

SUN OVEN RECIPES



Solar Scones

- 1/2 cup whole flaxseed
- 1 cup all-purpose flour plus more for kneading
- 1 cup whole-wheat flour
- 1 cup quick-cooking rolled oats
- 1/2 cup packed brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 3 tablespoons olive oil
- 3 tablespoons natural applesauce
- 1 cup chopped walnuts
- 1 cup dried cranberries, blueberries, cherries or raisins
- 1 cup skim milk

Grind whole flaxseed to the consistency of a meal in a food processor. In a large bowl, mix flours, oats, ground flaxseed, sugar, baking powder, baking soda and cinnamon. Add olive oil and cut it into the dry ingredients with a pastry blender. Fold in applesauce, walnuts and dried fruit. Add milk; stir just until all ingredients are mixed.

Lightly sprinkle all-purpose flour over the mixture. Knead by hand until the ingredients hold together and the dough ball does not stick to the bowl.

Turn out the dough onto a lightly floured surface. Press the dough into a circle approximately 10 inches in diameter. Cut the dough into eight even wedges.

On a clear day between 10 a.m. and 3 p.m., position the solar oven in direct sunlight.

Place four scones in an iron Dutch oven or a dark enamelware pan and cover. When the temperature on the oven thermometer reads between 240 and 280 degrees, bake four scones for 60 minutes. Repeat with the remaining four scones.

Per scone: 476 calories; 20g fat (38 percent calories from fat); 2g saturated fat; 1mg cholesterol; 10g protein; 64g carbohydrate; 26g sugar; 8g fiber; 240mg sodium; 137mg calcium; 220mg potassium.

Whole Chicken



Whole chickens roasts beautifully in 3-4 hours. Stuff a whole lemon inside before you bake it.

Chicken Veggie Casserole



Assemble pre-cooked rice, chicken or turkey, cream of anything soup and available veggies. Cheese on top and Bake in solar over for a couple of hours Freeze ahead for an easy Saturday meal.

Basmati Rice



2 cups cooked Basmati rice
1 bag of mixed frozen vegetables (I used the stir-fry kind)
2 cans cream of anything soup
1 can of chicken broth, milk or whatever you have around.

Loosely pack this mix into an oven dish and cover with mozzarella cheese. Cover and bake until the cheese is bubbly.

Breadsticks covered with cheddar and baked until melted.

Rice, Veggie and Sausage Supper



2 Cups cooked rice
1 Cup cubed or shredded cheese
1 Can Cream of anything soup
1 Small onion, chopped
1 Cup Frozen mixed vegetables
3--6" pieces Cheddar-wurst or other Bratwurst or Polish Sausage (About 1 lb) sliced into 1 inch bite-sized pieces.
Seasonings of choice.
I used garlic, Mrs. Paul's and lots of pepper. I had pre-cooked my rice in chicken broth.

Gently mix all ingredients together. Spread in Baking dish. I started with cold ingredients and frozen sausage and vegetables. My oven stayed at 325° F and I let my casserole stay in the oven for two hours. It was probably finished in -1/2 hours but I was busy and let it sit. Serves four, or two hungry guys.

Warm Fruit Salad



Remove the skin from one pear. Split in half lengthwise and remove the seeded area and stem. Place face-up in a baking dish.

Sprinkle with:
2 Tbsp. organic raisins
2 tsp. Brown sugar
2 tsp Butter and a sprinkle of vanilla or rum extract.

Bake in oven for up to an hour.

This is absolutely delicious warm, with cream or cold or with cake or ice cream.

Banana Bread



1/2 Cup shortening (or combo of butter or margarine)
1 Cup brown sugar
2 eggs
2 mashed bananas
1/2 cup nuts
2 cups sifted flour
1 tsp. soda
1/2 tsp. salt.

Mom's recipe says mix all above together and bake at 300 degrees for an hour and 15 min. in a greased pan.

I did things a little differently with wonderful results:

I DOUBLED the recipe, (freezing 1/2) Then... I used left over flours I had laying around.. So I used 2 cups whole wheat pastry flour, and 1 cup regular wheat flour and 1 cup white cake flour. I also used 1 stick butter and 1 stick margarine since I was out of shortening.

I used 5 regular large eggs instead of four. And I sprinkled the nuts and 1/2 cup raisons on top, thinking they would sink, but the batter was so thick they stayed on top. Next time I might add some brown sugar to the nuts and raisons and leave them on top for chewy wonderfulness.

Girl Scout Camp Supper



When I was a Girl Scout, we made this in tinfoil packets with sliced potatoes and threw them in the campfire. This solar version retains all the wonderful taste.

SERVES ONE pictured can be doubled or quadrupled and baked in an 8 inch square pan.

1 (frozen) hamburger patty per serving, or two--you choose

1 Cup Frozen Hashed Brown Potatoes per serving, or one thinly sliced potato
1/2 cup Frozen Corn per serving
3 pats of Butter or more to taste and quantity
Salt and pepper to taste.

Arrange in layers in covered baking dish. Pictured above, the corn is on the bottom, then potatoes, butter and seasonings, the frozen burger on top to brown. Cover and bake in **SUN OVEN®** for two hours. Again, it was probably finished in less time but I forget sometimes that I am cooking.

Food doesn't burn in a solar oven so it always works out! This meal really brought me back to the wonderful flavors retained when cooking in tin foil packets, outdoors, without the mess!

Pot Roast with Rice or Noodles



2-4 lb. boneless chuck roast
(rub in whatever spices, I use salt & coarse ground pepper.) Spread over the roast a full can of Cream of Mushroom soup.

Cook COVERED approx. 4 hrs. at 300° F.

Lift roast from pan (will fall apart) stir cooked rice or noodles in the juices and soup left in the bottom of the pan. Serve with salad.

Lasagna

1 jar (32 ounces) spaghetti sauce
1 package (8 ounces) lasagna noodles
Olive oil
1 pound ricotta cheese
1 pound mozzarella cheese, shredded
1/2 cup grated Parmesan cheese

Spread 1 1/2 cups of sauce over bottom of a dark roasting pan. Coat uncooked noodles with olive oil. Layer half the noodles and half the ricotta cheese over the sauce. Add half of the mozzarella cheese. Repeat layers of sauce, noodles and cheese. Top with remaining sauce. Sprinkle Parmesan cheese over top. Cover and bake in the solar oven for 3 to 4 hours. Makes 6 servings.

Barbecued Chicken

1 cut-up chicken (about 3 pounds)
1/2 cup vinegar
2 tablespoons Worcestershire sauce
1 teaspoon paprika
1 tablespoon sugar
1/2 cup ketchup
1/2 teaspoon pepper
1 clove garlic, minced

Place chicken pieces in a dark pan. Combine remaining ingredients and pour over the chicken pieces. Cover and bake in solar oven for 2 to 3 hours. Makes 4 servings.

Baked-Potato Salad

4 medium potatoes
1/4 cup finely chopped celery
1/4 cup finely chopped green, red or yellow bell pepper
1/2 cup finely chopped red onion
1/2 teaspoon Dijon mustard
1 teaspoon dried dillweed
1/2 cup safflower mayonnaise (or other mayonnaise)

Bake potatoes in the solar oven for 1 1/2 hours. Let cool slightly. Remove potato pulp from skins and lightly mash. Combine with remaining ingredients. Chill.

Serves 6.

Chocolate-Mint Ricotta Mousse

A velvety-smooth mousse with a secret!

Serves 6:
2-1/2 squares unsweetened chocolate
1/2 cup honey
1-15 oz. container low-fat ricotta cheese
1/4 cup spearmint leaves, packed

Measure the honey in a heatproof cup. Break up the chocolate squares and add them to the honey, pushing the chocolate down so it is covered. Heat the honey and chocolate in a solar oven just until the chocolate melts.

Scrape the honey and chocolate into a blender. Add the ricotta cheese and mint leaves. Blend until liquid and smooth. You may have to stop the blender frequently and scrape down the sides, pushing the cheese down onto the blender blades.

When smooth, pour into a serving dish or individual cups. Chill for at least two hours before serving. Garnish with fresh mint leaves.