

Solar Cooking:

Quiche (serves 6)

- ½ lbs bacon, cooked crisp and crumbled
- 1 cup shredded Swiss cheese
- 4 eggs
- 2 cups whipping cream
- ¾ tsp salt
- ¾ tsp sugar
- 1 cup crushed seasoned croutons

Place croutons in bottom of a 9" dark round pan. Beat eggs slightly then add rest of ingredients. Pour over croutons in pan. Cook covered in solar oven 1-1/2-2 hours until knife inserted in the center comes out clean.

Barbecue Chicken (serves 12)

- 12 chicken legs
- 12 chicken thighs
- 1 bottle barbecue sauce

Brush chicken with sauce. Place half of the chicken in each of two 9" round dark pans. Pour remaining sauce over chicken. Cover and cook in solar oven about 2-3 hours.

Hopscotch

- ½ cup peanut butter
- 1 (6 oz.) package butterscotch morsels
- 1 (3 oz) can Chow Mien noodles
- 2 cups miniature marshmallows

Combine peanut butter and butterscotch chips in a 9" dark round pan. Place in solar oven until chips are almost melted then stir until completely melted. Remove from oven and stir in chow mien noodles and marshmallows. Drop by teaspoon onto wax paper. Let set.

Tostada Casserole

- 1 (16 oz) can nonfat refried beans or vegetarian refried beans
- 1 cup cheddar cheese
- 1 small can chopped olives
- 8 oz. sour cream
- 8 oz. mild chunky salsa
- 8 oz. guacamole
- 6 oz. pre-cut salad mix

In dark, dish suitable for Solar Cooking, layer refried beans, chopped olives, salsa, guacamole, and cheese. Cook in solar oven until cheese melts and mixture is hot (between 45 minutes to 1-1/2 hours). Top with sour cream and then salad mix.

May be eaten as is, placed in a warm tortilla, or used as a topping on tortilla chips.

Nachos (serves 10 snacks)

- 1 bag (8 oz) tortilla chips
- 1 can refried beans
- 1 jar Cheese Whiz, Mexican style
- 1 can sliced olives
- 2 tomatoes, diced
- 2 cups shredded Mexican blend cheese

Layer all ingredients in the order given in a black 9" round pot. Place in solar oven for about 20-25 minutes until cheese is melted and ingredients are hot. Garnish with guacamole and sour cream, if desired.

Eggs in a Bag

This easy recipe for all levels takes into account picky eaters.

- eggs
- ham or bologna
- grated cheese
- canned mushrooms

Equipment needed

- large pot of boiling water
- tongs
- sandwich size zip-lock bags
- permanent marker

Each girl puts her name on a plastic bag with the marker. They then make their own omlette by adding 1 or 2 eggs and whatever omelet ingredients they want. The bags are sealed and placed in the boiling water. Remove with tongs when eggs are cooked. Eat right out of the bag or empty onto a plate.

Fudge in a Bag

The amount of servings depends on how hungry the girls are! It is fudge so we limit it. We took the bag on a short hike to the swimming lake with us and when we arrived, it was ready to eat!

- 1/2 cup powdered cocoa
- 1 box powdered sugar
- 1 tsp vanilla
- 1/2 cup Butter Softened
- 3oz. Cream Cheese Softened

Equipment needed

- 2 Large Zip Lock Bags
- 1 Girl Scout Troop

Place all ingredients into zip lock bag. Seal and then place that bag into the second one. Pass the bag around for approximately 30 minutes, giving everyone a chance to squeeze and mix the fudge together. EAT! YUMMY!

Tin-Can Ice Cream (Serves 2 – 4)

Another great use for a tin can in camp is making ice cream. You only need two cans (with tight-fitting lids) and your hands—or feet!

- 3/4 cup milk
- 1 cup whipping cream
- 1/3 cup sugar
- Nuts, fruit, or flavoring as desired

Put all ingredients into a one-pound coffee can. Close the can securely and place it inside a No. 10 (three-pound) can.

Pack crushed ice around the smaller can until it fills the larger can. Pour at least 3/4 cup of rock salt evenly over the ice, then close the large can securely. (Duct tape will help.)

Roll the can back and forth on a hard surface for 10 minutes. Girl Scouts can also accomplish this by playing a mild version of kick-the-can, just as long as they do not pop the can's lid off.

Open the cans, being careful not to get salt, ice, or water into the ice cream mix. The mixture will be frozen around the edges. Scrape it off the sides with a table knife and mix it with the portion that is still liquid.

If it's sufficiently frozen, dig in! if not, close up the small can, add more salt and ice, reseal the larger can, and roll it back and forth for another five minutes or so. Test, and try again, until it's ready.