



## ***RECIPES***

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### **Grilled Chicken Fajitas**

1 cup lime juice  
1/4 cup soy sauce  
2 TB. Oil  
1/2tsp. minced garlic  
2 tsp. salt  
2 tsp. chili powder  
1/2 tsp. cayenne pepper  
2 chickens, cooked and de-boned if desired

Place meat in bag with marinade, let sit for several hours. Grill till hot, cut into chunks. Sauté bell peppers and onions if wanted. Serve on tortillas with salsa, tomatoes, sour cream and grated cheese.

Comments: This fajitas are absolutely delicious and quite a family favorite. If you're running short on time, they're just as great

without grilling the chicken. Perfect for a family reunion, picnic, or just a family supper.

Betsy

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### **Honey Mustard Chicken Sandwiches**

1/4 cup Dijon Mustard  
2 TB. Honey  
1 tsp. oregano  
1 tsp. water  
1/4 tsp. garlic powder  
1/4 tsp. cayenne pepper  
2 chickens, cooked and de-boned  
Sandwich buns  
Pre-heat oven to 400 degrees

In a bowl combine the all the ingredients and mix well. Place the chicken in a glass casserole dish, and brush on half of the mustard sauce. Bake at 400 degrees until crispy. Turn the chicken over and repeat with remaining mustard sauce. If you're in a rush, just broil the chicken for a few minutes on each side. Watch it closely though! Serve on sandwich buns with tomato, lettuce, cheese, and mayonnaise.

This is a family favorite, and is great served with fruit of any kind.

Katie

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Just thought I'd share an easy, tasty summer recipe that even the kids can help prepare!

### **Fruit Kabobs**

Items needed: a variety of fresh fruit, bamboo skewers.

1. Gather fresh fruit that is in season (firm, not over-ripe). Good choices: pineapple, cherries (pitted), grapes, strawberries, melon, blueberries, bananas, peaches, kiwi, mango--whatever you like).
2. Wash, peel (if needed), and cut the fruit into same-sized chunks. Drizzle pineapple juice on the fruit to prevent browning.

3. Place 6–7 pieces of fruit onto bamboo skewers (supervise children). Alternate colors, size, and texture. Place smaller fruits like grapes or cherries on the ends, leaving a bit of space for easy handling.
4. Place kabobs in sealed plastic bags in the refrigerator until ready to serve.

This recipe is healthy, yummy, and provides a refreshing taste of summer! Have fun!

Holly

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Here is our all time favorite summer recipe! We look forward to it and I love it, my husband loves it...and my kids love it! It is quick and easy and sooooo yummy!

### **Ginger-Glazed Salmon**

- 1 Tbs. dark brown sugar
- 1 tsp. dijon mustard
- 1 tsp. soy sauce
- 1/2 tsp. ground ginger
- 4 salmon fillets (1/2 inch thick about 1 1/2 pounds total – ask fish dept. to remove skin)

You can grill this or broil it or bake it!

1. Preheat broiler to high, coat broil-proof pan with cooking spray (or line with foil)
2. Mix sugar, mustard, soy sauce, and ginger in small bowl. Make shallow cuts diagonally across salmon fillets (this lets the sugar mixture flavor salmon and speeds up cooking)
3. Brush salmon with mixture. Broil 6 inches from heat for 5 minutes or until fish flakes easily with fork.

We have put this on the grill too and it is excellent! Especially grilled along with some fresh summer vegetables. You can also bake it at about 400 degrees for about 10 mins.

Melissa

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This recipe is super easy to make and is great with a bag of kettle chips and some fresh fruit.

### **D.C. Chicken Salad**

Prep Time: 20 min

Serves 6

4 Chicken breasts, cooked and chopped into cubes OR 1 small whole roasted chicken, de-boned and shredded OR 2 Lrg. cans of chicken

2 celery ribs, chopped

1/4 cup dried currants or dried cranberries

1/4 cup Miracle Whip (make sure that you use this brand to keep the sweet flavor) Also, I add a bit more if it seems dry.

1/3 Small red onion, finely chopped

1/2 Granny smith apple, chopped

1 1/2 oz. slivered almonds (optional)

Mix all ingredients together and serve over baby greens, or on a sliced croissant or bread as a sandwich. Enjoy!

Summer [yes, that is her lovely name!]

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### **Summer Fruit Pudding.**

I love this recipe, it's so handy I make it the night before in less than 10 minutes and it's ready to serve straight from the fridge.

The Ingredients:

1 box of meringue nests

1 Carton of Whipping Cream

1 Packet of Marshmallows

1 Package of frozen mixed berries, defrosted. (I use M&S)

Method:

Cut the marshmallows into four. Whip the cream.

Simply layer the ingredients in a glass serving dish.

First the meringues crush about half of them.

Then spread half the marshmallows on top, and half the fruit.

Ending with half the cream.

Repeat this process to use up all the ingredients and decorate and refrigerate until required.

So easy the kids could make it ;-)

Elaine

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### **Tomato Cucumber Salad Recipe**

Stir together a seedless cucumber, sliced; 1/2 small onion, thinly sliced; and 2 cups of small tomatoes, cut in quarters. Add 1/2 Cup olive & oil vinegar dressing, 1/2 tsp lemon Zest, and 1 Tbsp of lemon juice, and S&P to taste. Toss to coat. An easy way to use up the abundance of cucumbers and tomatoes coming from the garden!

Nicki

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I just wanted to pass on this wonderful summer recipe. My husband loves it! It's a nice light recipe with lots of flavor and it doesn't really take long to make!

### **Penne with Beef and Arugula**

Ingredients:

1 (1-pound) New York strip steak  
1 tablespoon herbs de Provence (see recipe below or can be purchased)  
1 garlic clove, minced  
3/4 cup extra-virgin olive oil, plus 3 tablespoons  
1 pound penne pasta (I use whole wheat)  
1/4 cup balsamic vinegar  
2 tablespoons Dijon mustard  
1/2 teaspoon salt, plus more for steak and pasta water (Kosher works great!)  
1/2 teaspoon freshly ground black pepper, plus more for steak  
1/4 cup chopped fresh basil leaves  
1/4 cup chopped fresh parsley leaves  
2 cups chopped fresh arugula, spinach, or combination of both  
1/2 cup parmesan cheese (optional)

Directions:

Season the steak with salt and freshly ground black pepper, herbs de Provence, and minced garlic. In a skillet, heat 3 tablespoons olive oil over medium heat. Cook steak about 7 minutes per side. Remove the meat from pan and let it rest for 5 minutes. Thinly slice the steak. Set aside.

Meanwhile, bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain pasta, reserving 1/4 cup of pasta water.

In a small bowl, whisk together the balsamic vinegar, Dijon mustard, 1/2 teaspoon salt, 1/2 teaspoon pepper, fresh herbs, and 3/4 cup olive oil. In a large bowl toss the pasta with half of the salad dressing and the reserved pasta water. Add the arugula or spinach, steak, parmesan cheese, more dressing, and season with salt and freshly ground black pepper, as needed. Toss, pack for the picnic, or serve.

The original recipe is from Giada De Laurentiis from the show Everyday Italian, Episode Picnic Planner on Food Network. I have altered it slightly.

The original recipe can be found on Food Network.

### **Herbs de Provence**

Herbs de Provence is an herb mixture used in a lot of Italian cooking. Other possible recipes for it can be found in some large cookbooks like Joy of Cooking. Any combination of the below ingredients will work well with the above recipe, don't worry if you don't have them all. Also, I like to throw a bay leaf in with the steak while it's cooking. I actually purchased a fairly large bag of Herbs de Provence from World Market for pretty cheap.

- 2 tablespoons dried savory
- 2 tablespoons dried rosemary
- 2 tablespoons dried thyme
- 2 tablespoons dried oregano
- 2 tablespoons dried basil
- 2 tablespoons dried marjoram
- 2 tablespoons dried fennel seed

In a small mixing bowl, combine all the ingredients together. Store in an air-tight container.

Recipe courtesy of Emeril Lagasse

Show: The Essence of Emeril

Episode: More Provence Cooking

Hmm, all this thinking about that recipe makes me want to make it for dinner. I think I will.

Shannon

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### **Summer Squash & Corn Pasta**

1 Butternut squash (or 4-5 small crookneck squashes), cut into small dice (Note: sometimes the bigger grocery stores will have packages of butternut or other squash already peeled and diced - saves some time!)

6 ears of sweet corn

3 cloves of garlic, minced

1/2 small can of diced green chilies (this is pretty mild, but adds a nice boost)

1 Tbsp olive oil

Salt & pepper to taste

1 handful cilantro leaves, finely chopped (used 2 tsp dried cilantro)

2 Tbsp butter

4 Tbsp water

1 lb linguine or fettuccini

1/2 lemon (optional, but adds a fresh flavor)

Cut the corn kernels from the cob. In a medium skillet, sauté the squash in the olive oil until it is tender and beginning to brown. Season with S & P. Add the corn, garlic, and green chilies and continue cooking for a few more minutes. Add most of the cilantro (save some for garnish if using fresh), butter and water to the pan. Lower heat and allow to simmer. Cook the pasta according to package directions; drain. Add the drained pasta to the skillet and toss to combine. (Opt: squeeze the lemon over the mixture.) Serve immediately or, if desired, at room temperature.

### **Grilled Chicken Salad with Fruit**

1 lb. boneless chicken (pound breasts to 1/2 inch thickness, season with Durkee Montreal Chicken seasoning & grill; slice in thin strips)

1 sm. Can Mandarin oranges, drained well

1/2 cup dried Cranberries (Craisins)

4 oz. gorgonzola cheese

1/2 cup sliced almonds (toasted, if desired – to toast, put almonds in single layer on baking sheet and cook in 350 degree oven or toaster oven until browned; about 7 mins.)

4–6 cups fresh greens – romaine, green & red leaf lettuce, or spring mix

Wash and dry greens, arrange on 4 salad plates. Divide oranges, Craisins, gorgonzola cheese & almonds evenly among the plates. Top with grilled chicken strips. This is great with Balsamic vinaigrette or Ken's Olive Oil vinaigrette. Can toss dressing in if you are going to serve immediately.

### **Pasta with Tomatoes & Fresh Mozzarella**

1 lb pasta (short, stubby shapes such as orecchiette, fusilli, & farfalle/bow ties are best)

2 lbs. ripe Tomatoes – cored, seeded & cut into 1/2-inch dice (Roma tomatoes work best as they are firmer)

6 oz. fresh Mozzarella cheese, cut into small dice

1/4 cup extra-virgin olive oil

1 medium clove garlic, minced

1/4 cup fresh basil leaves, shredded

Salt & ground black pepper

Cook pasta until al dente (adding salt, if desired); drain. While pasta is cooking, toss together tomatoes, cheese, olive oil, garlic, basil, 3/4 tsp salt and pepper to taste in large bowl. Add drained pasta to mixture and toss well. Serve immediately or, if desired, cool to room temperature. (Can be covered with plastic wrap and kept at room temperature for up to 2 hours.)

### **Strawberry Whipped Sensation**

This is a great recipe that looks beautiful if you have to bring it somewhere. Link to recipe and video:

[http://www.kraftfoods.com/kf/recipes/recipe\\_detail.htm?recipe\\_id=109477](http://www.kraftfoods.com/kf/recipes/recipe_detail.htm?recipe_id=109477)

## **Hot Fudge Ice Cream Bar Dessert**

This recipe is NOT low-fat, but it's delicious! Kids love it!

1 jar (16 oz.) chocolate syrup

$\frac{3}{4}$  cup peanut butter

19 Ice Cream sandwiches

1 (12 oz.) tub Cool Whip, thawed

1 cup salted peanuts (dry roasted works great too)

Pour syrup into a medium microwave-safe bowl and microwave 2 minutes on high. Do not allow syrup to boil. Stir peanut butter into syrup until smooth. Allow to cool to room temperature. Line the bottom of a 9x13 dish with 9  $\frac{1}{2}$  ice cream sandwiches. Spread half the whipped topping over the sandwiches. Spoon half the chocolate mixture over whipped topping. Top with half the peanuts. Repeat layers. Freeze 1 hour until firm. Cut into squares to serve.

Lyn

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This is my all-time favorite summertime meal. Savory london broil is perfectly complemented with Greek potatoes, corn pudding, and roasted asparagus. Occasionally, I make different sides, but this combination is just delicious, and is perfect for family nights or entertaining friends! Enjoy!

### **London Broil**

family recipe...

1 clove garlic, minced

1 teaspoon salt

3 tablespoons soy sauce

1 tablespoon mustard

1 tablespoon vegetable oil

1/2 teaspoon black pepper  
1/2 teaspoon dried oregano  
2-3 lbs. flank steak or top round

Combine garlic, salt, soy sauce, ketchup, vegetable oil, black pepper and oregano in gallon freezer bag. Place steak into marinade and coat evenly. Marinate for at least 8 hours. Place meat on prepared grill and cook approximately 7 minutes on each side or until desired doneness.

### **Greek Potatoes**

family recipe...

5 pounds russet potatoes  
1 cup vegetable oil  
2 tablespoons lemon pepper  
1 teaspoon garlic powder  
1 tablespoon oregano  
1 cup shredded or grated parmesan cheese  
salt

Preheat oven to 350 degrees. Peel and cut potatoes in half. Combine vegetable oil, lemon pepper, garlic powder, and oregano in medium bowl. Dip each potato in mixture to coat and place in a casserole dish or pan with at least a 1" lip to catch oil. Sprinkle potatoes with salt then parmesan cheese. Cover and cook for 1 hour. Uncover and broil to brown top.

### **Tee's Corn Pudding**

recipe from Southern Living Homestyle Cooking...

1/4 cup sugar  
3 tablespoons all-purpose flour  
2 teaspoons baking powder  
1 1/2 teaspoons salt  
6 large eggs  
2 cups whipping cream  
1/2 cup butter or margarine, melted  
6 cups fresh corn kernels (about 12 ears)\*

Combine first four ingredients in small bowl. Whisk together eggs, whipping cream, and butter. Gradually add sugar mixture, whisking

until smooth; stir in corn. Pour mixture into a lightly greased 13- x 9-inch baking dish. Bake at 350 degrees for 40 to 45 minutes or until deep golden and set. Let pudding stand 5 minutes before serving.

\*6 cups frozen whole kernel corn or canned shoepeg corn, drained, may be substituted.

### **Roasted Asparagus**

recipe from Barefoot Contessa...

2 pounds fresh asparagus  
olive oil  
salt  
pepper

Preheat oven to 400 degrees. Break off the tough ends of the asparagus and, if thick, peel them. Place the asparagus on a baking sheet, drizzle with olive oil, then toss to coat the asparagus completely. Spread the asparagus in a single layer and sprinkle liberally with salt and pepper. Roast the asparagus for 20 minutes, until tender but still crisp.

Sarah

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Favorite Summer Recipe....

### **88 Calorie Brownies**

#### Ingredients

1/4 cup unsweetened applesauce  
1 teaspoon vanilla extract  
4 egg whites  
1 cup sugar  
1/4 cup unbleached, all-purpose flour  
1/2 cup unsweetened cocoa powder  
1/2 teaspoon instant espresso powder (note: I couldn't find this and my brownies came out fine without it)  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1/4 cup mini chocolate chips (semi-sweet)

Butter-flavored cooking spray

Preheat the oven to 350 degrees. Spray an 8x8 inch non-stick cake pan with spray.

In a medium mixing bowl, using a sturdy whisk or spatula, mix the applesauce, vanilla, egg whites and sugar until they are well combined.

Jennifer

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Our favorite summer recipe right now:

### **Strawberry Mint Salad**

1-2 pounds strawberries, washed and sliced  
Simple Syrup (1 cup water with 1 cup sugar or Splenda dissolved in it)

1 tsp. lemon juice

Handful of fresh mint (we grow ours in a pot right outside, which adds to the fun – any black thumb can grow mint!)

Blend the mint, lemon juice and simple syrup for a few seconds in the blender, then pour down over strawberries. Refrigerate and "marinate" for a while in the fridge if you have time, or serve immediately. The mint "dressing" also works wonderfully over melon balls (I mixed watermelon and cantaloupe).

Fills a large portion of your plate with a colorful, healthy side dish, or it makes a GREAT dessert (you could add a little whipped cream to the top, but there's no need to, really!)

Courtney

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I have a great summer meal I wanted to share that we love around my house. It's great for when you have an over abundance of zucchini from your garden that you need to use.

### **Zucchini Fettuccini**

12 oz. fettuccini noodles  
4 Tbsp. xtra virgin olive oil  
1 Tbsp. minced garlic  
2 lg. zucchini (approx. 1 lb.) trimmed and shredded  
1/2 c. pine nuts, toasted  
3/4 tsp. salt  
1/4 tsp. black pepper  
1 Tbsp. fresh squeezed lemon juice  
2 oz. (1/4 c.) parmesan cheese

1. Cook fettuccini following package instructions. Drain and place in a large serving bowl.
2. Heat a large nonstick skillet over High heat until very hot. Add 2 Tbsp. of the olive oil, garlic, and zucchini. Saute for 1 minute.
3. Add zucchini to pasta in bowl along with toasted pine nuts, salt, pepper, lemon juice, and remaining 2 Tbsp. of Olive oil. Toss to combine.
4. Sprinkle with parmesan cheese and serve immediately.

This serves 4–6 people. You can adjust it accordingly. Great as a side dish with grilled chicken or alone as a main dish with some garlic bread.

Gina

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How about two healthy Summer Smoothie Recipes?

### **Peachy Coconut Smoothie**

1 can coconut milk (not lite!)

1/2 bag frozen peaches  
2 Tbsp. raw honey  
2 Tbsp. unsweetened shredded coconut  
1 Tbsp. extra virgin coconut oil  
1 Tbsp. flaxseed oil  
1 tsp. vanilla extract

Blend until smooth and creamy.

### **Pina Colada Smoothie**

1 can coconut milk (not lite!)  
3 small bananas, sliced and frozen  
1/2 cup frozen pineapple chunks  
1 Tbsp. raw honey  
1 Tbsp. extra virgin coconut oil  
1 Tbsp. flaxseed oil  
optional: unsweetened coconut flakes

Blend until smooth and creamy

Jessica

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### ***IDEAS***

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I love to keep handy sliced lettuce, tomato and onion in a plastic container for the convenience of a nice deli sandwich. Nothing is better on a hot summer day than a healthy sandwich with some fresh fruit. Sound too simple? Try it! It's quick and easy and NO HOT STOVE! Trust me, you'll have them at least a couple times a week.

Rebekah

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Do a lot of your cooking outdoors so that you do not have to heat up the house by using the oven. You can also make salads for

dinner (my favorites are taco salad and fajita (you cook the meat on the grill) salad

Natasha

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I don't want to spend a lot of time cooking or use the oven too much – it makes the house hotter. So I will bake a bunch of chicken breasts at the beginning of the week and use them throughout the week to make things like – chicken salad, chicken quesadillas, etc. I will also brown a big batch of beef once every few weeks and freeze what is not needed. It's easy to thaw out and throw in spaghetti, taco salads, lasagna, etc.

Nicki

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I am going to plan my menu so that I use up all the food I have in my freezer and pantry and create as many meals that I can with the food I already have on hand. My goal is to only go to the grocery store to buy items such as milk, eggs, cheese, bread etc. I have a bad habit of stocking up on items but then not using them. So this way, I am preparing a wider variety of meals and I'm saving money by not buying things I won't use for a while.

Sarah

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BBQ every night: each child taking turns picking the thing we get to bbq. One may choose hot dogs and corn, another will choose chicken and zucchini, potatoes, fish and broccoli, or artichokes and salmon. Grilled stuffed burritos.

Homemade Ice cream: whole family does this together, super fun!

Fun Theme food days: last week we had a theme of dinosaurs, so I made sandwiches, using a dino cookie cutter, dino chicken tenders, dino cookies, we read stories on dinosaurs, watched dino movies, drew dinos with sidewalk chalk, and went to the science center where huge dinos are displayed. Another example is when we have done flower week, planting flowers, art with flowers, flower shape cookies, etc.

Root beer floats

Trisha

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Summer meals in our family are kept simple. There is some pasta dish at least once a week, and meals that are not messy are eaten outside if the weather permits. Lunchtime is a favorite for the kids to eat outside. They are given a certain amount of time to stay out, so playing goes on along with the meal. Mom usually stays inside (it's quieter), and the older kids read. Everyone is satisfied, and memories are built. (Note: Sometimes creative ways of eating are created – eating in a tree, in the playhouse fort, while playing soccer, etc.)

Hannah

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Keep it simple – it leaves more time for family walks and play; have a Barbarian Night – no plates, no utensils – just serve the food right on the table and everyone eat with your hands – plan meal and dress accordingly, or not (not very glamorous but lots of fun, laughs, and memories to be had); make yummy meals with the fresh produce from your square foot garden (from the Summer Projects category); take picnics; have spontaneous (or planned) cookouts with neighbors, and friends – make it BYOM&S (Bring Your Own Meat and a Side), which will cut down on time and cost

Gina

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Early in the summer, I like to do some quantity cooking so I have meals ready to go in the freezer. We tend to go out and do more and I like to have some things ready to go for days when we're trying to enjoy the nice weather or some special outing.

We also like to keep a few things as staples so that we are ready for impromptu hosting of a meal...brats and dogs, watermelon, brownie mix and ice cream. We stock up on freezer pops for the neighborhood kids.

Doreen

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I am in a very unique season. I have two babies 12 months apart. My husband has just recently quit his job and is going to school full time. We have moved in with my parents and they both work full time jobs. My mom's sister just moved to town and lives up the street. My brother is single and usually comes for dinner. So, saying all this, this is who I typically cook for. To make my life easier on Monday mornings after my quiet time (5:30am) I go through the Sunday paper and see what fruit and veggies are on sale, then I make my menu for the week based on those ingredients. This helps introduce kids, old and young alike, to foods they may not go to first. This helps my family eat fresh, whole foods and gives me some excitement on new recipes. Well, that is my summer suggestion for the sometimes mundane job of cooking.

Rebecca

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The farmer's market saves my summer menus and kid's ability to eat their colors. (My girls' and boy's idea of eating lots of colors means having M&Ms for dessert!) We go to the farmer's market in downtown Kansas City every Saturday, they pick out produce, help pay and are much more prone to eating those same items in a dish later in the week. My grocery shopping also becomes a fun family activity, and I pay much less for produce than I would in the grocery store. There are street performers, people from all walks of life, and on our way out we get a local honey stick from one of the farmers or a cookie from some of the bakeries who have booths out there. It is a blast!

These sites can help people find a market in their area:

<http://apps.ams.usda.gov/FarmersMarkets/>  
[www.localharvest.org](http://www.localharvest.org)  
[www.farmersmarket.com](http://www.farmersmarket.com)

Courtney

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When I was little, I wanted something planted in our huge garden to be "mine"...and so I became the zucchini person in our family. About 20 years have passed, and the challenge of the zucchini crop is always one of my favorite parts of the summer. We now plant 6 plants each year, and we often leave the zucchinis on much longer than the ones you see in the grocery stores – some have reached 2 feet! All of that to say, using it all is a challenge. But we have the opportunity to bless our friends and family with the abundance, as well as search all year long for new recipes that call for zucchini. I've learned that zucchini is like a chameleon...it works well as a main dish, side dish, appetizer, and dessert in the forms of anything from quiche to zucchini parmesan to zucchini pie (just substitute it for the pumpkin...they're both squash). Two years ago my sister-in-law and I started the tradition of hosting a "Zucchini Meal" for our friends. Though we usually add some spaghetti for the kids to eat, everything else has zucchini in it. We love the challenge of finding new recipes to make each time (this past year's was zucchini ice cream, which wasn't as bad as it might sound!) and enjoy the opportunity to host a summer event. So, if you're serving people who are open-minded about trying squash, I suggest making an all-zucchini meal this summer.

Keri

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### *Have a Picnic*

Number one is the obvious one and not really original but... eating outside is one of the most enjoyable things to do in the summer! With family and friends enjoying good conversation, a ray of sunlight in your hair and fresh air while eating your lunch. From breakfast to supper, outside is the place to be when the sun is shining.

### *Make Your Own BBQ*

One of the fun things to do is make your own BBQ roaster with branches and aluminium foil. When we were little we often roasted little sausages outside. Each of the neighbour kids had to bring something: ketchup, a can of sausages, bread... This way we made our own hot dogs. (First ask the parents for permission of course)

My brothers also liked to build special ovens in the ground. (We, the girls, had to carry along the heavy stones...) We worked a whole week on it, every day a little further towards the final result. At the end of the week we could bake food on the stones. Fun! You can find inspiration for different kinds of ovens to build in survival books.

### *Make Norwegian Pinnebrød*

Another all-time popular thing to do outside is baking bread in a small fire. (You can even do it in a fire basket or inside on a rainy day.) Since I learned to bake pinnebrød in Norway we have repeated it many times on parties or family & friends nights. You just make dough for a white bread and gather some sticks. You roll a small piece of dough and twist it around your stick. You hold the stick above the fire for a while and watch your bread until it is finished. The first time you have to give yourself some time to learn, so be patient.

You can also put a sausage inside the bread. Another idea is to put cheese, smashed tomatoes, pizza spice in the bread. You get a very tasty pizza bread! As dessert... you eat some more bread ;-). But now you put brown sugar, cinnamon and butter in the dough. It is fun for young and old to do! I did it last month again on a party with and everybody enjoyed it so much!

(Another reader, Karen, wrote in with a suggestion to add: We call the Norwegian Pinnebrød "doughboys." We use the inexpensive biscuit dough, wrap around a thin dowel, and bake over the fire. It has replaced smores as the favorite dessert while camping!)

### *Do a Snack Bar with Kids*

Since I have no family on my own I like to cook together with my little nephew and niece. This morning we cut potatoes into chips, cut vegetables and set the dinner table. It is a morning-filling activity--really time consuming but rewarding! One time as children we had our own snack restaurant as a family event. We did everything, including baking the chips, preparing the pitas, hamburgers... Much fun for older children! First of all the preparation, building the bar, putting up a plate with the name of

the snackbar... And then the fun of 'playing' with real food and customers.

Talitha

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