and potatoes. That way they are not next to the fire and will flavor both the meat and potatoes.
6. Green, yellow and red vegetables cook faster than meat, potatoes or carrots. Place on top of the layered ingredients.
7. Experiment with your favorite spices!!
8. Get a good seal when folding up your tinfoil packet!! Fold the long sides together, crease them well and fold them over at least three times. Leave some room for expansion and steam. Fold in the corners of the remaining sides and then fold them over at least twice. Pinch the folds tight. Make sure that your packet has some sort of distinct personal 'touch' to it cuz one it's on the coals, it will look like all the others!!



# S'MORES

## Ingredients

- ★ 1 large marshmallow
- ★ 1 graham cracker
- ★ 1 (1.5 ounce) bar chocolate candy bar

## Directions

1. Heat the marshmallow over an open flame until it begins to brown and melt.
2. Break the graham cracker in half. Sandwich the chocolate between the cracker and the hot marshmallow. Allow the marshmallow to cool a moment before eating.

**Servings: 1 each**

# BANANA BOATS

## Ingredients

- ★ 6 large bananas, unpeeled, stems removed
- ★ 2 cups semisweet chocolate chips
- ★ 1 (10.5 ounce) package miniature marshmallows

## Directions

1. Preheat the grill (or campfire) for high heat.
2. Spray 4 sheets of aluminum foil, large enough to wrap bananas, with cooking spray.
3. Slice the peel of the banana from stem to bottom, while slicing the banana inside lengthwise. The bananas can be cut into slices instead if you like, (while still in the peel) for easier handling later.
4. Carefully open the banana just wide enough to place the chocolate chips and marshmallows inside the peel with the banana. Stuff with as much of the chocolate chips and marshmallows as desired.
5. Wrap the bananas with the aluminum foil and place on the grill or directly in the coals of a fire. Leave in long enough to melt the chips and the marshmallows, about 5 minutes. Unwrap bananas, open the peels wide, and eat with a spoon.

**Servings: 10**



# CANOE TRIP BANANA BREAD

## Ingredients

- ★ 1/4 cup white sugar
- ★ 1 teaspoon ground cinnamon
- ★ 3/4 cup butter
- ★ 3 cups white sugar
- ★ 3 eggs
- ★ 6 very ripe bananas, mashed
- ★ 1 (16 ounce) container sour cream
- ★ 2 teaspoons vanilla extract
- ★ 2 teaspoons ground cinnamon
- ★ 1/2 teaspoon salt
- ★ 3 teaspoons baking soda
- ★ 4 1/2 cups all-purpose flour
- ★ 1 cup chopped walnuts (optional)

## Directions

1. Preheat oven to 300 degrees F (150 degrees C). Grease four 7x3 inch loaf pans. In a small bowl, stir together 1/4 cup white sugar and 1 teaspoon cinnamon. Dust pans lightly with cinnamon and sugar mixture.
2. In a large bowl, cream butter and 3 cups sugar. Mix in eggs, mashed bananas, sour cream, vanilla and cinnamon. Mix in salt, baking soda and flour. Stir in nuts. Divide into prepared pans.
3. Bake for 1 hour, until a toothpick inserted in center comes out clean.

**Servings: 32**



# CANOE TRIP DESSERT QUESADILLAS

## Ingredients

- ★ Flour Tortillas
- ★ Cinnamon
- ★ Thinly sliced fruit (such as bananas, strawberries, cherries OR blackberries OR raspberries)
- ★ Chocolate chips
- ★ Margarine or butter

## Directions

1. Sprinkle one side of tortilla with cinnamon.
2. On one half of the tortilla, place thinly sliced fruit of your choice.
3. Add a handful of chocolate chips.
4. Fold tortilla in half.
5. Add a little margarine to both sides of tortilla and put on either a medium hot grill or skillet.
6. Toast both sides until the chocolate is melted and the tortilla is lightly browned.



**Servings: 1**

# Artichoke Dip \*\*

## Ingredients

- ★ one 16 ounce can Artichoke Heart halves or quarters (Make sure they are NOT marinated)
- ★ one cup grated parmesan cheese
- ★ 8 ounces mayonnaise

## Directions

1. Drain artichoke hearts and chop into smaller pieces (do not dice!)
2. Mix with parmesan cheese and mayonnaise.
3. Pour into 9 inch pie or tartlet oven proof dish.
4. Bake at 350° for 20 minutes until evenly browned.
5. Serve with thin sliced baguette!

\*\* This is a recipe we serve during Staff Training. It is YUMMY good and is always requested by staff!

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