

Indoor Cooking
Non Cook Recipes



girl scouts
greater los angeles

TABLE OF CONTENTS

COOKING PROGRESSION.....	1
NO COOK RECIPES.....	2
Snacks	2
(Ants) Bugs on a Log.....	2
Apple Surprise.....	2
Applewitches.....	2
Beetles in a Bush	2
Bird Seed	2
Breakfast Kabobs.....	2
Brownie Smiles or Red Lips.....	2
Carrot Wheels	2
Cereal Necklaces	3
Edible Fire.....	3
Edible Play Dough.....	3
GORP	3
Graham Ghosts.....	3
Gooney Ghosts	3
Peanut Butter-Grape Snacks.....	4
Roll-m-Ups	4
S'more GORP.....	4
Stick Nibble	4
Vegetable Patch.....	4
Sides.....	4
Candles.....	4
Cheese Spread	4
Chinese Fruit Bowl	4
Cottage Cheese Crunch.....	4
Finger Salad.....	5
5-cup Salad.....	5
Friendship Salad	5
Fruit Ambrosia.....	5
Fruit Kabobs.....	5
Gelatin Salad.....	5
Girl Scout Polar Bears	5
Golden Salad	5
Jell-O Salad.....	5
Jungle Breakfast.....	5
Master Plan for Salads	6
Green Salad	6
Mallow Fruit.....	6
Bunny Salad.....	6
Tuna Salad.....	6
Waldorf Salad.....	6

Girl Scouts of Greater Los Angeles

Island Waldorf	6
Tropical Waldorf	6
Apple & Cheese.....	6
Apple Slaw	6
Hawaiian Slaw.....	6
Date Nut Slaw	6
Carrot Slaw.....	6
Peanut Slaw	6
Salad on a Stock	7
Super Peanut Spread.....	7
Surprise Salad.....	7
Stuffed Fruit.....	7
Tabouli	7
Vegetable Patch	7
Walking Salads.....	7
Wormy Stuffed Apples.....	8
Main Dishes	8
Armenian Cracker Bread or Flour Tortilla Roll-ups	8
Chicken Salad	8
Chinese Chicken Salad	8
Mini-burritos	8
Nose Bag Lunch.....	8
Toothpick Kabobs.....	9
Desserts.....	9
Banana Boats.....	9
Camp Strawberry Shortcake.....	9
Twinkie Shortcakes	9
Ice Cream (with Hand Crank Ice Cream Maker)	9
Ice Cream in a Can	9
Rock 'n Roll Ice Cream	9
Frozen Pudding.....	10
Marshmallow Fondue	10
Mock Banana Cream Pie.....	10
Mucky Morsels	10
Mud Ball Cookies	10
No-Bake Chocolate Cake	10
No Cook Fudge	10
Quick Banana Boats.....	10
Quick Cheesecake	11
Quick S'mores.....	11
Peach Surprise.....	11
Peachy Peaches	11
Pudding Cones (Football Pudding)	11
Pudding Salad.....	11
Shaggy Dogs.....	11
Super Camp Cake.....	11
Super Cones	11

Girl Scouts of Greater Los Angeles

Drinks.....	11
Hot Chocolate Mix	11
Sun Tea.....	12
Sunset Sodas.....	12
Tangy Tea.....	12

COOKING PROGRESSION

These recipes are designed to introduce leaders and girls to some of the techniques used when cooking outdoors. The recipes are only suggestions. Feel free to substitute your favorite recipes or alternate ingredients (e.g. turkey products for beef or pork). Some of the recipes utilize processed foods for convenience, but healthier alternatives such as fresh fruits and vegetables are always recommended when practical. Consider do-ahead preparations by the girls at a meeting or helpful parents for items like grated cheese, pre-cooked pasta, bacon or ground meats, or spaghetti sauce. Just about anything you can cook at home may be prepared in the out-of-doors with a bit of planning and as you troop's skills progress. The first four levels and some of level six are very doable for an "Indoor" setting, using stovetop, ovens, and convenience foods.

1. **No Cook**

Start teaching cooking skills including knife handling and hygiene. Whole meals may be planned around sandwiches or salads. Open, assemble, and eat with very little prep. Simple recipes may be tried at meetings. Take along in a sack for short hikes.

2. **Heat and Eat**

Boil water for tea, cocoa, and instant soup. Heat and eat items such as canned foods -- soups, stews, and chili -- cooks FAST!

3. **One Pot Meals**

A main dish that is cooked in one big pot, such as a stew, chili, or soup provides a tasty meal with a minimum of talent or clean-up. Supplement with a salad, drink, and dessert for an entire meal. Cook first for a patrol, then for the whole troop/group. Progressive cooking is on a kitchen stove, on a propane stove*, in a pot over charcoal*, or over a wood fire*.

4. **Foil Pouches or Ember* Cooking**

Use foil as an open skillet or seal and cook dinners with chicken or other meats in an oven, over charcoal* or wood fires*. Recipes in this group include cooking on grills*, in orange halves, and in foil pans over or near coals*.

5. **Stick Cooking****

Use dowels, other sticks or toasting forks, over charcoal and coals from wood fires.

6. **Griddle, Skillet, or Buddy Burner†**

Need to be careful with handling pans, hot grease, and hot foods to cook pancakes, French toast, bacon, quesadillas, etc. See [Can Cooking*](#) for instructions on making a Vagabond Stove and Buddy Burner, as well as recipes for cooking with cans.

7. **Dutch Oven***

Great food but time consuming. Well worth the effort. Look for the kind of Dutch oven with flat lid and a lip for hot coal placement on top described in [Dutch Oven Care](#).

8. **Box Oven***

Use a cardboard box that is covered with heavy duty foil; challenging, need time and patience. See [Box Oven Directions](#) for instructions on making and using a box oven.

** An adult must be trained at Outdoor Education Level 2 before leading the girls in these methods.

† Griddle and skillet cooking may be done indoors on a kitchen stove with Outdoor Education Level 1 training.

NO COOK RECIPES

No Cook recipes are a good place to start safe and sanitary kitchen habits. These provide a good beginning of measuring, mixing, and knife handling. Open, assemble, and eat with very little preparation. Whole meals may be planned around sandwiches or salads. Raw vegetables and/or fruits may be used for “walking salads” for a quick meal on a hike or an easy, no fuss meal on arrival at camp. Simple recipes may be tried at meetings.

SNACKS

(Ants) Bugs on a Log

Fill ribs of celery with peanut butter or cream cheese and top with raisins or nuts.

Apple Surprise

Core small apples (or use ½ dipped in lemon juice and water.) Stuff with Miracle Whip, cream cheese or peanut butter mixed with chopped celery, nuts, raisins, chopped dates.

Applewitches

Spread apple slices with peanut butter or cheese spread.

Beetles in a Bush

Spread small pieces of curly Napa cabbage with peanut butter or cheese spread. Dot with raisings and fold over.

Bird Seed

Combine one cup each, sugar-coated ready-to-eat cereal, raisins, M&M's, and salted peanuts.

Breakfast Kabobs

Onto small wooden skewers, alternate cake (not glazed) donut holes and strawberries. Drizzle with a SMALL amount of chocolate ice cream topping or sprinkle with powdered sugar.

Brownie Smiles or Red Lips

Core and slice any red-skinned apple. Spread one side of each of two apple slices with peanut butter. Put a row of mini marshmallows between the two apple slices, using the peanut butter to hold the marshmallows in place. (the apple slices with the red peel are the lips and the marshmallows are the teeth of the “smile”).

Carrot Wheels

Dip slices of large carrots in peanut butter or cream cheese thinned with a little honey, or use as a dip.

Cereal Necklaces

½ c. cereal with holes

¼ c. mixed dried fruit (apricots, apples, pineapple, etc.)

Tie one piece of cereal onto one end of a 28 inch piece of cotton string or dental floss. Be careful. Don't break the cereal! Leave at least a 1" tail. Thread the string through a large needle. Thread the cereal and fruit onto the string in any design, making a long chain. When you have just an inch or two of string left, pull the needle off the thread and tie the ends of the string together. Wear the edible necklace, nibbling from the string when you are hungry for a snack.

Edible Fire

This is fun to do to teach girls how to build a fire without having to build a bonfire in the middle of the room.

Use:

Marshmallows

Coconut

Pretzels

Cheetos

Chocolate chips

Licorice/Suckers

Juice or Water

Represents:

Rocks for fire ring

Tinder (small pieces that burn) such as dried pine needles, dried leaves, wood shavings

Kindling (larger than tinder) such as twigs, splintered pieces of wood

Fuel (larger wood that keeps fire going) like dried seasoned wood, charcoal

Fire starter (homemade from egg carton, sawdust/ charcoal, wax

Shovel/ Rake

Bucket of water

Edible Play Dough

Combine one 18 oz. jar of creamy peanut butter with 6 Tbsp. of honey. Add enough non-fat dry milk to make the dough workable. Make snakes, turtles, and maybe even a crocodile!

GORP

(Good Old Raisins and Peanuts) or Trail Mix

Mix any combination of:

salted peanuts

raisins

mixed dry fruit

banana chips

dried cranberries

dried apricot

sunflower seeds

dates

pumpkin seeds

flaked coconut

dried apples

M&M's

pretzels

sesame sticks

licorice bites

walnuts

pecans

cashews

granola or other cereal.

In a zipped plastic bag, this is a great snack for the trail. Due to allergies and likes/dislikes, separate bags for each girl are a good idea. This list is just a starting point. Add anything the girls might like within budget.

Graham Ghosts

Spread cream cheese (mixed with milk to thin) on graham cracker squares. Make features with raisins. (White frosting also works)

Gooey Ghosts

Spread graham crackers with peanut butter and top with marshmallow crème.

Girl Scouts of Greater Los Angeles

Peanut Butter-Grape Snacks

¼ c. nonfat dry milk powder 1/8 tsp. cinnamon
¼ c. creamy peanut butter 18 to 24 seedless green grapes
1 Tbsp. graham cracker crumbs

In a small bowl, combine dry milk, cinnamon and peanut butter; mix well. Form peanut butter mixture around grapes; roll in graham cracker crumbs. Refrigerate until serving time. Makes 3 to 4 servings.

Roll-m-Ups

Cream cheese or peanut butter and raisins rolled in a cabbage leaf OR a stick of cheese and piece of pickle rolled in lettuce or cabbage leaf.

S'more GORP

½ c. Golden Grahams 20 mini marshmallows
¼ c. peanuts 50 chocolate chips
2 Tbsp. raisins

Mix all ingredients in a paper bag. Serves 1.

Stick Nibble

Insert pretzel sticks into cheese cubes.

Vegetable Patch

Make a flavorful dip. Serve with assorted raw vegetables (try cauliflower, small broccoli florets, jicama, zucchini slices, as well as carrots and celery.)

SIDES

Candles

Place a pineapple ring on a lettuce leaf. Stand one half of a banana in center of ring. Top with a maraschino cherry.

Cheese Spread

Mix grated American or Colby cheese with mayonnaise or Miracle Whip until spreading consistency. Add small amount of sweet pickle relish.

Chinese Fruit Bowl

1 can pineapple chunks with syrup 1 pt. strawberries, washed and hulled
1 can litchi nuts, drained 1 can mandarin oranges, drained
2 bananas, sliced

Combine all the fruit. Refrigerate for 2 hours or longer. 12 servings.

Cottage Cheese Crunch

Chop "crunchy vegetables," mix into cottage cheese and serve.

Girl Scouts of Greater Los Angeles

Finger Salad

Cut any of the following fresh vegetables into bite size pieces. Dip into Ranch or other salad dressing:

broccoli	cauliflower	cucumber
zucchini	jicama	celery
carrots	tomato	green onions

green pepper, and more..

5-cup Salad

Mix one cup of each; mandarin oranges, pineapple tidbits, coconut, mini marshmallows and frozen non-dairy whipped topping.

Friendship Salad

Each person brings a piece of fruit. Dice fruit and mix with a little honey and a dash of lemon. Mini marshmallows/chopped nuts may be added.

Fruit Ambrosia

Mix orange segments, diced apples, sliced bananas, drained fruit cocktail and coconut shreds.

Fruit Kabobs

Onto small wooden skewers, alternate banana slices, pineapple tidbits, maraschino cherries and marshmallows.

Gelatin Salad

Mix one 3-oz. strawberry-banana gelatin (dry) with 8 oz. frozen non-dairy whipped topping and one pint cottage cheese. Add fresh strawberries and bananas or a can of fruit cocktail.

Girl Scout Polar Bears

Spear fresh or canned pineapple spears on a lollipop stick. Roll in coconut. Stand them in a tall container that may be put in the freezer and freeze.

Golden Salad

13 oz. can pineapple tidbits	11 oz. can Mandarin oranges
1 or 2 c. grapes OR 13 oz can fruit cocktail	
1 can peach or apricot pie filling	1 or 2 bananas, sliced

Drain pineapple, oranges, fruit cocktail. Mix with pie filling and chill. Add bananas before serving. Serves 16 and keeps well.

Jell-O Salad

Mix 1 (3 oz.) strawberry-banana Jell-O with 8 oz. Cool Whip and 1 pt. cottage cheese. Add fresh strawberries and bananas or a can of fruit cocktail.

Jungle Breakfast

Use fresh fruit, hard boiled eggs, individually packaged cereals or muffins, boxed juices. Hide or hang from trees with string and let the girls wake up and "find" their breakfast.

Master Plan for Salads

Use Base of:

1 head torn lettuce
mayonnaise or Miracle
Whip to moisten
salt to taste



Green Salad

Add:

radishes
carrots
cucumbers
green pepper
celery
tomatoes, etc.

OR

Mallow Fruit

Add:

1 (30 oz.) fruit cocktail
2 c. mini marshmallows

OR

Bunny Salad

Add:

cottage cheese
raisins

Mix and roll in lettuce leaf

OR

Tuna Salad

Add:

2 cans tuna
2 c. chopped celery
½ c. chopped onions

Use Base of:

6 c. diced apples
3 c. chopped celery
mayonnaise or Miracle
Whip to moisten



Waldorf Salad

Add:

1 c. raisins
1 c. nuts

OR

Island Waldorf

Substitute to Waldorf:

chunk pineapple or
mandarin oranges for half
the apples

OR

Tropical Waldorf

Substitute to Waldorf:

sliced bananas or
sliced pears for half the
apples

OR

Apple & Cheese

Add:

current jelly
cottage cheese
Mix together & serve on
apple slices

Use Base of:

1 cabbage, shredded
mayonnaise or Miracle
Whip to moisten
salt, pepper, sugar



Apple Slaw

Add:

½ lb. apples
½ c. green pepper
crushed pineapple
¼ c. vinegar

OR

Hawaiian Slaw

Add:

1 (20 oz.) can crushed
pineapple
shredded coconut

OR

Date Nut Slaw

Add:

dates
chopped nuts
½ carton sour cream

OR

Carrot Slaw

Add:

3 c. grated carrots
1 c. raisins
¼ c. lemon juice

OR

Peanut Slaw

Add:

2 tsp. each salt, sugar, &
vinegar

Just before serving add

½ c. chopped roasted
peanuts

Girl Scouts of Greater Los Angeles

Frozen Pudding

1/3 c. sugar

3 tsp. vanilla

1½ c. evaporated milk

¼ c. graham cracker crumbs

¾ c. water

Mix first four ingredients in 2 lb. coffee can. Just before you put the lid on to freeze, add graham cracker crumbs. Place in larger can. Surround with ice and sprinkle with rock salt. Put in insulated space for 3-4 hours. Makes about 1 qt.

Marshmallow Fondue

Add 2 cups (7 oz. jar) marshmallow crème gradually to one 8 oz. package cream cheese, softened. Mix well. Add 1 Tbsp. orange rind and a dash of ginger. Serve as dip for melon balls, banana, apples, oranges, and angel food cake.

Mock Banana Cream Pie

1 large pkg. instant banana cream pudding

3 c. cold milk

2-3 peeled, sliced bananas

1 c. vanilla wafer crumbs

1 large sturdy plastic bag

4-6 paper cups

Place pudding and milk in large plastic bag, and tie tightly at top of bag, squeezing out excess air. Shake pudding 3-4 minutes. Layer banana slices, pudding, vanilla crumbs in paper cups. Repeat layers. Let stand 5 minutes.

Mucky Morsels

Spread graham crackers with canned vanilla frosting. Top with drained canned fruit.

Mud Ball Cookies

1 c. uncooked quick oats

½ c. nuts

½ c. instant cocoa mix

½ c. smooth peanut butter

½ c. honey

graham cracker crumbs

Mix oats, nuts and instant cocoa together in a large bowl. Add peanut butter and honey. Mix everything until it looks like mud. Put graham cracker crumbs on a plate. Take a teaspoon of the cookie mixture at a time. Roll each spoonful in your hands to make a ball. Roll ball in graham cracker crumbs and pile them on another plate.

No-Bake Chocolate Cake

Mix batter as directed on package of chocolate cake mix (Use Ziploc bag). Add nuts, marshmallows, and coconut. If you like thick cake batter, add less liquid than package requires. Serve in an ice cream cone. Eat immediately before cone gets soggy.

No Cook Fudge

Blend together ¼ c. cocoa, 1 tsp. butter (soft), ¼ lb. grated cheese (at room temperature) and 1 Tbsp. vanilla. Add 1 lb. powdered sugar and ¼ c. chopped nuts. Mix thoroughly. Shape in long rolls; put in wax paper. Let set and slice.

Quick Banana Boats

Dice banana and mix with frozen non-dairy whipped topping. Add mini chocolate chips and mini marshmallows.

Quick Cheesecake

Blend 8 oz. softened cream cheese into milk before preparing one 3 oz. lemon instant pudding mix according to directions. Serve on graham crackers.

Quick S'mores

Spread chocolate covered graham crackers with marshmallow crème.

Peach Surprise

Crush one whole graham cracker, until fine, in a sturdy zip-type baggie. Drain one canned peach half and place in baggie and coat with crumbs. Open baggie and place a dollop of frozen non-dairy whipped topping on peach and eat right out of the bag.

Peachy Peaches

Top a whole or split doughnut with Cool Whip. Top with drained peach half, cut side up. Put a cherry in the middle.

Pudding Cones (Football Pudding)

Make any flavor instant pudding, according to package directions, EXCEPT, put the ingredients in a large zipper type freezer bag (doubled) and mix it by "gently kneading" or tossing back and forth between girls.

When pudding has set, clip one corner of the bag and squeeze into ice cream cones. Serve immediately before cone gets soggy.

Pudding Salad

Dissolve one 3 oz. pistachio instant pudding in one 20 oz. can of crushed pineapple with ¼ c. juice drained off. Add 2 cups mini marshmallows and one cup frozen non-dairy whipped topping.

Shaggy Dogs

Place marshmallow on toothpick and dip in chocolate (or caramel) sauce. Roll in coconut or chopped nuts.

Super Camp Cake

Slice pound cake, spread with canned chocolate frosting, sprinkle with nuts. May also be prepared as "sandwiches."

Super Cones

Dice a mixture of fresh fruit. Use to fill ice cream cones. Drizzle with a little honey and serve immediately.

DRINKS

Hot Chocolate Mix

1 pkg. Instant Non-fat dry milk (25.6 oz. box = 10 ²/₃ c)

1 jar powdered non-dairy creamer (6 oz.) 2 c. powdered sugar

1 can instant chocolate drink mix (16 oz.)

Combine all ingredients in a large bowl. Mix well. Put in a large airtight container. Label. Add 3 Tbsp Hot Chocolate Mix to 1 c. hot water. Stir to dissolve. Mini-marshmallows may be added.

Girl Scouts of Greater Los Angeles

Sun Tea

2 tea bags per quart of water
cold water

1 orange
½ lemon

Slice unpeeled orange and lemon into small pieces. Fill large jar with cold water. Add tea bags and fruit. Put tight fitting lid on jar and place in full sunlight for about 2 hours to brew.

Sunset Sodas

1 envelope Kool-Aid, any flavor unsweetened

1 (28 oz.) bottle club soda

1 c. sugar

1 c. cold water

1 pt. vanilla ice cream or sherbet

Dissolve soft drink mix and sugar in water in a pitcher. Stir in soda. Place a small scoop of ice cream or sherbet in each glass. Stir in soda mixture. Top with second scoop of ice cream or sherbet. Makes about two quarts or 8 glasses. Great for a backyard campout when a freezer is available.

Tangy Tea

2 c. Tang (orange drink mix)

1 pkg. lemonade mix

¾ c. instant tea

¼ t. cloves

Mix all together. Use as desired in cup of hot water.