

Campers' Cooking Corner

a special feature by our Chef de Campsine Meryl Cooking



Rainbow Slaw

Week 6

- $\frac{1}{2}$ head green cabbage
- $\frac{1}{2}$ head red cabbage
- 1-2 carrots, peeled, then continue with peeler to make thin strips
- a bunch of red grapes, cut in half
- 1 stalk celery, chopped
- 1 green apple, thinly sliced

Cut all veggies and put them in a big bowl.

Dressing:

- $\frac{1}{4}$ cup orange juice
- $\frac{1}{4}$ plain yogurt
- 1 tablespoon sugar
- 1 tablespoon lemon juice



Mix dressing ingredients and pour over salad. Toss and serve!

Salad People

The Blueberries and Big Fries really enjoyed creating (and eating) their people!

Using the same ingredients as above, give your child a plate and let him/her go to town reviewing shapes and seeing which ones work best for eyes, a nose, hair, etc.

You'd be surprised how much your children like eating their fruits and vegetables!

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