

Solar Oven Recipes

Banana Boats

1. Cut a slit in the banana peel with a plastic knife and slice the banana lengthwise and crosswise. Leave the peel on!
2. Add mini marshmallows, sliced almonds (if desired) and chocolate chips.
3. Wrap in tin foil and bake in solar oven till insides are melted. Check the boat every 10 minutes.
4. Remove with an oven mitt when cooked and eat directly out of the banana peel with a spoon.

Ham & Cheese

1. On a slice of bread put slices of ham with thin slices of cheese on top.
2. Put the bread with ham and cheese on a clear plastic or glass plate and place it in the oven.
3. Leave the sandwich open-faced until the cheese is melted, then add a second slice of bread.
4. Once the bread is toasted (it won't brown like it would in a conventional toaster) carefully remove the plate from the oven using a pot holder.
5. Transfer the sandwich to a cool plate and eat.

Bean Burrito

1. Spread a thin layer of refried beans onto a flour tortilla.
2. Top with grated cheese.
3. Put the tortilla onto a glass plate and place it in the solar oven.
4. When the cheese is melted, carefully take the plate out using an oven mitt.
5. If you like, add salsa, sour cream, or other toppings. Roll the tortilla up and enjoy!

Hot Dog

1. Place a hot dog in a bun, and put the bun on a clear plastic or glass plate.
2. Put the plate in the solar oven and leave it there for up to half an hour. Check the hot dog every 10 minutes.
3. When it is done (the hot dog should be warm all the way through) carefully remove the plate using an oven mitt.
4. Transfer your hot dog to a cool plate and add your favorite toppings!

Chocolate Fondue

To make a tasty dipping sauce for fruit combine ½ cup of chocolate chips with 2 teaspoons of cream in a glass dish. Put the dish in a pre-heated solar oven to melt the chocolate. Stir every 10 minutes until the mixture is smooth and creamy.

Sunshine Eggs

1. Set up your solar oven in a sunny area, and make sure that sunlight is being reflected into the window.
2. Carefully wrap an egg in a clean black sock. Or use the foot from a pair of black nylons to wrap the egg several times, until you can't see any white.
3. Put the egg in the center of a pre-heated pizza box oven, and cover with a small glass dish. If it is a bright day, your egg will take about 2 hours to cook, or longer on a less sunny day.
4. Remove the egg using a potholder. Peel off the shell, to reveal a solar-cooked egg.