

COOK BOOK



PennState
PRO Wellness

Champions for bringing
healthy choices to life.



BOY SCOUTS OF AMERICA®

► ABOUT BOY SCOUTS OF AMERICA

Boy Scouts of America is one of the nation's largest and most prominent values-based youth development organizations. Boy Scouts of America provides a program for young people that builds character, trains them in the responsibilities of participating citizenship and develops personal fitness.

For more than a century, Boy Scouts of America has helped build the future leaders of this country by combining educational activities and lifelong values with fun. Boy Scouts of America believe — and, through over a century of experience, know — that helping youth is a key to building a more conscientious, responsible and productive society.

► ABOUT PENN STATE PRO WELLNESS

Penn State PRO Wellness is committed to educating and inspiring youth and families to eat well, engage in regular physical activity, and become champions for bringing healthy choices to life. PRO Wellness provides healthy eating and active living strategies to nearly 1,000 schools in Pennsylvania, as well as communities and corporate business partners. Advised by over 40 corporate, government and academic officials, PRO Wellness is highly visible in the health and wellness arena and positioned as a statewide thought leader in obesity prevention. As an integral component of Penn State Health Milton S. Hershey Medical Center's community service mission, the Center's approach of prevention, research and outreach provides schools, communities and like-minded organizations with program development and implementation, assessment and evaluation, capacity building, technical assistance, collaborative partnerships and access to proven wellness interventions. For more information, visit:

med.psu.edu/PROwellness

BREAKFAST

Campfire Eggs • Cherry-Walnut Couscous Porridge
Country Cheese Grits • Fall Pumpkin Oatmeal
Hearty Oatmeal • Sweet Breakfast Rice
Sweet Potato Hash Brunch • Veggie Pan Omelet
Whole-Wheat Pancakes with Grandma's Syrup



LUNCH/DINNER

Avocado Tuna Melt • Cheesy Taco Soup
Easy Chicken and Rice • Easy Stir Fry
Green Machine Stuffed Trout • Grilled Pasta Packets
Hawaiian Sticks • Herbed Salmon
Homemade Chinese Takeout • Mountain Man Burritos
One Dish: Ham with Mac & Cheese • Pita Pizza Dippers
Queso Quesadilla • Sahara Chili



SNACK/SIDE DISH

Cheesy Cauliflower Bake • Dark Z Muffins
Italian Couscous • PB&J Bars • Picadillo
Rice Casserole • The Hulk's Extreme Potato Cakes



Use the **safe minimum cooking temperatures chart on page 34 with a food thermometer to ensure that meat, poultry, seafood and other cooked food reach a safe minimum internal temperature.*



Campfire Eggs

► Breakfast



Yield: 3
servings

INGREDIENTS

- 6 eggs
- ¼ tsp. black pepper
- ½ cup chopped bell pepper
- 1 Tbs. dried onion
- 4 tsp. instant, dry,
fat-free buttermilk
- 1 tsp. garlic powder
- 1 Tbs. olive oil
- 1 pinch cheese made with
2% milk (optional for garnish)

INSTRUCTIONS

1. Combine all dry ingredients in a bowl.
2. Beat eggs with dry ingredients.
3. While eggs rest, grease frying pan with olive oil, then warm oil over medium heat.
4. Sauté peppers.
5. Pour egg mixture into hot pan and scramble until thoroughly cooked, being careful not to burn the eggs.
6. Once eggs are fluffy and slightly golden brown, remove from heat. Serve warm.
7. Sprinkle with cheese, if desired.



Yield: 2
servings

Cherry-Walnut Couscous Porridge

► Breakfast

INGREDIENTS

½ cup instant couscous
½ cup instant dry nonfat milk
½ cup Craisins® OR dried cherries
¼ cup finely chopped walnuts
2 Tbs. light brown sugar
½ tsp. ground cinnamon
1 dash of salt
1¼ cups of water

INSTRUCTIONS

1. Combine all ingredients in a bowl, except water.
2. Bring water to a boil over fire or stove.
3. Add couscous mix to the boiling water and stir.
4. Remove pot from heat, cover, and allow to rest for 10 minutes.
5. Stir and serve.



Country Cheese Grits

► Breakfast



Yield: 2
servings

INGREDIENTS

- ½ cup quick grits
- ¼ tsp. salt
- ⅓ cup grated fat-free
parmesan cheese
- 1 Tbs. olive oil
- 2 cups water
- 2 Tbs. chives

INSTRUCTIONS

1. Combine all dry ingredients in a bowl, except water, olive oil and chives.
2. Bring 2 cups of water to a boil over high heat in a medium sauce pan over stove or fire.
3. Add grit mix to water and cook for about 5 minutes or until grits become soft.
4. Mix in olive oil and chives.
5. Serve warm and enjoy.



Yield: 2
servings

Fall Pumpkin Oatmeal

► Breakfast

INGREDIENTS

- ½ cup canned pumpkin
- ¾ cup fat-free milk (or almond or soy substitute)
- 2 cups water
- 1½ cups rolled oats
- 2 Tbs. brown sugar, more to taste
- 1 tsp. ground cinnamon
- ¼ tsp. pumpkin pie spice

INSTRUCTIONS

1. Whisk the pumpkin, milk, and 1 ¼ cups of water in a pot.
2. Add the oats, brown sugar, and spices.
3. Cook over medium heat until the mixture just comes to a boil.
4. Cook for 5 more minutes on low heat.
5. Add more maple syrup or more brown sugar to taste.



Hearty Oatmeal

► Breakfast



Yield: 1
serving

INGREDIENTS

- 1½ cups of water
- ¾ cup of quick oats
- 1 tsp. brown sugar
- ⅓ cup instant dry fat-free milk
- ¼ cup dried fruit
- 1 dash salt
- 3 Tbs. chopped or sliced almonds

INSTRUCTIONS

1. Bring 1 ½ cups of water to a boil.
2. Mix all dry ingredients, except almonds, in a bowl and add the oat mixture to the boiling water.
3. Stir and remove pot from heat.
4. Allow pot to rest for 5 minutes, stir in almonds and serve.



Yield: 2
servings

Sweet Breakfast Rice

► Breakfast

INGREDIENTS

- 1 cup instant brown rice
- ¼ cup Craisins® OR dried cherries
- ¼ cup chopped walnuts
- 2 Tbs. brown sugar
- 1 tsp. ground cinnamon
- ¼ tsp. salt
- 1½ cups of water

INSTRUCTIONS

1. Combine all dry ingredients in a bowl.
2. Bring water to a boil over the fire or stove.
3. Add rice contents to boiling water and reduce to low heat.
4. Stir, then cover simmering for 10 minutes or until rice is tender. Be sure to maintain low heat to keep rice from burning.
5. Serve warm.



Sweet Potato Hash Brunch

► Breakfast



Yield: 2 servings

INGREDIENTS

- 2 medium sweet potatoes
- 1 red bell pepper
- 1 small red onion
- 2 garlic cloves
- ¼ cup chives or scallions
- 1 Tbs. olive oil
- 1 pinch of salt
- ½ tsp. cracked black pepper
- 4 eggs

INSTRUCTIONS

1. Wash and peel sweet potatoes. Cut into small dice-sized pieces.
2. Wash red pepper. Cut out stem and seeds, discard. Dice red pepper.
3. Peel and dice red onion.
4. Smash garlic cloves and discard skin. Chop and leave on cutting board, exposing to air.
5. Wash and chop chives. (Kitchen scissors work well for this.) Set aside 1 Tbs. chives for garnish.
6. Heat olive oil in skillet over fire or stove.
7. Add onions and pinch of salt, to hot oiled pan. Cook until onions are soft, about 6 minutes, stirring occasionally.
8. Add garlic, red pepper, sweet potatoes, salt and cracked pepper.
9. Cook 10 minutes, then add chives and scallions.
10. Cook additional 5-10 minutes until sweet potatoes are golden brown and soft.
11. Let cool, portion into bowl and garnish.
12. Cook eggs any style you like.
13. Top sweet potato hash with eggs and enjoy!



Yield: 4 servings

Veggie Pan Omelet

► Breakfast

INGREDIENTS

- 1 Tbs. olive oil
- 1 large onion, sliced
- 1 tsp. salt
- ½ tsp. pepper
- 3-4 cups of chopped vegetables – tomato, broccoli, zucchini, mushrooms
- 8 eggs
- 1 cup of milk
- 1 cup grated fat-free cheddar cheese

INSTRUCTIONS

1. Heat olive oil in a pan or skillet over the fire. Add the onion and salt and pepper. Cook until onions start to caramelize or become golden brown, about 10 minutes.
2. Remove the pan from the heat and spread onions evenly across the bottom of the pan. Spread the remaining vegetables evenly over the onions. The pan should look fairly full.
3. In a bowl, use a fork to beat the eggs lightly with milk, cheese, and salt/pepper. This is a savory custard mixture. Pour the mixture over the vegetables and onions and enjoy watching it fill in all the open spaces.
4. Transfer the omelet back to the fire for about 30-60 minutes. Once the surface is a light brown across the top, it is fully cooked.
5. Let the omelet cool for about 20 minutes, slice, and serve.



Whole-Wheat Pancakes with Grandma's Syrup

► Breakfast



Yield: 5
servings

INGREDIENTS

Pancakes:

- 2 Tbs. whole egg powder
- 1½ cups instant dry fat-free buttermilk
- ¼ tsp. salt
- ½ cup corn meal
- 1 cup whole-wheat flour
- ½ tsp. baking soda
- 2 tsp. baking powder
- 1 cup of blueberries
- ½ cup almond slivers
- 2 Tbs. cinnamon
- ½ cup of water

1 Tbs. sunflower oil

Syrup:

- 10 Tbs. brown sugar
- 1 Tbs. sunflower oil

INSTRUCTIONS

1. Stir together all pancake mix ingredients a large bowl, except the blueberries.
2. Add ½ cup water, or more if needed.
3. Grease a frying pan with 1 Tbs. sunflower oil, warm the oil over low heat over fire or stove.
4. Pour some batter into the greased pan forming a single pancake.
5. Sprinkle blueberries on the top of the pancake.
6. Maintain heat at a low setting or on the side of the fire, flip pancake as bubbles begin to form in the batter and continue to cook for a few more moments.
7. Repeat steps 4-6 for the remaining batter.
8. Add 1 Tbs. water to brown sugar and oil in a plastic bag and knead until lumps disappear. Pour over pancakes before serving.



**Yield: 3-4
servings**

Avocado Tuna Melt

► Lunch/Dinner

INGREDIENTS

- 2 cans or pouches albacore or premium light tuna
- 1 medium celery stalk, diced
- 3 Tbs. light mayonnaise
- pan spray
- 8 slices of whole-rye bread
- 1 avocado
- 1 tomato (sliced)
- 4 slices of low-fat cheese (recommend provolone)

INSTRUCTIONS

1. Mix tuna, celery and mayonnaise. Spray one side of each slice of your bread with pan spray. On 4 of the slices, spread the tuna and mayonnaise mixture.
2. Slice avocado into 8 slices.
3. Add a slice of tomato and 2 pieces of sliced avocado to each. Place cheese on top.
4. Top your tuna melt with a slice of bread, oiled side facing out.
5. Cook over medium heat until its crispy golden brown, flip over and cook other side.
6. Enjoy your avocado tuna melt!

Cheesy Taco Soup



Yield: 14
servings

► Lunch/Dinner

INGREDIENTS

- 8 skinless, boneless chicken breasts
- 2 red bell peppers, seeded and halved
- 2 green bell peppers, seeded and halved
- 4 (15 ounce) cans whole tomatoes, drained, chopped
- 4 medium onions, finely chopped
- 3 cloves garlic, minced
- 3 (10 oz.) cans enchilada sauce
- 2 (4 oz.) cans chopped mild green chiles, drained
- 2 cups of water
- 1 (15 oz.) can chicken broth
- 1 (15 oz.) can beef broth
- 2 tsp. ground cumin
- 1 Tbs. chili powder
- 2 tsp. ground black pepper
- 1 tsp. ground cayenne pepper
- 1 tsp. salt
- 1 bay leaf (not for consumption)
- 2 cups (8 oz.) shredded low-fat colby jack cheese
- 1 bag (14 oz.) whole grain tortilla chips
- ¼ cup grated parmesan cheese
- 1 medium avocado, peeled and diced (optional)
- 1 cup plain nonfat Greek yogurt



INSTRUCTIONS

1. Grill chicken, preferably over an open fire, browning each piece of both sides. (The meat does not require thorough heating during this step because it will finishing cooking in the Dutch oven.)
2. Roast red and green bell pepper halves on the grill or over fire until lightly charred.
3. Cube the grilled chicken breasts into bite-size pieces and chop the grilled peppers.
4. Place chicken and peppers, along with the tomatoes, onions, and garlic, in Dutch oven. Add enchilada sauce and green chilies.
5. Pour water, chicken broth, and beef broth into the Dutch oven. Stir, then add cumin, chili powder, black pepper, cayenne pepper, salt, and bay leaf. Stir thoroughly.
6. Cover and cook for 2 hours, on stove or over fire using 10 coals on the lid and 20 coals under the oven. Refresh the coals as they expire.
7. Remove from heat and stir the shredded cheese into the soup.
8. Serve in bowls, topping with a handful of crushed tortilla chips and a sprinkling of parmesan cheese.
9. Garnish with optional diced avocado and a dollop of Greek yogurt.



Yield: 2
servings

Easy Chicken and Rice

► Lunch/Dinner

INGREDIENTS

- 2½ cups of water
- 1 (5 oz.) can water-packed chunk chicken, drained
- 8 oz. frozen peas
- 8 oz. frozen carrots
- 2 reduced sodium chicken bouillon cubes
- 2 cups instant brown rice
- 1 Tbs. olive oil

INSTRUCTIONS

1. To prepare, bring 2 ½ cups of water to a boil. Add chicken, veggies and bouillon cubes.
2. Reduce heat to a simmer, cover pot and continue cooking.
3. Cook chicken thoroughly, stirring often. Be sure the bouillon cubes dissolved completely.
4. Remove pot from heat, add brown rice and cover.
5. Let sit for about 10 minutes until rice fully rehydrates.
6. Stir in olive oil.
7. Serve and enjoy.



Easy Stir Fry

► Lunch/Dinner



Yield: 1
serving

INGREDIENTS

- 2½ cups of water
- 1 cup instant brown rice
- 1 clove garlic, unpeeled
- 1 bag frozen shrimp
- 1 (16 oz.) package of frozen stir-fry veggies (thawed)
- ¼ cup teriyaki

INSTRUCTIONS

1. Bring 2 ½ cups of water to a boil, once boiling add rice. Reduce to medium heat or move pot, to the edge of the fire, stirring occasionally as not to burn. Remove from heat once rice is tender.
2. Peel and chop garlic, then combine with shrimp.
3. Cook shrimp over medium heat in a frying pan, add veggies.
4. Once all veggies and shrimp are cooked add teriyaki sauce. Mix thoroughly to cover all contents.
5. Serve shrimp and veggie mixture over rice and enjoy.



Green Machine Stuffed Trout

► Lunch/Dinner



Yield: 4
servings

INGREDIENTS

- 5 garlic cloves, chopped, peeled
- 2 Tbs. olive oil
- 1 bunch of spinach, rinsed, trimmed
- 2 Tbs. parmesan cheese
- 4 small trout filets
- salt and pepper to taste
- 1 lemon, cut into 4 wedges
- aluminum foil pieces

INSTRUCTIONS

1. Preheat oven to 400°F, or start the fire.
2. Cook the garlic cloves, in boiling water for 3 minutes. Drain and rinse garlic.
3. Add oil to the pot, heat, and then add spinach. With the spinach leaves in a large pot over high heat or flames, cook about 3 minutes or until wilted and then remove spinach from pot
4. Allow spinach to cool in a colander, and then squeeze out the excess water.
5. Chop the spinach with kitchen scissors. Be careful, it may still be hot!
6. Combine cooked spinach with parmesan cheese and garlic.
7. Place each piece of fish on one piece of aluminum foil.
8. Season trout with salt and pepper. Divide spinach mixture and stuff inside fish or layer spinach mixture on top. Place lemon wedge on top of fish and then cover the top of the fish with aluminum foil.
9. Place over fire flames or in the oven.
10. Check on fish in 15 minutes for complete cooking.



Grilled Pasta Packets

► Lunch/Dinner



Yield: 6 servings

INGREDIENTS

- 1 lb. whole-grain spaghetti noodles
- 6 whole Roma tomatoes, seeded and chopped
- 1 cup fresh basil
- ½ tsp. salt
- ¼ tsp. ground black pepper
- 3 cloves of garlic, finely chopped
- 3 Tbs. olive oil
- 1 lemon, cut into 6 wedges
- 4 oz. of shredded provolone

INSTRUCTIONS

1. Heat water over fire or stove until it comes to a boil.
2. Cook spaghetti 6 minutes. It should be slightly firm.
3. Cut one dozen 8" x 12" pieces of aluminum foil. Layer foil so that you are using 2 per packet. In a bowl, toss together cooked pasta, chopped tomato, basil, salt, pepper, garlic, and olive oil.
4. Spoon one serving of pasta mixture (1 ¼ cups) into the center of the foil packet.
5. Squeeze lemon wedge over pasta.
6. Add desired amount of shredded provolone cheese.
7. Bring long edges of foil together, roll up, and secure.
8. Bring grill to a low heat and place packets on grill or hot fire coals. Cook for about 10-12 minutes.
9. Remove from grill and serve immediately. Be careful packets will be very hot.



Hawaiian Sticks

► Lunch/Dinner



Yield: 4-6 servings

INGREDIENTS

- 1 (20 oz.) can pineapple rings in juice
- ½ cup teriyaki sauce
- 2 Tbs. sesame oil
- 1 tsp. grated fresh ginger
- 1 tsp. honey
- 1½ lbs. chicken breast
- 1 large green bell pepper
- 1 red bell pepper
- 1 sweet onion skewers

INSTRUCTIONS

1. Drain the pineapple, reserving the juice.
2. Prepare marinade by mixing ½ cup pineapple juice with the teriyaki sauce, sesame oil, ginger, and honey in a small bowl.
3. Chop chicken into 1 in. cubes, trimming fat, then place meat in a quart size zip block bag with half the marinade. Tightly seal bag and shake to coat meat.
4. Reserve the other half of the marinade in a separate bag. Place both bags in a fridge/cooler for an hour.
5. Drain and discard the marinade from the bag containing the chicken. Be careful to not cross contaminate.
6. Cut pineapple rings into eighths.
7. Chop bell peppers into 1 in. squares, discarding ribs and seeds.
8. Peel onion and chop into 1 in. pieces, each a couple layers thick.
9. Thread meat, pineapple, and vegetables in alternating order onto each skewer.
10. Lay loaded skewers on a large sheet of foil and drizzle with left over marinade.
11. Place skewers on a hot grill or over the fire. Turn every few minutes and occasionally drizzle with marinade.
12. The sticks will be ready to serve in 10-20 minutes. Ensure there is no pink left in the chicken, and serve.

Herbed Salmon

► Lunch/Dinner



Yield: 4 servings



INGREDIENTS

- 2 Tbs. Worcestershire sauce
- 1 Tbs. garlic powder
- 1 Tbs. dried onion
- 4 Tbs. minced fresh garlic
- ½ cup olive oil
- 4 (8 oz.) salmon fillets
- 8 whole leaves fresh basil
- aluminum foil
- ground cayenne pepper to taste

INSTRUCTIONS

1. Preheat oven to 350°F or start the fire.
2. In a small bowl, whip Worcestershire sauce, garlic powder, dried onion, and minced fresh garlic with olive oil
3. Spread half the olive oil rub on a large sheet of foil over an area about the size of the four salmon fillets.
4. Lay fillets, skin side down and side by side, on the olive rub, then coat top side of fillets with remainder of the rub.
5. Lay two basil leaves over each fillet.
6. Form a pouch around the fillets with the foil, using a second sheet over the top if necessary. Seal foil tightly around the edges.
7. Place foil pouch in the oven or on a grate over the fire.
8. Bake for about 20-30 minutes. Fish is ready when it flakes easy with a fork.
9. Carefully remove foil from heat, reserve juices from the foil.
10. To serve, pour reserved juices over fillets and lightly sprinkle with cayenne pepper to taste.



**Yield: 12
servings**

Homemade Chinese Takeout

► Lunch/Dinner

INGREDIENTS

- 3 cups of water
- 1 bag of frozen edamame OR
1½ lbs. chicken OR pork
- 5 lbs. non-seasoned
Asian veggies
- 3 cups of jasmine rice
- 2 (1 oz.) packets oriental
stir-fry seasoning
- 1 lime squeezed

INSTRUCTIONS

1. To prepare, bring 3 cups of water to a boil.
2. If including chicken or pork, trim meat and cut into 1 inch cubes.
3. Add protein, veggies, jasmine rice, and seasoning to boiling water.
4. Reduce heat to a simmer, cover pot and continue cooking until rice becomes tender, about 20 minutes. Remove pot from heat.
5. Remove pot from heat and let sit, covered, for another 10 minutes or so.
6. Squeeze lime juice into pot and stir before serving.



Mountain Man Burritos

► Lunch/Dinner



Yield: 2
servings

INGREDIENTS

- 1 (15 oz.) can low sodium kidney beans
- 1 cup picante sauce
- 1 green pepper
- 1 white onion, chopped
- 2 medium-sized whole-wheat tortillas
- 2 oz. sliced cheddar cheese
- 1 small jar of salsa
- ½ cup fat-free Greek yogurt

INSTRUCTIONS

1. Combine beans and picante sauce in a bowl.
2. In a cook pot, sauté peppers and chopped onion, add beans over fire.
3. Remove from heat, and then evenly divide onto tortillas.
4. Add a small amount of cheese to each tortilla and roll into 2 burritos.
5. Top with salsa and Greek yogurt.



Yield: 2
servings

One Dish: Ham with Mac & Cheese

► Lunch/Dinner

INGREDIENTS

- 1 (6 oz.) slice smoked ham
- 2 cups water
- 6 oz. macaroni or egg noodles
- 3 cups frozen peas, thawed
- 1 tsp. mustard powder
- 1 cup grated parmesan cheese

INSTRUCTIONS

1. Slice ham into small pieces.
2. Bring water to a bowl on stove or over fire.
3. Add ham, noodles, peas, mustard powder to the pot. Stir, reduce heat to a simmer then continue to cook until noodles are tender and meat begins to soften, about 10 minutes.
4. Remove pot from stove or fire, stir in parmesan cheese then serve.



Pita Pizza Dippers

► Lunch/Dinner



Yield: 2
servings

INGREDIENTS

- 2 whole-wheat pitas
with pockets
- 1 oz. shredded cheddar
cheese
- ¼ cup chopped onion
(optional)
- ¼ cup chopped bell peppers
(optional)
- ¼ cup chopped mushrooms
(optional)
- 1 Tbs. olive oil
- 1 (5 oz.) packet of
pizza sauce

INSTRUCTIONS

1. Find the pocket in each pita.
2. Divide the cheese and any additional ingredients (onions, peppers, mushrooms) among the pita pockets.
3. Grease the pan with olive oil and warm over low heat.
4. Place pitas onto the pan and cook both sides.
5. Pita is done, once the cheese has melted.
6. Use sauce for dipping.



**Yield: 1
serving**

Queso Quesadilla

► Lunch/Dinner

INGREDIENTS

- 1 Tbs. sunflower oil
- 4 oz. fresh sliced mushrooms
- ½ medium chopped onion
- ½ cup canned or soaked black beans
- 2 large whole-wheat tortillas
- 2 (1 oz.) blocks of cheese
- ½ cup salsa
- 1 cup fat-free plain Greek yogurt (optional) for dipping

INSTRUCTIONS

1. Grease frying pan with sunflower oil over low heat.
2. Sauté mushrooms and onions until onions are clear. Add beans to warm. Put vegetable mixture in bowl and set aside.
3. Add 1 tortilla to the pan and top with black beans, mushrooms, and onions.
4. Chop cheese into small pieces and distribute over beans and mushrooms.
5. Cover with second tortilla.
6. Brown until cheese begins to melt, keeping a close eye as to not burn the bottom of the tortilla.
7. Compress top tortilla with spatula, then flip, browning the other side before serving.
8. Use salsa and Greek yogurt for dipping.



Sahara Chili

► Lunch/Dinner



Yield: 4
servings

INGREDIENTS

- 1 lb. lean ground turkey (optional)
- 1 (28 oz.) can diced petite cut tomatoes
- 2 (6 oz.) cans of tomato paste
- 1 Tbs. chili powder
- 2½ tsp. cumin powder
- 1 Tbs. mustard powder
- 2 Tbs. garlic powder
- 1½ tsp. ground cayenne
- 1 medium onion, chopped
- 1 medium bell pepper, diced
- 1 cup chopped mushrooms
- 2 (15 oz.) cans pinto beans
- 1-3 cups water

INSTRUCTIONS

1. Brown ground turkey over fire or stove until no trace of pink remains.
2. Drain the rinse beef in a colander under hot water to remove more fat. Pat dry with paper towels.
3. In a large pot, combine ground turkey with all remaining ingredients, including 1 cup of water. Stir. Add more water as needed, until desired consistency is achieved.
4. Cook chili at a simmer until tender, stirring occasionally.
5. Remove chili from fire or stove and serve.



Cheesy Cauliflower Bake

► Snack/Side Dish



Yield: 4
servings

INGREDIENTS

- 1 head cauliflower
- large pot of water
- 2 tsp. salt
- Oil spray
- 1 Tbs. olive oil
- 3 cloves garlic, finely chopped
- ½ tsp. chile flakes
- 1 bay leaf
(not for consumption)
- 1 dash pepper to taste
- 1 Tbs. all purpose flour
- 1½ cups fat-free milk
- 6 oz. low-fat sharp
cheddar cheese, grated
- breadcrumbs (optional)
- paprika for garnish

INSTRUCTIONS

1. Preheat oven to 400°F or start the fire.
2. Cut cauliflower into bite-sized pieces.
3. Bring a large pot of water to a boil over high heat. Add salt and cauliflower, and leave it cook 4 minutes.
4. Meanwhile, spray oil on a baking dish or Dutch oven, large enough for the cauliflower. Drain the cauliflower and add to the dish.
5. Heat olive oil in a medium sauce pan over medium heat on a stove or over the fire. Add the garlic, chile flakes, bay leaf, and pepper. Cook for 1 minute. Add the flour and stir quickly. This mixture is called roux. You want the roux to get a little brown. Slowly add the milk to the pot, stirring all to incorporate the roux and make a creamy sauce.
6. Continue cooking the sauce, stirring until it comes to a boil, about 5-7 minutes. Once a few bubbles appear, turn off the heat and add cheese. Remove the bay leaf. The sauce should be smooth, creamy, and savory.
7. Pour the sauce over the cauliflower, sprinkling with breadcrumbs if desired. Place the dish into the oven or over the fire and bake until the top is golden and bubbly, about 40 minutes.
8. Garnish with paprika.



Dark Z Muffins

► Snack/Side Dish



Yield: 24
small muffins

INGREDIENTS

Canola oil for the muffin
tin or paper liners

2 cups grated zucchini

1½ cups all-purpose flour

1½ cup rolled oats

1½ cups sugar

½ cup cocoa powder

2 tsp. baking soda

1 tsp. salt

1 Tbs. ground cinnamon

½ cup dark chocolate chips

4 eggs

1 cup plain fat-free yogurt

INSTRUCTIONS

1. Preheat the oven to 350°F or start the fire.
2. Grease 24 muffin cups with oil, or paper liners.
3. Cut the round end off the zucchini, keeping the stem to use as a handhold. Shred the zucchini with a grater into a large bowl, stopping before you get to the stem.
4. Dump the flour, oats, sugar, cocoa powder, baking soda, salt, and cinnamon and chocolate chips into a medium sized bowl.
5. Mix the eggs and yogurt with the grated zucchini. Add the dry ingredients, mixing until just combined.
6. With a spoon, dollop the batter into the muffin tins until each cup is about three-quarters full. Transfer to the oven or over the fire and let bake for 20 minutes.
7. Remove the muffins from the heat and poke them in the middle with a toothpick or knife. If it comes out wet, bake the muffins for 5 more minutes. If it comes out clean, they are done.
8. Let the muffins cool in their tins for 20-30 minutes, and then eat warm!



Yield: 1
serving

Italian Couscous

► Snack/Side Dish

INGREDIENTS

- 2½ cups of water
- 1 Tbs. olive oil
- 1 cup instant whole wheat couscous
- 1 (15 oz.) can of cannellini beans
- 1 (6 oz.) can tomato paste
- 3 Tbs. grated Parmesan cheese
- 1 tsp. Italian seasoning
- salt to taste

INSTRUCTIONS

1. To prepare 1 large serving, boil 2 ½ cups of water along with the olive oil. Once water is boiled, add the couscous. Stir and let rest for about 15 minutes.
2. Add the beans, tomato paste, cheese, and Italian seasoning.
3. Continue to stir while couscous finishes cooking for about 5 minutes.



PB&J Bars

► Snack/Side Dish



Yield: 12 servings

INGREDIENTS

oil for the pan
3 cups rolled oats
½ cup peanut butter
½ cup jelly or jam
¼ cup hot water
¼ tsp salt
½ cup of peanuts
½ cup of honey
(can use instead of jelly)

INSTRUCTIONS

1. Grease an 8 in. by 11 in. pan.
2. Pour the oats into a large bowl.
3. Place a small sauce pan over low heat and add the peanut butter, half the jelly, water, and salt. Stir until smooth, about 2 minutes.
4. Pour the peanut butter and jelly mixture into the oats and mix until all the oats are coated and you have a sticky mass. Dump the mixture into the greased baking pan and press into an even layer. Spread the remaining jelly over the top.
5. Pop the baking pan over the fire for about 15 minutes or longer. Watch for the edges to get toasty and brown. Add the peanuts.
6. Leave the bars in the pan until the cool completely, for about an hour. Slice into bars and enjoy.



Yield: 4-5 servings

Picadillo

► Snack/Side Dish

INGREDIENTS

- 1 lb. lean ground beef
- 2 Tbs. vinegar
- 1 tsp. minced garlic
- 1 tsp. ground cumin
- 1 onion, sliced
- 1 red bell pepper, chopped
- 1 Tbs. canola or olive oil
- 1 (8 oz.) can tomato sauce
- ¼ cup raisins
- ¼ cup green olives, sliced
- Salt and pepper to taste
- 2 cups instant brown rice

INSTRUCTIONS

1. Mix ground beef, vinegar, garlic, and cumin in a medium-sized bowl. Cover meat mixture and let rest for about 15 minutes.
2. In a large frying pan, sauté onion and bell pepper in canola or vegetable oil.
3. Once onion and pepper are soft, add the marinated ground beef and cook until the pink disappears.
4. Stir in all remaining ingredients, except for rice, and simmer for 5-10 minutes.
5. While simmering, prepare rice in a medium-size cook pot according to package directions.
6. Serve ground beef mixture over brown rice.



Rice Casserole

► Snack/Side Dish



Yield: 4
servings

INGREDIENTS

- 1 $\frac{1}{3}$ cups of water
- $\frac{2}{3}$ cup brown rice
- 2 Tbs. olive oil
- 4 (10 oz.) packages of frozen spinach
- 2 cups (8 oz.) shredded low-fat cheddar cheese
- $\frac{2}{3}$ cup of fat-free milk
- 4 eggs, beaten
- $\frac{1}{4}$ cup chopped onion
- 1 tsp. Worcestershire sauce
- 1 tsp. salt
- $\frac{1}{2}$ tsp. dried rosemary

INSTRUCTIONS

1. Preheat oven to 350°F or start fire.
2. In a medium cook pot, bring water and rice to a boil. Reduce heat to simmer.
3. Cover and continue to cook over low heat until water is fully absorbed and rice is tender, about 15 minutes.
4. Pour cooked rice into a pan or Dutch oven. Stir in olive oil, and then mix in the remaining ingredients.
5. Bake for 45 minutes in oven or over 8 hot coals, and with 17 hot coals on the lid.
6. Let cool, serve and enjoy.



Yield: 4-6
servings

The Hulk's Extreme Potato Cakes

► Snack/Side Dish

INGREDIENTS

- 2 cups mashed potatoes
- 1 cup mashed root vegetables
or roasted vegetables
- salt and pepper to taste
- 2-3 scallions
- 1 Tbs. olive oil

INSTRUCTIONS

1. If potatoes are not already mashed, peel and boil them in hot water until they are soft. Do the same for any uncooked root vegetables. Drain and mash all vegetables.
2. Sprinkle with salt and pepper and mix all vegetables together into a thick kind of dough.
3. Heat the olive oil in a pan.
4. Add the veggie mixture to the hot pan over medium heat over fire or stove. Press the veggie mixture into a flat pancake. Let it cook 5-7 minutes without touching it.
5. Use a spatula to check the underside of the pancake. When it turns golden brown, it is time to flip. Browning the sides should take about 10 minutes. Let cool in the pan for another 10 minutes.
6. Slice into wedges and serve.

Safe Minimum Cooking Temperatures

CATEGORY	FOOD	TEMPERATURE (°F)	REST TIME
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160	None
	Turkey, Chicken	165	None
Fresh Beef, Veal, Lamb	Steaks, Roasts, Chops	145	3 minutes
	Chicken & Turkey, Whole	165	None
Poultry	Poultry Breasts, Roasts	165	None
	Poultry Thighs, Legs, Wings	165	None
	Duck & Goose	165	None
	Stuffing (cooked alone or in bird)	165	None
Pork and Ham	Fresh Pork	145	3 minutes
	Fresh Ham (raw)	145	3 minutes
	Precooked Ham (to reheat)	140	None
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm	None
	Egg Dishes	160	None
Leftovers & Casseroles	Leftovers	165	None
	Casseroles	165	None
Seafood	Fin Fish	145 or cook until flesh is opaque, separates easily	None
	Shrimp, Lobster, Crabs	Cook until flesh is pearly and opaque.	None



Cook meats, poultry
and fish like a pro!
Turn up the heat with
the cooking temperature
guide on
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