



CAMP RECIPES
UPDATED 2022

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Teriyaki Pineapple and Vegetable Shish Kabobs

Kabob Ingredients:

16 large, fresh mushroom (15g)
32 cherry tomatoes (28g)
32 chunks green bell pepper (16g)
32 chunks pineapple (17g)
32 half inch slices small zucchini squash (32g)

Teriyaki Sauce Ingredients:

6 Tbsp La Choy Soy Sauce
9 Tbsp brown sugar
1.5 tsp fresh minced ginger or 1/3 tsp ground ginger
1.5 tsp fresh minced garlic or 1/3 tsp garlic powder
1.5 tsp sesame oil
12 Tbsp water mixed with 3 tsp cornstarch

Directions:

Teriyaki sauce: Mix all sauce ingredients in a small saucepan and bring to a boil over medium heat. Reduce heat to low and simmer for two minutes. Remove from heat and set aside. Sauce recipe makes about 1 cup.

One hour before cooking, toss vegetables with sauce; cover and set aside to marinate. After the hour, strain vegetables and reserving dressing for another use.

On a 14-inch metal skewer, alternatively thread vegetables. 1 kabob = 1 mushroom, 2 tomatoes, 2 bell pepper, 2 chunks pineapple, 2 slices zucchini

To Grill:

Place skewer on grill over medium-hot coals; grill about 20 minutes or until vegetables are tender, occasionally turning skewers

To Broil:

Place skewer on broiler pan. Broil at 550° in oven for 15 minutes or until tender, turn occasionally. Watch closely to prevent burning.

Yield: 16

Serving size: 1 kabob (54 mg Phe) + 1 Tbsp sauce (9 mg Phe)

Phe per serving: 63 mg

Recipe adapted from Low Protein Cookery for PKU by Virginia Schuett, page 245

Cambrooke Sugar Cookies

Ingredients:

1 package Cambrooke Sugar Cookie Mix
1 ½ Sticks of Butter

Directions:

Preheat Oven to 350 degrees F

In medium bowl, stick 1 package cookie mix, 1 ½ sticks softened butter and add 7.5 Tbs water until dough forms.

Drop Cookies:

Drop dough by rounded teaspoonfuls, 2 inches apart on ungreased cookie sheet
Bake 7-9 minutes or until edges are light golden brown.
Cool before removing from cookie sheet.

Variations:

Chocolate Chip Cookies
Add ½ cup miniature chocolate chips to the mixture before baking.
Phe per cookie: 7 mg

Yield: ~36 cookies (3-inches each)

Serving size: 1 cookie

Phe per cookie: 1 mg

Recipe from Ajinomoto Cambrooke website: www.cambrooke.com

Potato Apple Hash

Ingredients:

3 Tbsp canola oil

¼ cup shredded onion (90 g)

4 large Yukon gold or white potatoes, peeled and cut into ½ inch dice (625 g)

2 medium tart apples, peeled and shredded

1 tsp salt

Pepper to taste

Directions:

Heat oil in a large, preferably non-stick skillet over medium-high heat. Reduce heat, add onion, and cook stirring frequently, for 2 minutes.

Add potatoes to skillet and season to taste. Cover and continue cooking over medium-high heat for 8 minutes, stirring occasionally.

Add apples, cover and cook for 8 more minutes, stirring occasionally. Uncover and cook for 3 more minutes, stirring occasionally until the potatoes and apples are tender and slightly browned.

Yield: 18

Serving size: ¼ cup

Phe per serving: 33 mg

Recipe from Apples to Zucchini by Virginia Schuett and Dorothy Corry, page 160

Low Protein Chicken Nuggets

Ingredients:

4 slices low protein bread
1/3 cup onion, chopped
1 ¼ cup carrots, cooked & mashed
½ cup potato, cooked and mashed
1 clove garlic
¼ cup ketchup
¼ tsp paprika
1 tsp seasoned salt
1 tsp vinegar
1 Tbsp vegetable shortening
1 Tbsp Ener-G Egg replacer
3 drops red food coloring
3 drops green food coloring

Directions:

Mix ingredients together.

Form “dough” into nugget shapes.

Fry nuggets until golden brown.

Yield: 20 nuggets

Serving size: 1 nugget

Phe per serving: 11 mg

Chef Kevin Brown's BBQ Jackfruit

Ingredients:

1 can green, young jackfruit in brine
1 small onion, diced
1 garlic clove, minced
1 tablespoon olive oil
1 tablespoon chili powder
½ teaspoon cumin
½ teaspoon garlic powder
1 tablespoon brown sugar
½ cup barbecue sauce (more if needed)
¼ cup water

Directions:

Heat olive oil in a large non-stick skillet over medium heat. Add onion and garlic and sauté until tender (5-7 minutes). Drain and rinse the jackfruit in a strainer. Cut the core of the jackfruit (the triangular tip) from the flesh and discard the core.

Mix the chili powder, cumin, garlic powder, and brown sugar in a medium bowl. Add the jackfruit and toss to coat. Add seasoned jackfruit to the skillet with the onions and garlic. Sauté for 5 minutes.

Whisk the BBQ sauce and water together. Pour into the skillet with the jackfruit. Cover and simmer 20-25 minutes or until tender.

Remove the lid from the skillet and shred the jackfruit with a fork. If needed, continue to simmer with the lid off 5-10 minutes (depending on desired consistency).

Serve on buns (see wheat starch bun recipe next) or eat alone with garnishes (pickled red onions, cilantro, parsley).

Yield: 4

Serving size: ¼ cup

Phe per serving: 33 mg (If served on wheat starch bun, total phe is 50 mg per sandwich)

Recipe developed by Chef Kevin Brown for the NPKUA

Wheat Starch Buns

Ingredients:

3 ½ loosely filled cups (350g) CBF Wheat Starch

1/3 cup (60g) Metamucil

1 ½ tsp (6g) yeast

½ tsp (5g) salt

3 tsp (15g) baking powder

2 Tbsp (30g) sugar

1 ¼ cups (275g) warm water

2 Tbsp (16g) vegetable oil

½ cup (115g) non-dairy liquid creamer, warmed

Directions:

Heat oven to 115°-120°F. Mix dry ingredients in a large bowl. Mix liquid ingredients in a separate bowl and warm in the microwave if needed (30 seconds or less).

Incorporate liquid ingredients into the dry ingredient and mix vigorously. Dough may stiffen quickly. If dough is too soft, sprinkle more Wheat Starch on it as you work it in with your hands. Do this until the dough is firm enough to knead.

With greased hands, knead dough for just a few minutes. Return to a lightly oiled bowl. Cover and let dough sit in warm oven (115°-120°F) for about 10-20 minutes or until dough almost doubles in size. Remove from oven.

Preheat Oven to 400°F.

Form dough into a slightly rounded rectangle about 5x10 inches. Cut dough into 8 equal pieces. Form each piece into a round shape, gently tucking ends underneath. Spray the tops of the dough with nonstick cooking spray. Bake for 19 minutes or until buns are golden brown.

Yield: 8 buns

Serving size: 1 bun

Phe per serving: 17mg

Skor Bars

Ingredients:

~80 Cambrooke Original Crackers (1, 4.4 oz box)
1 cup butter
1 cup brown sugar
1 cup Plymouth Pantry brand chocolate almond bark, broken into pieces

Directions:

Preheat oven to 350°F. Line baking tray with baking paper and cover with a layer of crackers.

Bring the butter and brown sugar to a boil (stir constantly).

Pour and spread the butter/sugar mixture over crackers and bake in the oven for 5 minutes until bubbly.

Break up the Chocolate almond bark along the lines, place in a microwave safe bowl and microwave for 30 seconds at a time until melted and smooth. Spread the melted chocolate on top of crackers and butter sugar layer.

Let bars sit at room temperature until chocolate is firm.

Yield: 20

Serving size: 4 square crackers

Phe per serving: 15 mg

Tomato Basil Soup

Ingredients:

28 oz can Hunt's Whole Peeled Plum Tomatoes
3 cups Campbell's Tomato Juice
2 cups Pacific Organic Vegetable Broth
15 Fresh basil leaves
1.5 sticks butter

Directions:

Combine tomatoes, juice, and broth in large soup pot and simmer for 20 minutes. Turn off heat and add basil leaves.

Puree using immersion blender until smooth.

Return to stove on low heat. Add butter. Add salt, pepper, and lemon juice as desired to taste.

Yield: 18

Serving size: ½ cup

Phe per serving: 30 mg

Chocolate Pinwheels

Ingredients:

1/2 cup granulated sugar
1/4 cup Miracle Whip Salad Dressing
2 Tbsp Hershey's unsweetened cocoa (not instant)
1/2 cup cold water
1/2 cup Cambrooke Wel-Made Baking Mix
1/2 cup wheat starch
1 tsp baking soda
1/4 tsp salt
1/2 tsp vanilla
1 recipe Pinwheel Filling (below)

Pinwheel Filling

1 cup unsifted powdered sugar
2 Tbsp white vegetable shortening
1 Tbsp + 1/2 tsp water
1/2 tsp vanilla
Dash of salt

Directions:

Mix all ingredients in a mixing bowl with an electric mixer until well combined (~ 1 minute). Preheat oven to 350°F.

In a medium mixing bowl, combine sugar, Miracle Whip, cocoa, and a small amount of the water. When cocoa and salad dressing are well blended, add remaining water and mix. Stir together baking mix, wheat starch, baking soda, and salt. Add to chocolate mixture and blend until smooth. Add vanilla and mix well.

Using a 10 3/4 (or 11) x 7 inch baking pan cut a piece of waxed paper into edges and corners to make a smooth bottom and allowing paper to protrude on all four sides; grease waxed paper lightly or spray with vegetable cooking spray.

Pour cake batter into prepared pan and spread as evenly as possible, making a layer that is quite thin. Bake 12 to 13 minutes. After removing pan from oven, immediately lift out cake, using protruding waxed paper sides; transfer to a counter top, waxed paper side down. Let cool 20 to 30 minutes.

While cake is cooling prepare Pinwheel Filling. When cake is cool, spread filling evenly on cake, keeping frosting crumb free by stacking it thickly on several places and carefully spreading with a knife or spatula.

With long side facing you, begin rolling cake, as for a jelly roll or cinnamon rolls, at first using wax paper to help you start the roll, then pulling off waxed paper as you continue rolling, keeping the roll quite tight. If you get a little cracking as you roll, don't worry, as the roll will be held together by the filling. **Cut into 10 slices.** When they are completely cool, wrap individual slices in plastic wrap, or place in an airtight container in a single layer.

Yield: 10

Serving size: 1 pinwheel

Phe per serving: 11mg

Vegetable Lo Mein

Ingredients:

Sesame oil
Ginger Root, finely chopped or grated
¾ cup zucchini, chopped
2 cups white mushroom, chopped
2 Tbsp garlic, chopped
¾ cup green onion, chopped
¼ cup red bell pepper, chopped
¼ cup orange bell pepper, chopped
¼ cup yellow bell pepper, chopped
1 cup broccoli, chopped
¼ cup La Choy sauce
1-150 gram package Saifun Noodles

Directions:

Break Saifun noodles into reasonable sized pieces. Cover with boiling water for 5-10 minutes.

Heat sesame oil in wok and add ginger root. Cook ginger root for a few minutes and remove from oil. Add garlic, green onion, bell peppers, zucchini, mushrooms, and broccoli. Add soy sauce. Cook veggies until desired texture. Add noodles to mix and stir to coat.

Yield: 22

Serving size: ¼ cup

Phe per serving: 11 mg

Recipe created by Camp Phever Staff

Cook For Love Tempura Cauliflower

Ingredients:

1 c Cook For Love Baking Mix (see below)
½ tsp Xanthan Gum
½ tsp Baking Powder
½ tsp Salt
1 tsp Sugar
1 c Seltzer water, Ice cold
3 c Cauliflower, broken into bite size florets (approximately 40)
½ c Wheat Starch
8 c Frying oil

Cook For Love Baking Mix:

6 c Wheat Starch
1 c Cake Flour
1 ½ tsp Xanthan Gum

Note: this recipe will yield 7 cups of the mix, use 1 cup for tempura recipe and store the rest.

Directions:

Soak cauliflower in water.

In a large bowl, combine CFL baking mix, xanthan gum, baking powder, salt, and sugar. Whisk to combine. Stir in ice cold seltzer and mix well. Place batter in fridge to keep cold.

Add wheat starch to a medium size bowl and set aside.

Preheat oil to 375 degrees.

Dip each floret in the wheat starch and then in the cold batter.

Fry for 3-4 minutes. When done, remove from the oil and drain on paper towels.

Yield: 10

Serving size: 4 cauliflower bites

Phe per serving: 25 mg

Recipe from Cook for Love website: www.cookforlove.org

Mock Egg Rolls

Ingredients:

¼ cup shredded carrots
½ cup shredded cabbage
1/3 cup finely chopped mushrooms or ¼ cup canned, chopped mushrooms
2 Tbsp finely chopped onion
1 Tbsp vegetable oil
Salt to taste
Tortilla Dough (most recently used Loprofin recipe- next recipe)
Vegetable oil for frying

Directions:

In a skillet, fry all vegetables in oil until crisp and tender, about 2 minutes. Add salt to taste. Set aside to cool completely.

Prepare tortilla dough, making sure it is not dry. Divide dough into 6 pieces (about 25 grams dough each). Form each piece into a small flat disk and roll out to a rectangle on a surface dusted with low protein baking mix or low protein wheat starch. The dough will be very thin. Stack the dough as you roll them, placing a sheet of wax paper in between to prevent sticking.

Strain the liquid out of the veggies very well. Put 2 tablespoons vegetable filling in the center of each rectangle. Carefully fold one side to just cover the filling. Moisten the remaining edge with fingers dipped in water, then fold the 2 ends. Fold the remaining edge over and press lightly to seal. If any cracking of the dough occurs while folding, gently push it together with a finger moistened with water.

Do not let filled rolls stand for more than one hour before deep frying.

Fry egg rolls in 1 or more inches of hot oil for about 4 minutes, until golden and crispy. Drain on paper towels.

Yield: ¾ cup filling for 6 egg rolls

Serving size: 1 egg roll

Phe per serving (including egg roll wrap from recipe on next page): 11 mg

LoProfin Mix Dough for Mock Egg Rolls or Tortillas

Ingredients:

1 box (500 g) LoProfin Baking Mix

1 tsp salt

4 Tbsp canola oil

Approximately 1.5 cups water (add in increments to produce desired consistency)

*Add 1.5 tsp dry taco seasoning if using recipe for tortillas

Directions:

Combine all dry ingredients together in medium bowl.

Add the oil to the dry ingredients. Add enough water to form a pliable dough (should not be too sticky).

If making egg rolls: follow the directions for the Mock Egg Rolls from here.

If making tortillas: follow the following directions. Roll out small pieces of the dough (~80 g each) on floured wax paper. Use a plate as a template to cut out a circle shape. Stack tortillas with greaseproof paper between them to prevent sticking. Heat a large ungreased non-stick frying pan or skillet and cook the tortillas for 30 seconds on each side. Wrap immediately in a warm kitchen towel to keep the tortillas soft before using.

Yield: ~12 egg rolls or 6 tortillas

Phe per serving: 4 mg per egg roll (dough only) or 8 mg Phe per tortilla

Phe per recipe: 50 mg Phe

Asian Cucumber Salad

Ingredients:

2 regular size cucumbers (each ~300 gm in weight after peeling and slicing ends off)
2 teaspoons salt
¼ cup rice vinegar
¼ cup white sugar
2 Tablespoons sesame oil
2 teaspoons minced garlic
¼ cup thin red bell peppers slices (30 gm in weight)

Directions:

Peel the cucumbers. Cut them in half lengthwise, then slice. Sprinkle the slices with the salt and set aside in a colander to drain for 1 hour.

Whisk the vinegar and sugar together in a bowl until the sugar is dissolved. Add the sesame oil and garlic.

Rinse the salt off of the cucumbers by running under cold water. Place in a large bowl and add the thinly sliced red bell peppers. Pour the dressing over the vegetables and toss to coat well.

Drain the excess dressing using the colander and store the cucumber salad in the refrigerator until ready to serve.

Yield: 6

Serving Size: ½ cup

Phe per serving: 35 mg

Mandarin Orange Whip Parfait

Ingredients:

½ cup mandarin oranges, peeled (fresh or canned)

2 Tbsp whipped topping

Directions:

Layer mandarin oranges and whipped topping in a clear/glass cup and serve chilled.

Yield: 1 serving

Phe per serving: 26 mg

LoProfin Biscuits

Ingredients:

1 cup Loprofin® Baking Mix

1½ tsp baking powder

½ tsp salt

½ tsp baking soda

2 Tbsp Miracle Whip®

¼ cup Rich's Coffee Rich non-dairy creamer or other non-dairy creamer

¼ cup + 2 Tbsp water

Directions:

Mix the first four ingredients together in a bowl.

Add in Miracle Whip and mix until the batter looks like crumbs. Add the remaining ingredients and mix with a fork.

Spray muffin tins with a non-stick spray and pour batter into 4 regular muffin tins. Spray tops of batter with non-stick cooking spray.

Bake in a preheated oven at 425 degrees for 12-14 minutes, until the tops are light brown and the sides are medium brown. They may look like muffins, but have a biscuit texture.

Yield: 4

Serving size: 1 biscuit

Phe per serving: 7 mg

Martha's Spanish Rice

Ingredients:

1 ½ cups low protein rice (cooked)
2 TBSP canola oil
½ medium red onion, chopped
½ medium red bell pepper, chopped
½ tsp ground cumin
1 tsp garlic salt
1 tsp chili powder
2 Tbsp white wine vinegar
1 Tbsp canned green chilies, chopped
2 Tbsp whole kernel corn (20 gm)

Directions:

In a small skillet, heat oil over medium heat. Add onion and pepper; sauté for one minute, stirring constantly. Add cumin, garlic salt, and chili powder; stir to coat the vegetables. Sauté vegetables for 2 minutes or until the onion is tender. Stir in the vinegar, chili peppers, and corn. Mix well. Add cooked rice, stir until rice is completely coated.

Yield: 4

Serving Size: ½ cup

Phe per serving: 21 mg

Red, White, and Blue Tart

Ingredients:

2 bags Cambrooke Sugar Cookie Mix
12 tbsp dairy-free margarine
¼ cup water
¾ cup Cool-Whip
1.5 pudding cup (Hunt's Lemon Pudding)
1.25 cup blueberries
8 strawberries

Directions:

Preheat oven to 375°.

Line bottom of 9x13 inch, pan with parchment paper.

Prepare Cambrooke Sugar Cookie Mix according to the recipe on the can, and press dough into baking pan.

Bake 20-25 minutes, let cool.

Mix Cool-Whip and Hunt's Lemon Pudding together, spread over baked cookie.

Arrange fruit on top and serve.

Cut into 12 even squares.

Yield: 12

Serving size: 1 square

Phe per serving: 12mg Phenylalanine

Low Protein Cheese Pizza

Crust Ingredients:

3 ½ loosely filled cups (350g) CBF Wheat Starch

1/3 cup (60g) Metamucil

1 ½ tsp (6g) yeast

½ tsp (5g) salt

3 tsp (15g) baking powder

2 Tbsp (30g) sugar

1 ¼ cups (275g) warm water

2 Tbsp (16g) vegetable oil

½ cup (115g) non-dairy liquid creamer, warmed

Toppings:

3.5 cups tomato sauce

1 bag low protein shredded cheese (cheddar, mozzarella, or mixed)

Directions:

Heat oven to 115°-120°F.

Mix warm liquid ingredients together in a bowl. (They can be combined and placed in a microwave for about 1 minute to lightly heat).

Mix dry ingredients in a separate bowl and incorporate into liquid ingredients and mix vigorously. Dough will stiffen quickly. With greased hands, knead dough for just a few minutes. Return to a lightly oiled bowl.

Cover and let dough sit in warm oven (115°-120°F) for about 10-20 minutes or until dough almost doubles in size.

Remove from oven and press into a 16-18 inch pizza pan and bake for approximately 7 minutes at 400°F.

After baking, spread tomato sauce and cheese evenly over crust and bake pizza for approximately 10 more minutes. Cut into 12 even squares.

Yield: 12

Serving size: 1 slice

Phe per serving: 43mg

Low Protein Veggie Pizza

Crust Ingredients:

3 ½ loosely filled cups (350g) CBF Wheat Starch
1/3 cup (60g) Metamucil
1 ½ tsp (6g) yeast
½ tsp (5g) salt
3 tsp (15g) baking powder
2 Tbsp (30g) sugar
1 ¼ cups (275g) warm water
2 Tbsp (16g) vegetable oil
½ cup (115g) non-dairy liquid creamer, warmed

Toppings:

3.5 cups tomato sauce
1 bag low protein shredded cheese (cheddar, mozzarella, or mixed)
1 chopped green bell peppers
1 chopped medium tomato
1 thinly sliced medium mushroom top, discard stem

Directions:

Heat oven to 115°-120°F. Mix warm liquid ingredients together in a bowl. (They can be combined and placed in a microwave for about 1 minute to lightly heat).

Mix dry ingredients in a separate bowl and incorporate into liquid ingredients and mix vigorously. Dough will stiffen quickly. With greased hands, knead dough for just a few minutes. Return to a lightly oiled bowl.

Cover and let dough sit in warm oven (115°-120°F) for about 10-20 minutes or until dough almost doubles in size.

Remove from oven and press into a 16-18 inch pizza pan and bake for approximately 7 minutes at 400°F.

After baking, spread tomato sauce over crust then evenly distribute cheese and veggies. Bake pizza for 10 more minutes in the oven. Cut into 12 even squares.

Yield: 12

Serving: 1 slice

Phe per slice: 56mg Phe

Low Protein Brownies

Ingredients:

1 bag Cambrooke Chewy Fudgy Brownie Mix
1.5 sticks butter, melted
4 oz Rich's Coffee Rich or other non-dairy creamer

Directions:

Preheat oven to 350°F. Grease 9x9 inch pan.

Stir melted butter, ½ cup Rich's coffee rich, and brownie mix in medium bowl until well blended.

Spread evenly until smooth in prepared pan.

Bake 35 minutes. Cool to room temperature before serving (~2 hours). Cut into 20 even squares.

Yield: 20

Serving size: 1 square

Phe per serving: 13 mg

Recipe from Ajinomoto Cambrooke website: www.cambrooke.com

Cinnamon Rolls

Dough ingredients:

1 ¼ cup water
2 Tbsp vegetable oil
½ cup non-dairy creamer
1 ½ tsp yeast
1/3 cup Metamucil
½ tsp salt
3 cups + 2 Tbsp wheat starch
3 tsp baking powder
2 Tbsp sugar

Topping ingredients:

½ cup white sugar
½ cup brown sugar
1 tsp cinnamon
½ stick margarine

Directions:

Mix liquid ingredients and heat to 110 degrees (or microwave for 1 minute). Add dry ingredients and mix. This dough will resemble a loose pancake batter!

Cover and let dough sit in warm oven (115-120 degrees) for 10 minutes. The oven at this temperature seems to give us better results.

Remove from oven and knead (oil hands first), then roll into 16 rolls and place them 2 inches apart on pan. Bake for 7 minutes at 400 degrees.

Remove from oven and add your favorite toppings. Return cinnamon rolls to oven for 7 minutes.

Yield: 16

Serving size: 1 roll

Phe per serving: 8mg

Cheesy Potato Casserole

Ingredients:

½ cup Rich's Coffee Rich or other plain non-dairy creamer
2 Tbsp margarine (phe free)
¼ cup cold water
2 Tbsp corn starch
1 pkt G Washington Golden Broth Mix
1/3 cup low protein shredded cheddar cheese
1/3 cup low protein shredded mozzarella cheese
(at camp we use Follow Your Heart cheese)
1 + 1/3 cup shredded or diced hashbrowns
1 cup cooked low protein rice (at camp we use LoProfin Rice)

Cooking spray (as needed)

Directions:

Cook low protein rice to make 1 cup cooked rice. For LoProfin, add ½ cup dry rice to 8 cups water with 1 Tbsp oil and 1 tsp salt. Stir frequently and boil 7-9 minutes. Drain and set aside. Measure potatoes and set aside.

Mix corn starch and water, set aside.

Heat Rich's Coffee Rich and margarine in a pan until margarine is melted. Reduce heat and stir in corn starch mixture and broth mixture. Stir constantly until mixture thickens. Add in cheese and mix well.

Mix potato and rice together and pour cheese mixture over broth. Place in small casserole pan that has been sprayed lightly with cooking spray. Bake at 350 for ~20 minutes.

Yield: 12

Serving size: ¼ cup

Phe per serving: 25 mg phe

Tomato, Cucumber, and Olive Greek Salad

Ingredients:

3 cups red cherry tomatoes, sliced
1.5 cups yellow cherry tomatoes, sliced
2 ¼ cucumber, peeled and sliced into quarters
2 cups black olives, sliced, drained
Kraft Zesty Italian dressing

Directions:

Toss the tomatoes, cucumbers, and olives together in a bowl.

Top with dressing until all pieces are lightly coated with the dressing.

Yield: 20

Serving Size: ½ cup

Phe per serving: 20 mg

Recipe created by Camp PHEver Staff

Marshmallow Treats

(Low Protein "Rice Krispie" Treat made with LP-Loops + Froot Loops)

Ingredients:

3 cups LoProfin Loops (roughly broken up)
1 cup Froot Loops (gently broken up)
5 tablespoons butter
5 cups mini-marshmallows (approx. 250 grams)

Directions:

Melt butter in large saucepan over low heat.

Add marshmallows slowly and melt (do not stir, instead move the marshmallows around gently until melted).

Remove from heat and add crushed Loops. Stir well until coated.

Pour into 8x8 inch pan and press firmly into pan with buttered spatula or hands.

Cool and cut into 12 squares.

Yield: 12

Serving size: 1 square

Phe per serving: 19 mg

Recipe created by Camp PHEver Staff

Sautéed Zucchini

Ingredients:

2 medium zucchinis (each ~220 gm in weight)
2 Tablespoons olive oil
1 teaspoon minced garlic
½ teaspoon salt
¼ teaspoon ground pepper

Directions:

Cut the zucchini in half lengthwise, then cut crosswise into ½ inch thick pieces.

Heat olive oil in a large skillet over medium-high heat. Add zucchini, garlic, salt and pepper.

Cook, tossing frequently, to the desired tenderness (~8-10 minutes).

Yield: 4

Serving size: ½ cup

Phe per serving: 31 mg

Apple Crisp

Ingredients:

4 cups Cambrooke Sugar Cookie Mix
8 Tbsp Butter, melted
6 cups pre-made apple pie filling
½ teaspoon cinnamon

Directions:

Combine CBF Sugar Cookie Mix and cinnamon with 8 tablespoons melted butter. Blend until mixture “crumbles”.

Place 6 cups pre-made apple pie filling into greased 9 x 12 inch pan.

Top with sugar cookie mixture and spread into pan evenly.

Bake at 375 degrees for 35-45 minutes or until crumbles are slightly browned.

Servings: 10

Serving size: 1/10 of recipe

Phe per serving: 8 mg

Low Protein Ice Cream

Ingredients:

2 cups Rich's Coffee Rich
2 cups Rich's Richwhip Topping
 $\frac{3}{4}$ cup granulated sugar
1 tsp vanilla
 $\frac{1}{8}$ tsp salt
1 drop yellow food coloring

Directions:

At camp, we use approximately 2 of these recipes with 1 box rock salt per ice cream machine, though volume may vary between brands of machines. Churn until frozen. Add salt as needed.

Yields: 10

Serving size: $\frac{1}{2}$ cup

Phe per serving: 7mg