

**Junior Simple Meals Badge**  
**Ingredients for Suggested Activities**

**Step #1: Tour a Kitchen**

**Step #2: Whip up a great breakfast**

**Egg Burritos**

- 2 eggs
- Pinch of Cheese
- Soft Shell Tortillas
- Pan
- Spatula

**Step #3: Fix a healthy lunch or dinner**

**Onion Crunch Chicken**

- 2 Sweet Potatoes
- 2 Tablespoons Sour Cream
- Crispy Fried Onions
- 10 ounce Chicken Cutlets
- 6 ounce Green Beans
- 1.5 ounce Honey Mustard Dressing
- 1 teaspoon olive oil
- 2 tablespoon butter
- Salt
- pepper

Step 1. Preheat oven to 425 degrees. Wash all produce. Peel and dice sweet potatoes into ½ inch pieces.

Step 2. Finely crush crispy fried onions. Place to the side.

Step 3. Combine 1 tablespoon honey and Honey Mustard in a bowl.

Step 4. Place Sweet potatoes in a medium pot with enough salted water to cover by 2 inches. Bring to a boil and cook until tender for 15-20 minutes. Reserve ½ cup potato cooking liquid, then drain and return sweet potatoes to pot. Cover to keep warm

Step 5. Pat Chicken dry with paper towels and season all over with salt and pepper. Place on one side of a baking sheet. Evenly spread tops of chicken with thin layer of honey Mustard Dressing. Mound coated sides with onion crust.

Step 6. Toss green beans on empty side of same sheet with a drizzle of olive oil, salt, and pepper. Roast on middle rack until chicken is cooked through and green beans are browned and tender. (15-20 minutes)

Step 7. Mash sweet potatoes with sour cream, butter and a pinch of salt. Add splashes of potatoes cooking liquid if needed.

Step 8. Divide Chicken, Green beans, and Mashed potatoes onto plates.

Enjoy!!!!

**Step #4: Create a delicious dessert**

## Monkey bread

- Cinnamon Rolls
- ½ cup Sugar
- ½ cup Brown Sugar
- 8 tbsp Butter cubed (optional)
- Ziplock Bag (Gallon)
- Cooking Spray
- Foil

### Directions-Campfire version

1. Mix Sugar and Brown sugar in a gallon Ziploc bag
2. Cut cinnamon Rolls into small cubes
3. Put cubes of cinnamon rolls in Ziploc bag, seal and shake bag. Continue, until all pieces are completely covered with sugar.
4. Cut foil (12 inch pieces), cooking spray on foil, place half of cinnamon roll cubes on foil and wrap.
5. Place foil packets on campfire coals, cook for about 10 minutes, checking periodically.
6. Use tongs and oven gloves to pull out of fire
7. Open packets and allow time to cool.
8. Enjoy!!!

Optional: Cut butter into 1 tablespoons and place in packet  
(What I found is that this causes burning of monkey bread)

### Directions-Oven version

1. Preheat oven to 400 degrees.
2. Mix Sugar and Brown sugar in a gallon Ziploc bag
3. Cut cinnamon Rolls into small cubes



4. Put cubes of cinnamon rolls in Ziploc bag, seal and shake bag. Continue, until all pieces are completely covered with sugar.
5. Use a bread pan, spray inside with cooking spray and cinnamon roll cubes in pan.



6. Bake for 13-17 minutes.
7. Take out of oven and allow time to cool
8. Enjoy!!!

Optional: Cut butter into 1 tablespoons  
chunks (8 chunks in total) and place on top of monkey bread.