

Garden Sprouts Camp Recipes 2012

Pesto

- 4 cups fresh basil leaves, packed
- ½ cup grated Parmesan cheese
- ½ cup olive oil
- 6 Tablespoons pine nuts or walnuts
- 4 garlic cloves

Place all the basil leaves and garlic in food processor or blender with half the oil and blend until well chopped. Add about 1/3 the nuts and the rest of the oil and blend again. Continue adding small amounts of the nuts and parmesan, blending after each addition, until all the ingredients are incorporated and the pesto is a thick smooth paste.

Pesto Ranch Dip

Makes about 2 cups



- ¾ cup pesto
- ¾ cup light mayonnaise
- 3 tablespoons fresh lemon juice
- ¼- ½ cup buttermilk

In a medium bowl whisk together all of the ingredients except the buttermilk. Add buttermilk until the dip is the right consistency. Refrigerate until ready to use (keeps 3 days in the fridge).

Honey Seed Snacks

(adapted from “The Healthiest Kid in the Neighborhood” by the Sears family)

- ½ cup carob powder
- ½ cup honey
- ½ cup peanut butter or almond butter
- ½ cup sunflower seeds
- ½ cup sesame seeds, plus some to coat each ball
- ½ cup rolled oats

Mix all ingredients together by hand. Form the batter into bite-sized balls and roll them in sesame seeds. Store in an airtight container in the fridge up to a month.



Green Garden Smoothies

Makes three 12 oz. servings

5 chard leaves, stems removed and coarsely chopped (or torn)

1 cup water

Blend greens and water until completely pureed. Then add:

1 cup plain yogurt

3-4 cups fresh and/or frozen fruit (at camp we used berries, peaches, & strawberries)

1-2 Tablespoons peanut butter (optional)

1/4-1/2 cup additional water as needed

Blend well. Drink right away or keep in the fridge up to 24 hours. Enjoy!

Try experimenting with other greens. Spinach and kale also make delicious smoothies!



Zucchini Baba Ganoush

Makes about 2 1/2 cups

5 medium zucchini

1/4 cup olive oil, plus a bit for garnish

1/4 cup tahini

1 clove garlic, chopped

6 Tablespoons of lemon juice

1/2 teaspoon salt (or more to taste)

2 Tablespoons chopped chives (optional)

Roast the zucchini in the broiler until skin starts to blacken –flip them over so all sides are charred.

Once the zucchini are cool, cut them in half lengthwise and scrape out the insides of the squash. You should end up with about 2 cups of zucchini insides. In a food processor or blender, puree the squash with the rest of the ingredients except the chives.

Garnish with chopped chives and a drizzle of olive oil. Serve as a delicious dip with toasted pita, vegetables, or olives.

