

Recipe of the Week

Campfire Corn Dogs

Try this Baked Corn Dog recipe for a fun night around the campfire!

Ingredients:

- 1 cup white whole-wheat flour
- ¼ cup yellow cornmeal
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon mustard
- 4 tablespoons olive oil
- 1/2 cup almond milk or water
- 2 tablespoons honey
- 8 chicken hot dogs, cut in half
- 16 wooden sticks - popsicle sticks work nicely
- Mustard & ketchup, for serving

Instructions:

1. Preheat the oven to 400°F.
2. Line a large baking sheet with parchment paper and set aside.
3. In a large bowl, whisk together the flour, cornmeal, baking powder, salt, and mustard.
4. Mix in the olive oil until the mixture resembles coarse crumbs.
5. Stir in the almond milk and honey until a dough forms - you can add more almond milk if needed.
6. Place dough on a lightly floured piece of parchment paper. Sprinkle some more whole wheat flour over the dough and top with another piece of parchment paper.
7. Roll the dough out until it's about ¼ inch thick. Form a large rectangle and cut it into 16 squares large enough to completely cover half a hot dog.
8. Cut the hot dogs in half so that you have 16 pieces
9. Push a wooden stick up the center of the cut end of each hot dog half.
10. Wrap a square of dough around each dog sealing both ends and any open areas.
11. Place corn dogs on the prepared baking sheet and bake for 15-20 minutes or until they start to brown.
12. Serve with mustard and ketchup for dipping.

Makes 4 servings (4 mini corn dogs per serving)

Count each serving as a complete meal - don't forget to add vegetables!

