

Outdoor Recreation Cookbook

USU DIETETICS

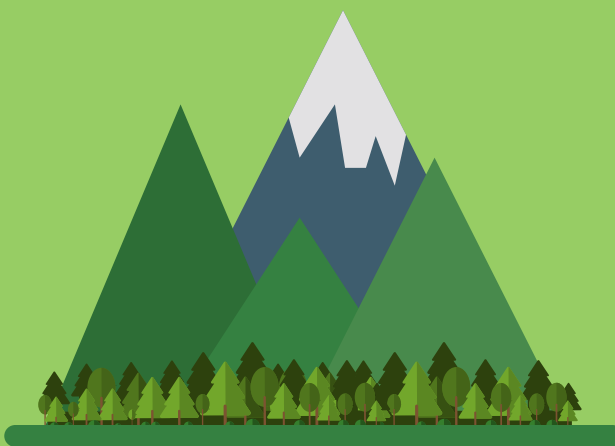


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Introduction

Have adventurous plans on your agenda? Mapping out your nutrition needs for any exploration is essential. The following ORC Student Cookbook provides tips and recipes to ensure that you and your company have a nourishing and safe food experience as you enjoy the great outdoors.

Planning is Preparing

Food and water needs generally increase when participating in activity-based excursions. Plan to be to have adequate resources to meet your nutritional needs.

Hydration is Essential

Hydration is vital in avoiding heat illnesses such as heat cramps, heat exhaustion, and heat stroke. Following a few simple tips can ensure that everyone on your adventure stays hydrated.

The first rule is to always carry water with you while on the trail. Before you set off on a hike, it could be beneficial to pre-hydrate by drinking 2- 4 cups of water. This can prevent dehydration and allows you to carry less water.

Limit the amount of caffeine drinks such as sodas and coffee because they can increase fluid loss can lead to dehydration.

During the hike, a good rule to follow is to plan 2 cups of fluid for every hour of hiking. Strenuous trails activity or when hiking in hot environments plan 4 cups of fluid for every hour.

Rehydration is enhanced when a portion of your fluids also contain sodium and potassium also called electrolytes. Sport beverages cans help retain fluids and replace lost electrolytes. Potassium-rich foods such as bananas, citrus fruits, lemonade, orange juice, or tomato juice can also help replace electrolytes. Make sure to drink fluids while hiking continuously. Thirst always underestimated fluid loss. Assess your hydration by looking for these signs instead of low volume of dark, concentrated urine, rapid heart rate, weakness, excessive fatigue, and dizziness.

Meal Options:

- Fresh foods: Refrigeration is one of those luxuries you leave behind at the trailhead. Most fresh foods are good for one day inside your pack, maybe two. Carrots, apples, and oranges usually last longer.
- Dry foods: Pasta, noodles, instant rice, soup mixes, and drink mixes are light and take up minimal volume inside a backpack and could offer some quick and tasty meals.
- Freeze-dried/dehydrated foods: Are super convenient and can be super expensive. They can deliver a compacted and satisfying meal.
- Canned foods: Have a place on trips. They may be more suitable for a short trip or if storage is available. Tuna or other canned meats products can be added to meals or snacks to provided excellent protein. To save on space and weight, you could repackage the canned food into vacuum-sealed or resealable baggies.
- Spices: Provide a boost to any camping foods. Consider packing along pepper, garlic powder, salt, basil, cayenne pepper, lemon pepper, cumin, crushed red pepper, cinnamon or whatever else is essential to your home kitchen.
- Flavored beverages: Can add a refreshing taste to your water. Powdered sports drinks can also help to replace electrolytes when hiking.

Introduction

Meal Planning Considerations

- Taste: Eat what you like. Do not try to convert your tastes buds while you are rooted in the backcountry. Bring along snacks and beverages you know are worth the load.
- Calories: During adventures, fluid and caloric needs increase to prevent fatigue and headaches. You will need ample calories!
- Nutrition: For the long haul of adventuring rely on complex carbohydrates and proteins to provide lasting energy. Intelligent, quick snacks such as nuts, dried fruits, or recipes given in this cookbook provide more stable energy for your muscles than a candy bar.
- Weight and bulk: It is wise to bring food that is lightweight and low bulk as much as possible, especially on long journeys. Consider repacking foods into resealable plastic baggies to minimize size and garbage. Remember to label the baggies and include cooking instructions.
- Ease of preparation: Unless you are an experienced camp chef or have lots of time waiting around for food to cook, keep things simple and choose easy meals. Always include no-cook food items in case.
- Availability of water: This can vary greatly depending on where you are adventure takes you and can influence what backpacking food you choose to bring.
- Cost: Convenience has its price. Freeze-dried meals can be expensive. This student cookbook provides several recipes that are simple and cost-efficient. However, the choice is always up to you at the end of a long day when you are weary the convenience of a ready to make camping meal may be justifiable.

Delicious and Nutritious Meals

Breakfast:

Camping breakfasts can range from fast and fundamental to a lavish spread. A hot meal can give you an extra boost, true, but a light snack means no cleanup and a quicker start to the day. The ORC student cookbook provides 12 breakfast recipes that range from "On-The-Go" to hot quick meals to Dutch oven masterpieces. Try these recipes to add variety to your camping experience and fuel your body with a delicious and nutritious breakfast.

Lunch:

Rather than take a prolonged break for a midday meal a quicker strategy is to have a quick lunch break or graze on a series of modest energy-boosting snacks throughout the day. The ORC student cookbook provides education on how to create a balanced lunch or snack along with several hearty recipes that are sure to help keep you full.

Dinner:

This is your reward for a day of exertion. Backcountry cuisine includes recipes that are hearty and loaded with flavor. The ORC cookbook provides both dinner and dessert recipes that will help you feel rewarded and motivated to continue with your adventures. These meals are flavorful and beneficial to an active body.

Introduction

More Tips for Fruits and Veggies on the Trail

- Buy them ripe and bruise free. They will keep longer in your pack and give you more time. Spotty and blemished produce will only go bad quicker after a little tossing around in your pack.
- The fresh produce that holds up well on hikes are apples, peppers, carrots, broccoli, oranges, and celery.
- Do not store your produce in sealed plastic bags. Ripening produce releases gas that gets trapped in the bag, accelerating decomposition.
- Freeze-dried or dehydrated produce can retain nearly the original levels of vitamins and minerals and weighs much less than ripe produce.

Vegetarian Tips!

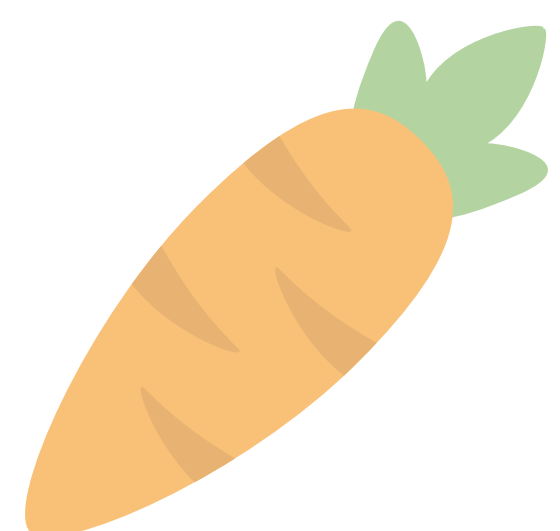
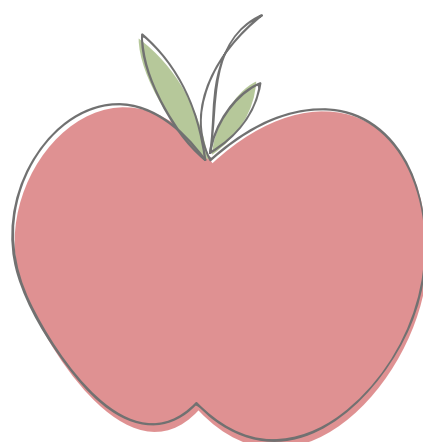
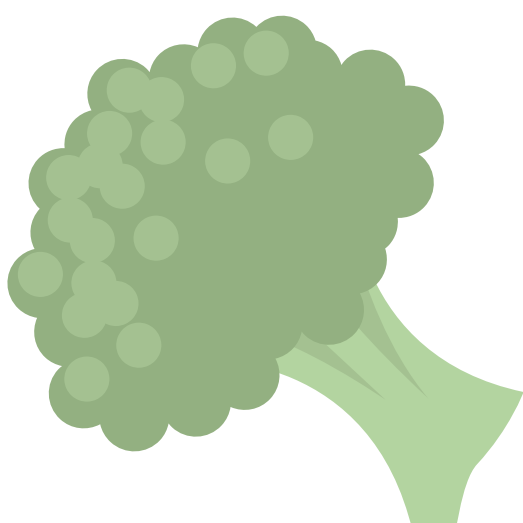
Any backpacking meal can be adjusted to accommodate a vegetarian dietary pattern. It is critical for vegetarian backpackers to eat foods that are rich in protein, iron, and vitamin C.

Iron is a powerhouse mineral is essential to maintain energy levels on the trail. Great vegetarian sources of iron are lentils, black beans, kidney beans, and chickpeas. There is one other fact about iron that vegetarians should consider when planning meals for a backpacking trip. Plant-based foods contain nonheme iron, which is harder for the body to absorb than the heme iron found in meat and fish.

The good news is that Vitamin C can help counter this effect and will help you absorb more of the iron you eat. Freeze dried fruits such as strawberries and pineapple are packed with Vitamin C. They are also lightweight and delicious. Eat a few handfuls with breakfast and lunch to make sure you are absorbing enough of the iron you need. For dinner, you may consider adding bell peppers, which contain lots of Vitamin C, to your meals.

Though carbohydrates and fats fuel your muscles as you hike, backpackers also need an ample supply of protein in their diets. Protein works to repair muscles and build muscle mass. Great vegetarian sources of protein are edamame, tofu, lentils, beans, chickpeas, green peas, quinoa, nuts, nut butters, seeds, oats, oatmeal, flax seed meal, egg replacer, broccoli, and spinach.

The majority of the ORC student cookbook provides vegetarian-friendly recipes. The recipes that are not vegetarian can easily be adjusted by replacing the animal products ingredients with the nutritious alternatives listed above.



Introduction

Gluten Free Tips!

When you have celiac disease or have gluten intolerance, you think about food a lot. How much more when planning a trip into the wild. Here are tips on how to plan around gluten on your adventure.

Oatmeal is a staple food when it comes to breakfast on camping trips. To have on space and weight, you can combine several servings of oatmeal into one big resealable baggy. Gluten-free bread can be purchased and brought along. Many backpacking snacks are already gluten-free (GF) friendly such GF protein bars. Other snacks include hard cheese, jerky, nuts, fruits, and vegetables. Dinner can be the most significant challenge; luckily several GF grains can be used as alternatives to gluten-containing grains. GF grains include rice, oats, corn, millet, buckwheat, and quinoa.

The majority of the ORC student cookbook provides GF recipes. Each recipe with gluten-containing grain can be substituted with GF grains such as rice, GF bread, corn tortillas, buckwheat, or quinoa.

Do Not Forget Proper Food Safety Practices

Always follow good food safety practices — from packing to plating. Remember that perishable food cannot be kept out in hot weather for more than one hour. Bring these food safety essentials:

- Disposable wipes, moist towelettes or biodegradable soap
- Bowls and plates
- Kettle or cooking pot
- Eating and cooking utensils
- Can opener
- Ice packs, if applicable
- Trash bags
- Portable water filters or water purification tablets
- Thermometers for cooler and cooked meat, if applicable



Follow These Food Safety Rules:

- Wash hands often. This includes before and after eating. Moist towelettes work fine.
- Keep raw meats and ready-to-eat foods separate. Use extra plates that you have packed one for raw and one for prepared foods.
- Cook to proper temperatures. Use a food thermometer to be sure cooked food has reached a safe internal temperature.
- Refrigerate promptly below 40°F. Of course, if you do not have a fridge, pack perishable food, including meat or poultry, with plenty of ice or ice packs in a well-insulated cooler to keep the temperature below 40°F. Store leftovers in the cooler only if it still has ice. Also, keep the cooler in as cool a place as possible.

Introduction

Dutch Oven Basics

A Dutch oven is a thick-walled cooking pot with a tight-fitting lid and has been a famous cooking vessel for hundreds of years. Dutch ovens were made to withstand the extreme temperature of a roaring fire, and it is burning coals. There are a few tips and tricks that can make your Dutch oven cooking experience more comfortable.

First, you will want to have a good fire. This ideal includes dry, hardwood logs as they burn longer they will produce more heat.

You should not immediately begin cooking on your fire. Instead, it is better to wait until it burns down a bit and there are plenty of hot coals.

Then you will want to preheat your Dutch oven so it will cook your meal quicker. Make sure to use plenty of hot coals on the bottom and top of the Dutch oven.

Your recipe should give you estimated cooking time; however, the temperature of a Dutch oven can vary, so it is essential to check your food often.

Safety Tips:

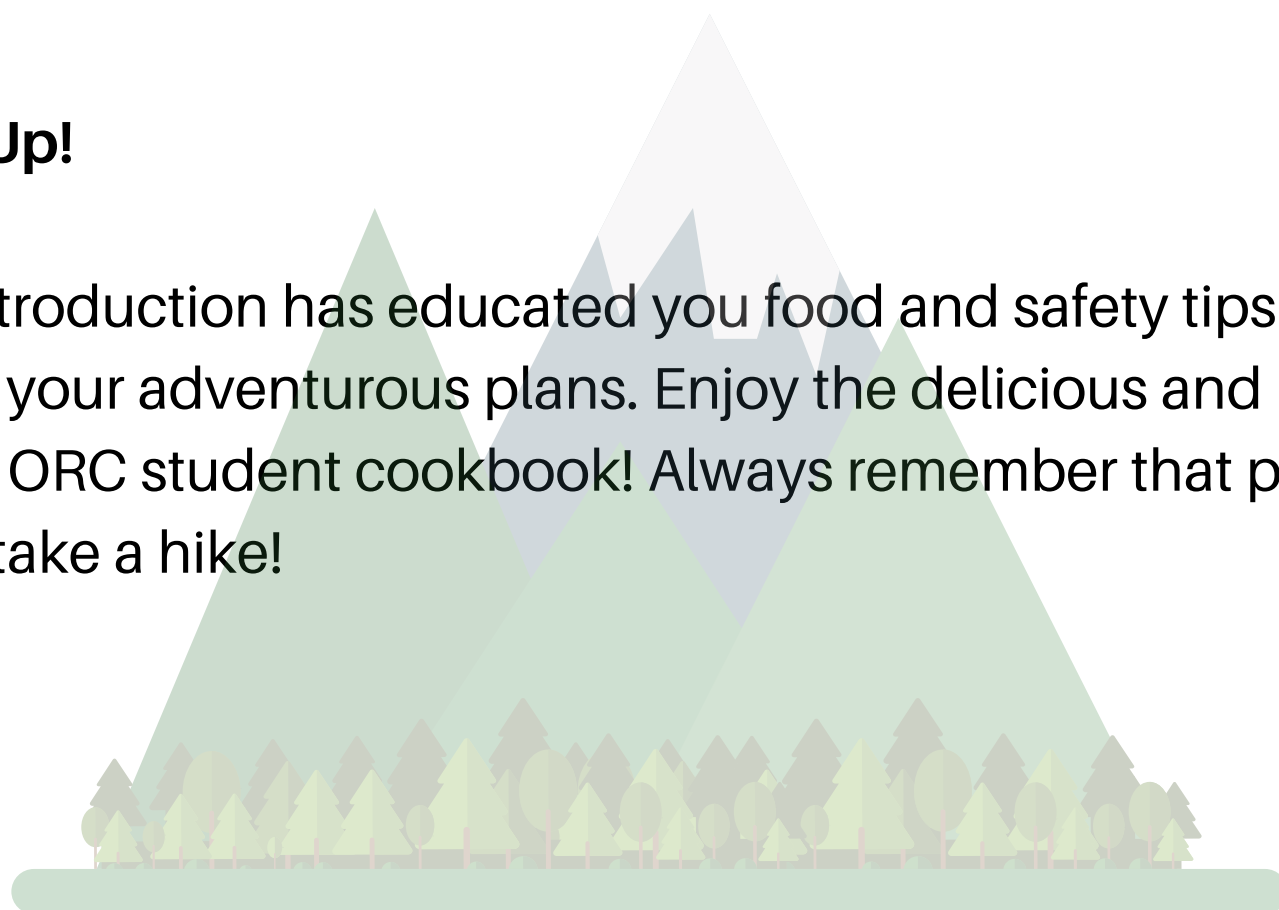
- Dutch ovens are very heavy. Make sure that whatever is supporting your Dutch oven—whether it is a grate, a tripod, or stacked bricks—is sturdy and secure, so the oven does not fall and crack or splash hot food onto you.
- Remember that when you remove the lid, steam and hot air will come out just like a standard oven.
- Always monitor your fire and rake any dry material away from your site.
- Never place a hot Dutch oven into cold water as this can damage it.
- People, especially children, may be curious about Dutch oven cooking. However, even though it is fun, you should always make sure everyone is safe around your fire and oven.

How to Clean Your Cast Iron Dutch Oven:

You should avoid using soap on a Dutch oven as much as possible. Simply add a bit of hot water and scrub/scrape off any food. Using soap or washing will remove the protective coating. After cleaning your Dutch oven, you should first dry it with a towel and then use heat, whether it is over the campfire or in the oven, to ensure it does not rust.

Wrapping It All Up!

Hopefully, this introduction has educated you food and safety tips to follow while you are enjoying your adventurous plans. Enjoy the delicious and nutritious recipes found within this ORC student cookbook! Always remember that planning is preparing. Now, take a hike!



DUTCH OVEN BREAKFAST

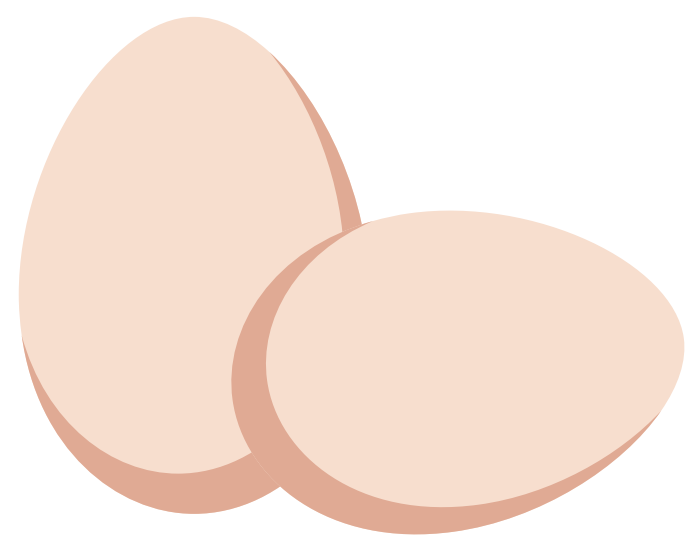


An Adventurer's Quiche

This Adventure Quiche will satisfy the hungriest of campers. The main ingredient, eggs are a great source of protein. A great way to start the day!
Serving Size: 8 servings (1 1/2 egg portion, 3/4 cup)

Ingredients

- 12 eggs
- 1/4 cup milk
- 1 cup diced ham
- 1 medium onion, diced
- 1 cup mushrooms, sliced
- 1 1/2 cups broccoli
- 2 cups grated cheese
- Salt and Pepper to taste
- 2 Tbsp olive oil



Directions

- Preheat the Dutch oven to 350 degrees. For a 12-inch Dutch oven place 15- 20 charcoals on the top and 8-12 charcoals on the bottom.
- In the Dutch oven, wipe the oven with olive oil.
- Steam olive oil, onion, broccoli, and mushrooms for 10 minutes.
- Add meat and cook thoroughly.
- In separate container beat eggs, milk, salt, pepper and olive oil.
- Pour egg mixture on meat, vegetables, and cheese in the oven.
- Put the lid on Dutch oven and bake 30 to 45 minutes at 350 degrees. Quiche will be done when eggs are set and have reached a temperature of 160 degrees Fahrenheit.

Big Breakfast Burrito

These big breakfast burritos are a perfect way to start a day of Adventure! Whole-wheat tortillas are a great source of fiber which will keep you and the crew full longer!

Serving Size: 8 servings (1 1/2 egg portion, 2 burritos)

Ingredients

- 1 lbs. Breakfast Sausage
- 1 onion
- 1 Green Pepper
- 12 eggs
- 1 Tbsp garlic powder
- 1 Tbsp chili powder
- 16 Soft Whole Wheat Tortillas
- 1 1/2 cups shredded Cheese
- 1 1/2 cups salsa



Directions

- Preheat the Dutch oven to about 350 degrees Fahrenheit. For a 12-inch Dutch oven place 15-20 charcoals on the top and 8-12 charcoals on the bottom.
- Chop the onion and green pepper.
- In the Dutch oven, sauté breakfast sausage, onion, and green peppers thoroughly until sausage reaches a temperature of 160 degrees Fahrenheit.
- Mix eggs, garlic, onion, and chili powder.
- Cook egg mixture in the Dutch oven, scrambling until cooked. The mixture will be done when eggs are set and have reached a temperature of 160 degrees Fahrenheit.
- In a large bowl mix the egg mixture and the sausage mixture. Wipe the Dutch oven with a paper towel.
- Place about 1/3 cup egg & sausage mixture onto each tortilla.
- Add cheese, roll up, and fold over ends.
- Lay 5 burritos in the Dutch oven then make a second layer on top, then a third layer.
- Put the lid on Dutch oven and bake 10 to 15 minutes at 350 degrees.

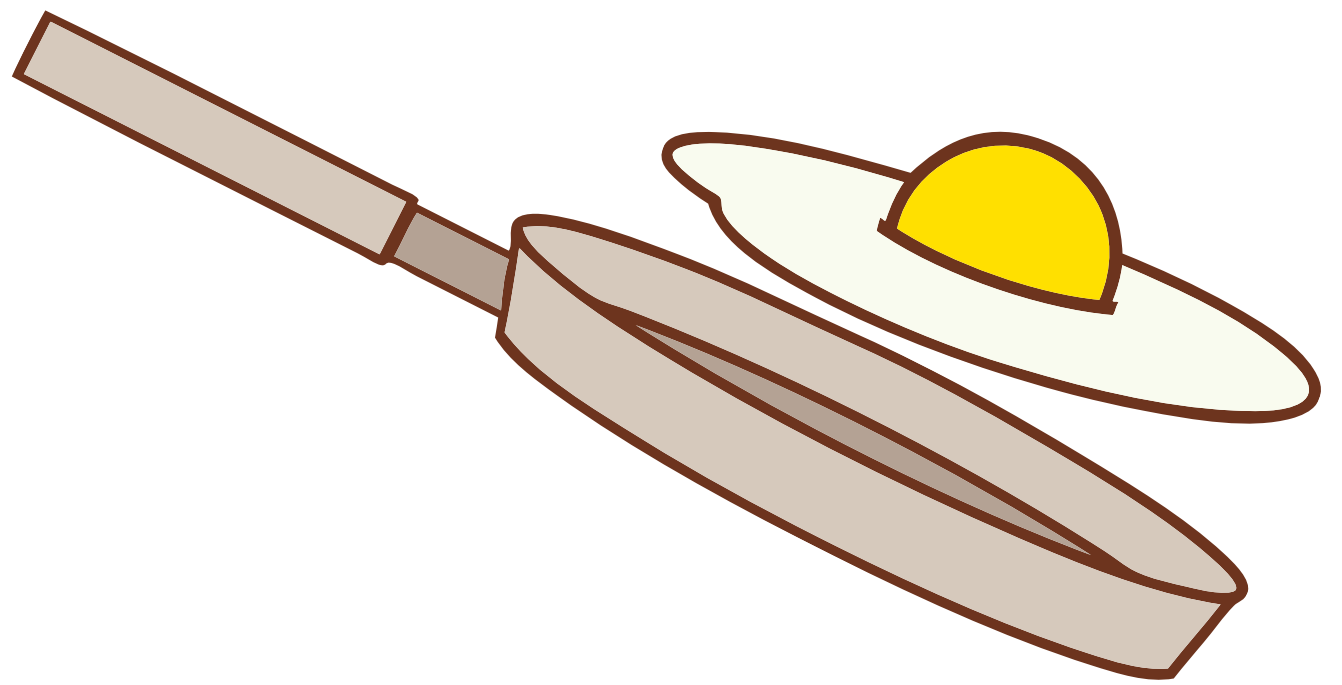
The Classic Breakfast Casserole

A straightforward and versatile recipe. Casseroles have been an American favorite since the end of World War 2 in 1945. This classic is an excellent source of dairy.

Serving Size: 8 servings (1 1/2 egg portion, 3/4 cup)

Ingredients

- 8 slices of whole wheat bread
- 2 lbs. sausage
- 1 onion
- 1 green bell pepper
- 16 oz. of grated cheese
- 12 eggs
- 4 cups 2 % milk
- 1.5 tsp. of dry mustard
- 1 tsp. salt



Directions

- Preheat the Dutch oven to about 350 degrees Fahrenheit. For a 12-inch Dutch oven place 15-20 charcoals on the top and 8-12 charcoals on the bottom.
- In the Dutch oven, sauté the sausage and onion, thoroughly until sausage reaches a temperature of 160 degrees Fahrenheit.
- Top sausage mixture with crumbled bread into the Dutch oven.
- Cover with cheese.
- In a bowl, mix eggs, milk, mustard, and salt.
- Pour egg mixture onto the bread, sausage, and cheese.
- Put the lid on Dutch oven and bake for 35 minutes at 350 degrees.
- The casserole will be done when eggs are set and have reached a temperature of 160 degrees Fahrenheit.

Fancy French Toast Casserole



French Toast is a classic breakfast that can be traced back to ancient Rome.

The eggs in this recipe contain high amounts of protein and healthy fats.

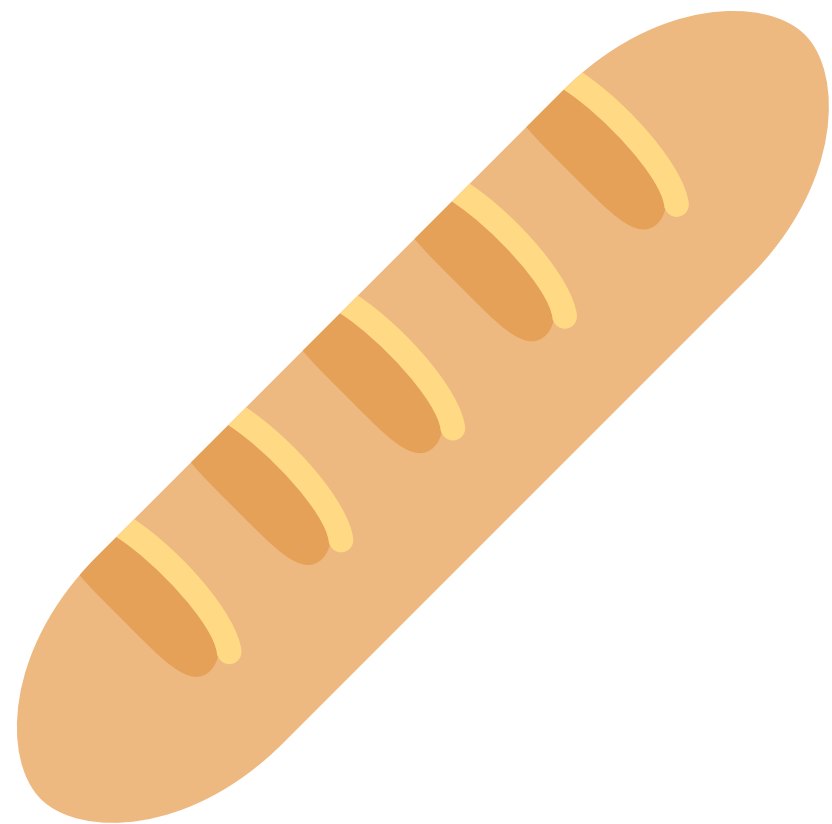
These nutrients will help to build muscle keep you satisfied.

Serving Size: 8 servings (3/4 cup portion)

Ingredients



- 1 large loaf French bread
- 8 eggs
- 3 cups milk
- 4 Tbsp. sugar
- 1 tsp. cinnamon
- 3/4 tsp. salt
- 1 tsp. vanilla
- 2 Tbsp. butter, cut into small pieces



Directions



- Preheat the Dutch oven to about 350 degrees Fahrenheit. For a 12-inch Dutch oven place 15-20 charcoals on the top and 8-12 charcoals on the bottom.
- Tear bread into 1-2 inch chunks. Crumble the bread into the Dutch oven.
- Beat together eggs, milk, sugar, cinnamon, salt, and vanilla.
- Pour the egg mixture over the bread.
- Dot the top of the French toast mixture with the small pieces of butter.
- Put the lid on Dutch oven and bake for 30 -45 minutes at 350 degrees.
- The casserole will be done when eggs are set and have reached a temperature of 160 degrees Fahrenheit.

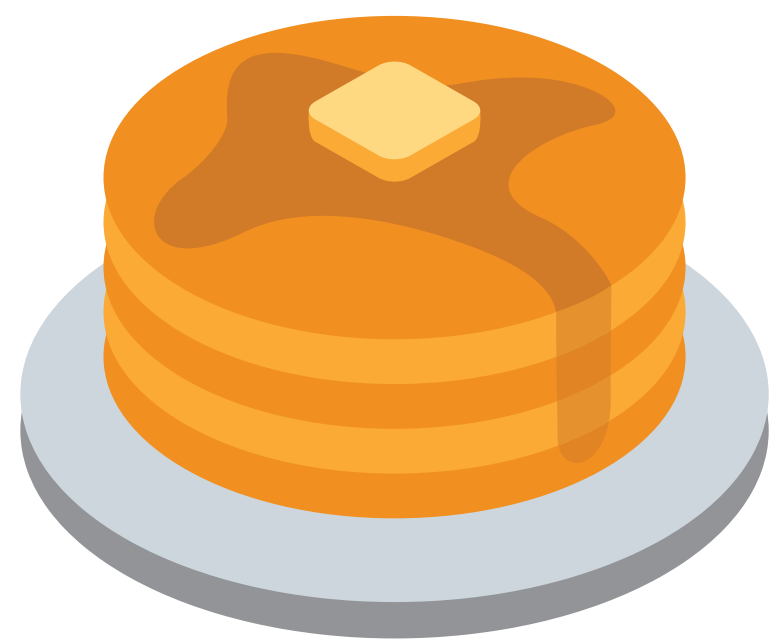
The Power Pancake

Pancakes are a staple worldwide due to their simplicity and deliciousness. Bump up your breakfast with this delicious and hearty meal. Increase fiber content by substituting the all purpose flour with a whole-wheat flour. Get creative with your toppings by including fruit, nuts, seeds, yogurt and don't forget the whipped cream!

Serving Size: 8 servings (2, 4-inch pancakes portion)

Ingredients

- 2 cups milk
- 8 eggs
- 2 cups flour
- 2 Tbsp. granulated sugar
- 2 tsp. vanilla extract
- 1/2 tsp. salt
- 2 Tbsp. butter
- Powdered sugar, maple syrup, lemon juice, fruits, jam, whatever you want for toppings!



Directions

- Whisk the milk, eggs, flour, sugar, vanilla, and salt in a bowl to make the pancake batter. The batter should be quite loose and liquidly.
- Let the batter rest for 10 minutes. This gives the flour time to absorb the liquid.
- Preheat the Dutch oven to about 350 degrees Fahrenheit. For a 12-inch Dutch oven place 15-20 charcoals on the top and 8-12 charcoals on the bottom.
- Add butter into the Dutch oven and let it melt.
- Pour in batter into the Dutch oven.
- Bake until the pancake is puffed, lightly brown across the top, and darker brown on the sides and edges. Usually takes 10 to 15 minutes.
- Dust with powder sugar. Cut into wedges and serve with desired toppings.

**BREAKFAST
RECIPES ON THE
GO**



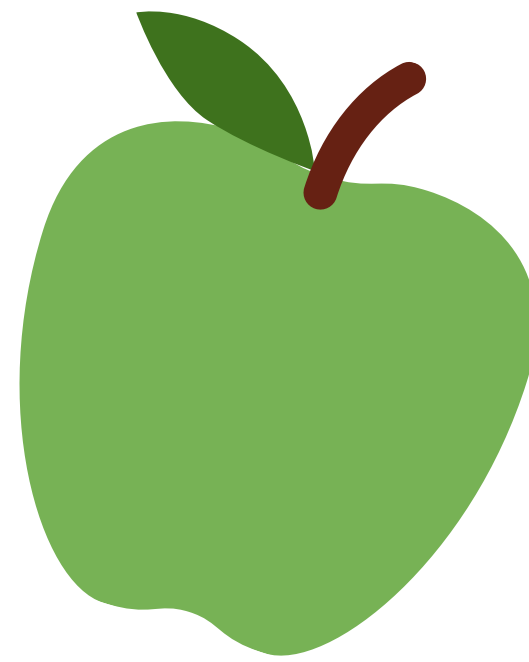
Apple Cinnamon Pecan Oatmeal

A little preparation goes a long way in the wilderness! This fun oatmeal recipe will let you start the day with a quick, easy energy packed bowl of yum!

Serving Size: 1 serving (1 cup portion)

Ingredients

- 1/2 cup quick steel cut oats
- 1/2 cup freeze dried apples
- 1/4 cup chopped dried pecans
- 2 Tbsp. brown sugar
- 1/8 tsp. salt
- 1/4 tsp. cinnamon
- 2 cups water



Directions

- At home, measure all ingredients into a Ziploc baggy to make a single-serving packet.
- In camp, mix cereal and water in a cooking pot. Cover and bring to boil over high heat.
- Reduce heat to low and simmer for 2-3 minutes.
- Transfer to bowl and let sit for 5 minutes.
- Stir, eat, and enjoy!

Try these fun flavors to mix it up!

Very Berry Granola

- Substitute oatmeal with granola. Use dried strawberries, dried blueberries and almonds
- When replacing oatmeal with granola use 1 cup granola and 2 cups cold water

Banana Nut Oatmeal

- Use dried Banana and Walnuts in place of apples and pecans

Peach Almond Grits

- Substitute Grits, for the oats, dried peaches and almonds
- When using grits use 1/2 cup grits and 2 cups water

Strawberry Banana Granola

- Granola, dried strawberry, dried banana and almonds
- when replacing oatmeal with granola use 1 cup granola and 2 cups cold water

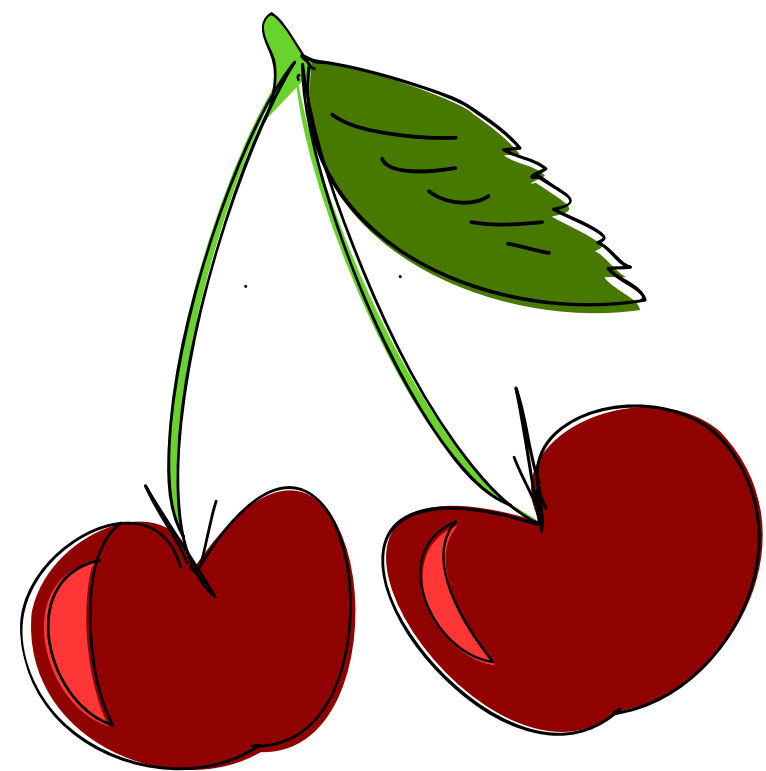
Cherry Power Cookie

These cherry power cookies are packed full of antioxidant-rich tart cherries, oats, nuts and seeds. They are perfect for a healthy on the go breakfast or snack.

Serving Size: 6 servings (2 cookie portion)

Ingredients

- 1 cup rolled oats
- 1 ripe banana, mashed until smooth
- 2/3 cup chopped cashews
- 1/2 cup dried tart cherries
- 4 Tbsp. sunflower seeds
- 1 Tbsp. chia seeds
- 3 Tbsp. creamy almond butter
- 4 Tbsp. maple syrup
- 2 Tbsp vanilla extract
- Pinch salt



Directions

- Preheat oven to 350 degrees and line a baking sheet with parchment paper.
- Combine all the ingredients in a large bowl and mix together until well combined.
- Form the mixture into disks either by hand or by using a biscuit cutter/ circular cookie cutter
- Bake for 15-18 minutes until golden brown around the edges and on the top.
- Remove from oven and let cool on baking sheet.
- Store in an airtight container, take and enjoy on the go!

Mountain Morsel Energy Bites



The perfect trail snack! With nuts, ground flaxseed and chia seeds these bites will give you energy while providing omega-3 fatty acids that promote heart health!

Servings: 10-12 servings (2 cookie portion)

Ingredients



- 2 cup old fashioned oats
- 1 cup ground flaxseed
- 2 Tbsp. chia seeds
- 1/2 cup almond butter
- 1/2 cup peanut butter
- 1 tsp. cinnamon
- 6 Tbsp. honey



Directions



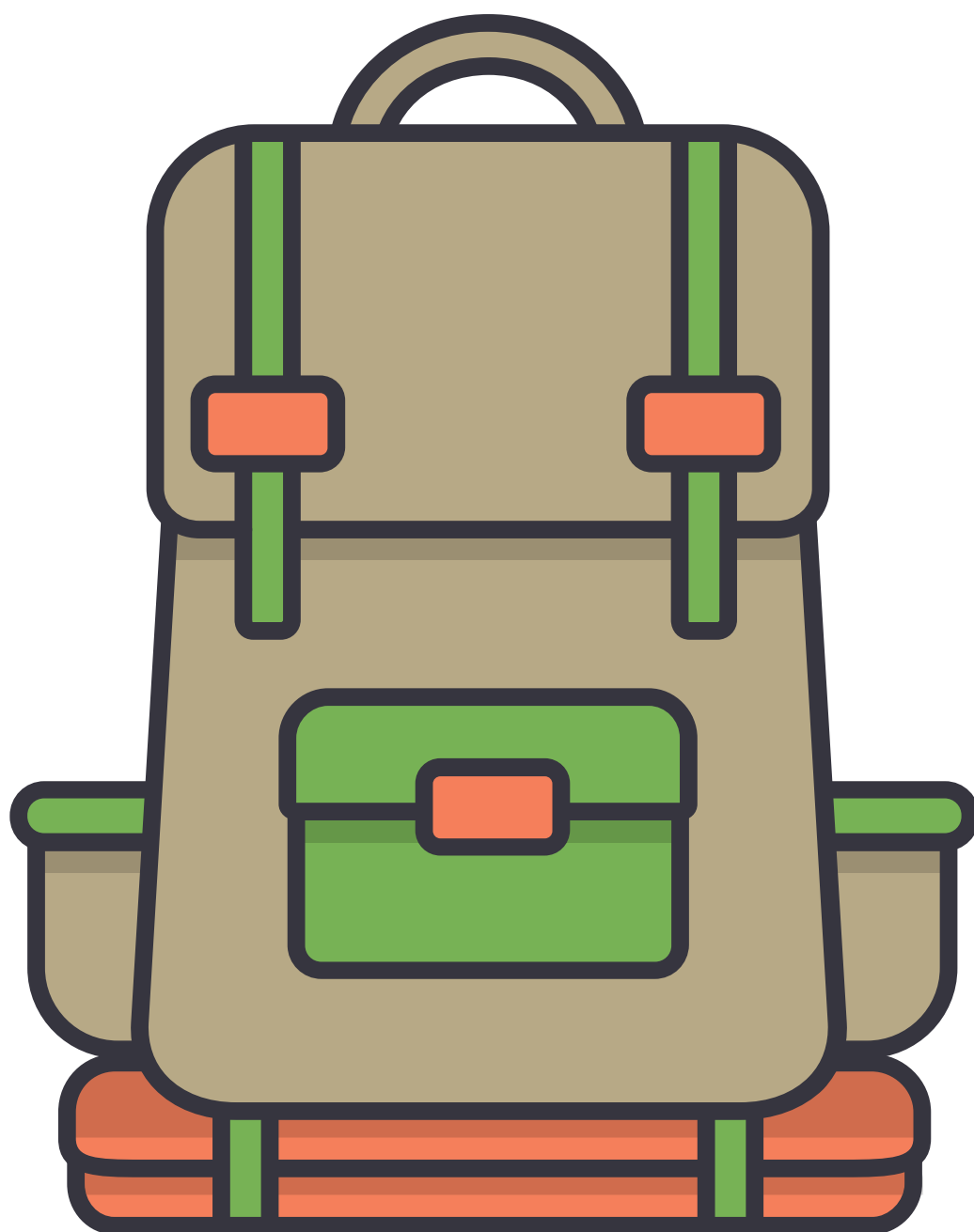
- Combine all ingredients together in a bowl. Stir together until everything is thoroughly combined.
- Form the mixture into disks by hand.
- Place the dough onto prepared pan.
- Refrigerate for one hour.

Don't Just Stop There!



Add your favorite snack or treats in there! You can use raisins, dried cranberries, chocolate chips, pretzel bits, m&m's, broken up candy bars. Get creative and make it your own!

LUNCH ON THE TRAIL



Ready Wraps

Fast, easy and tasty, these wraps are a trail staple! Use tortillas instead of traditional sliced bread. Tortillas are easy to pack and have a long shelf life. Pair these wraps with your favorite fruits, vegetables and chips to make it a balanced lunch!

Serving Size: 1 serving(1 wrap portion)

The Classic

- 2 Tbsp. Marinara Sauce
- 2 oz. pepperoni
- 1 oz. cheddar cheese

The Ocean's Bounty

- 2 oz. Tuna or Salmon
- 1 oz. Swiss cheese
- 2 Tbsp. Pesto

The Veggie

- 2 Tbsp. Hummus
- 2 oz. sliced bell peppers
- 1 oz. pepper jack cheese

The Dijon Turkey

- 2 Tbsp. Dijon mustard
- 2 oz. turkey
- 1 oz. swiss cheese

The Club

- 1 Tbsp. Mayo
- 1 Tbsp. Mustard
- 2 oz. turkey
- 1 oz. cheddar cheese
- 1 oz. bacon

The Reuben

- 2 Tbsp. Thousand Island dressing
- 2 oz. ham
- 1 oz. swiss cheese

The Monte Cristo

- 1 Tbsp. mayo
- 1 oz. turkey
- 1 oz. ham
- 1 oz swiss cheese
- 1 tsp. black pepper

Directions

- Using a tortilla or wrap place ingredients on one side of wrap and fold in ends and roll to have a beautiful lunch you can take on the go!

Peanut Butter and Jelly Oatmeal Bar



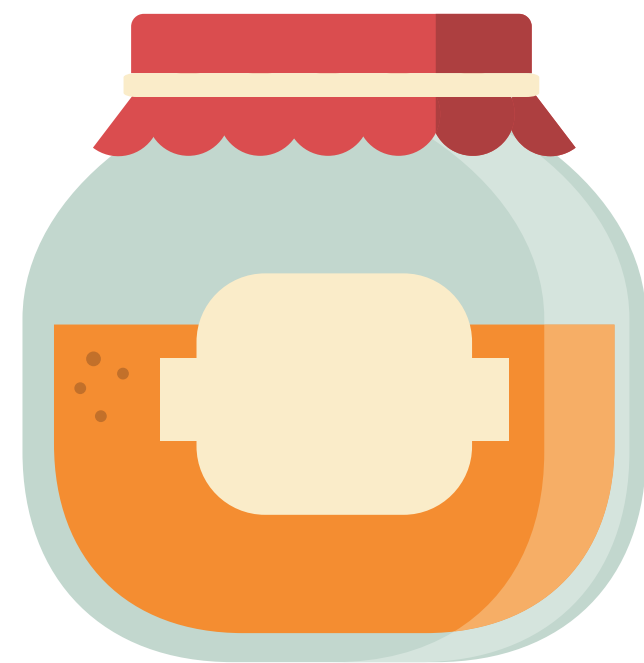
The average American eats 2,500 peanut butter and jelly sandwiches before graduating from High School! Lets keep that count going up with these delicious bars that provide satisfying taste and lasting energy.

Serving Size: 12 bars (1 bar portions)

Ingredients



- 1 1/4 cup all-purpose flour
- 1 cup rolled oats
- 1/4 tsp. baking soda
- 1/2 cup salted butter, room temperature
- 1/2 cup brown sugar
- 1 egg
- 1/2 cup peanut butter
- 1/2 tsp. vanilla extract
- 1/2 cup of your favorite jam or jelly
- 1/4 cup peanuts



Directions



- Preheat the oven to 350°F. Line an 8x8 inch baking dish with parchment or foil.
- In a medium bowl, stir together the flour, oats, and baking soda.
- Using a mixer, cream together the butter and sugar until soft and smooth. Add the egg, peanut butter, and vanilla. Mix until smooth again.
- With a spoon mix the flour and oat mixture with the peanut butter mixture.
- Press 1/2 of the cookie dough into the bottom of the prepared baking dish in an even layer. Make sure there are no holes or gaps and the dough is compact. Spread the jam evenly over the surface of the cookie dough.
- Drop the remaining cookie dough over top of the jam in small pieces or crumbles. Sprinkle the peanuts over the top and press them down gently into the jam and dough crumbles.
- Cook the peanut butter and jelly bars for 35-40 minutes, or until the top is golden brown. Let the bars cool slightly and then use the parchment to lift the bars out of the dish. Cut the bars into 12 pieces and enjoy!

Nutty Quinoa Fuel Bars



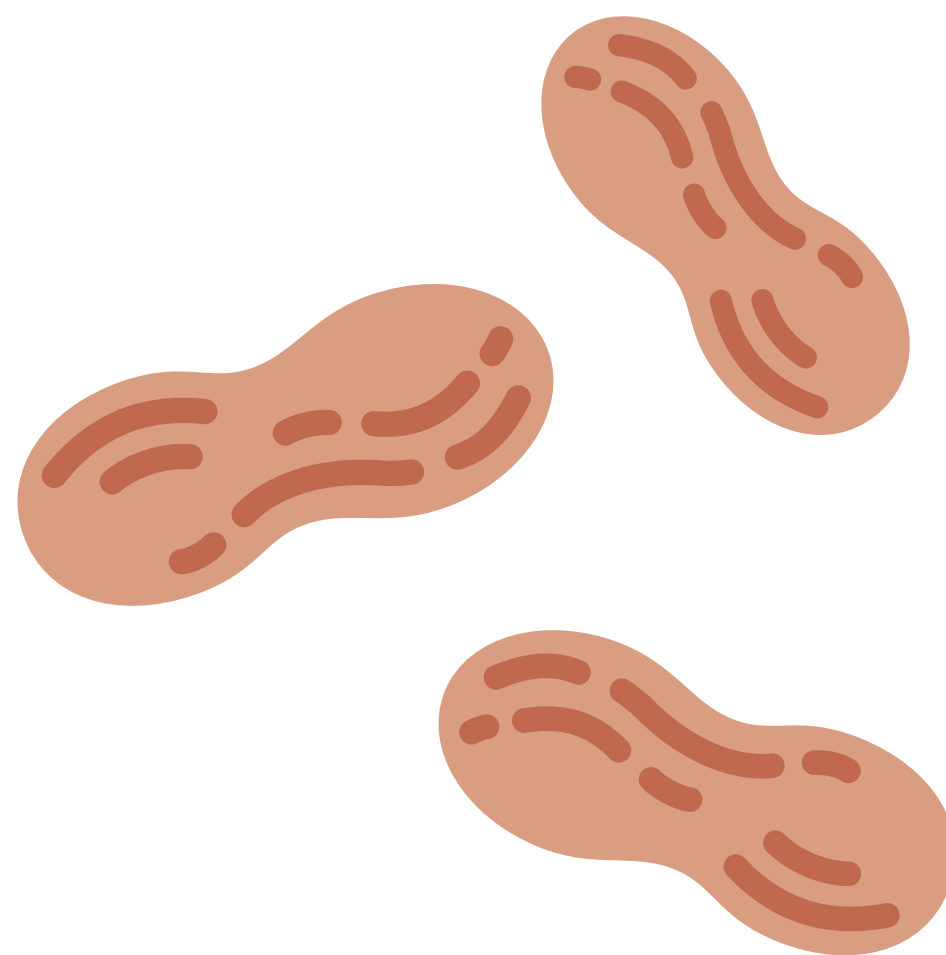
Quinoa is a gluten-free, high in protein grain that can harmonize well in any sweet or savory meal or snack! These nutty quinoa fuel bars are perfect for packing around and provides excellent fuel to keep your adventure going!

Serving Size: 8 servings (1 bar portion)

Ingredients



- 1/4 cup brown rice syrup
- 1/4 cup nut butter
- 1 tsp. vanilla
- 1 cup quinoa, cooked
- 3/4 cup rolled oats
- 1/4 cup vanilla protein powder
- 2 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1 Tbsp. chia seeds
- 1 egg
- 1/2 cup nuts, crushed

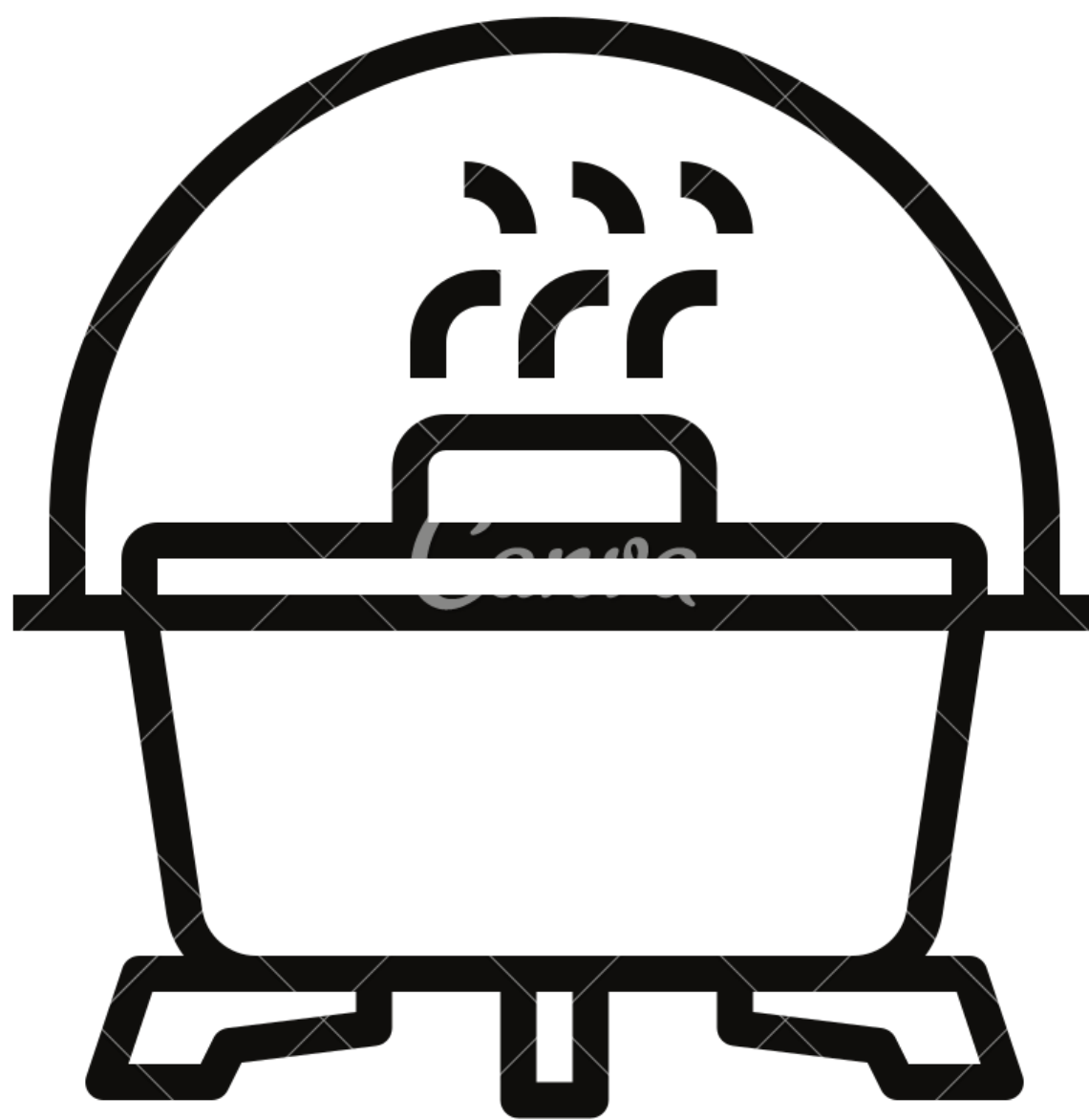


Directions



- Preheat the oven to 350 degrees. Grease a square muffin pan or an 8×8-inch pan.
- Combine the syrup, butter, and vanilla in a small bowl.
- In a large bowl, mix together the quinoa, oats, protein powder, cinnamon, ginger, and chia seeds. Stir in egg, mixing well to avoid clumps.
- Add the wet mixture to the bowl, again stirring well to distribute the ingredients and form dough. Fold in nuts.
- Spoon the dough onto prepared pan, spreading into a flat layer.
- Bake for 18-20 mins, until golden brown on top.
- Remove from oven and let cool before removing from tins or cutting into squares.

DUTCH OVEN DINNERS



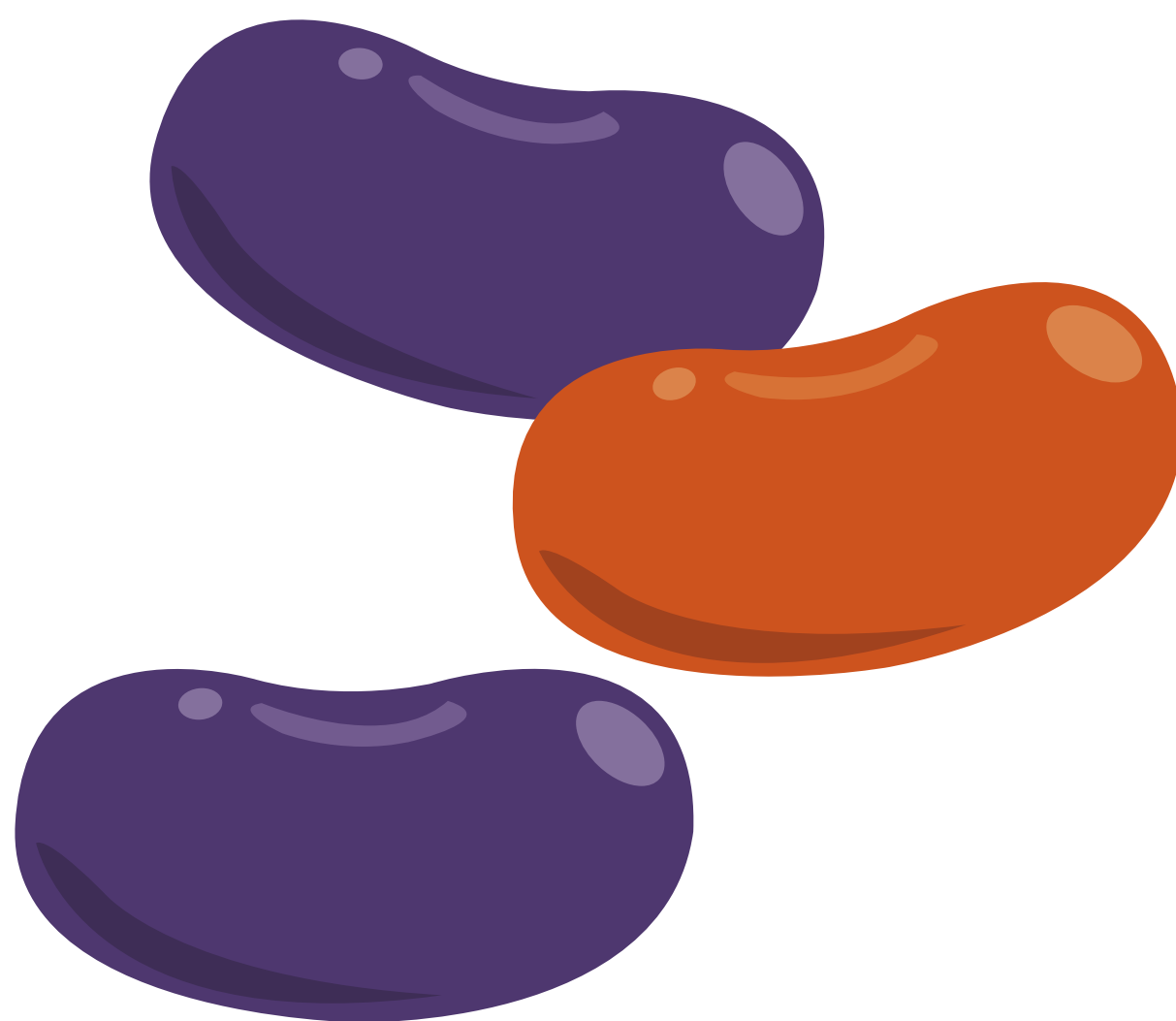
5 Bean Chili

This 5 Bean Chili is loaded with nutritious ingredients and packed with flavor. This one pot meal is a deliciously satisfying dish and an excellent source of fiber. It's also quick and easy to whip up!

Serving Size: 8 servings (2 cup portions)

Ingredients

- 2 Tbsp. olive oil
- 1 large red onion
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 4 cloves garlic
- 1 lb. lean ground beef (optional)
- 8 ounces italian sausage (optional)
- 1/4 cup chili powder
- 1 Tbsp ground cumin
- 1 Tbsp dried oregano
- 1 4oz can tomato paste
- 1 28oz can diced tomatoes
- 1 14oz can diced tomatoes
- 1 15oz can black beans
- 1 15oz can kidney beans
- 1 15oz can pinto beans



Directions

- Preheat the oven to 375 degrees or heat coals.
- Add the olive oil to a large Dutch oven over medium-high heat. Once hot, add the onions, diced, and peppers chopped and saute until soft, about 4 minutes.
- Add the garlic minced and saute until just fragrant.
- Stir in the beef and sausage, breaking it up with the back of a wooden spoon, and cook until browned, about 6 minutes (the meat is optional it is delicious either way). Drain the beef mixture through a colander.
- Add it back to the Dutch oven and stir in the chili powder, cumin and oregano. Cook for about 2 minutes.
- Stir the tomato paste into the mixture; this will "toast" it and give the chili more flavor.
- Bring to a simmer, and then add the diced tomatoes and beans. Simmer on medium-low for 2 hours, stirring on occasion to keep the bottom from sticking.

Lemon Roasted Chicken and Potatoes



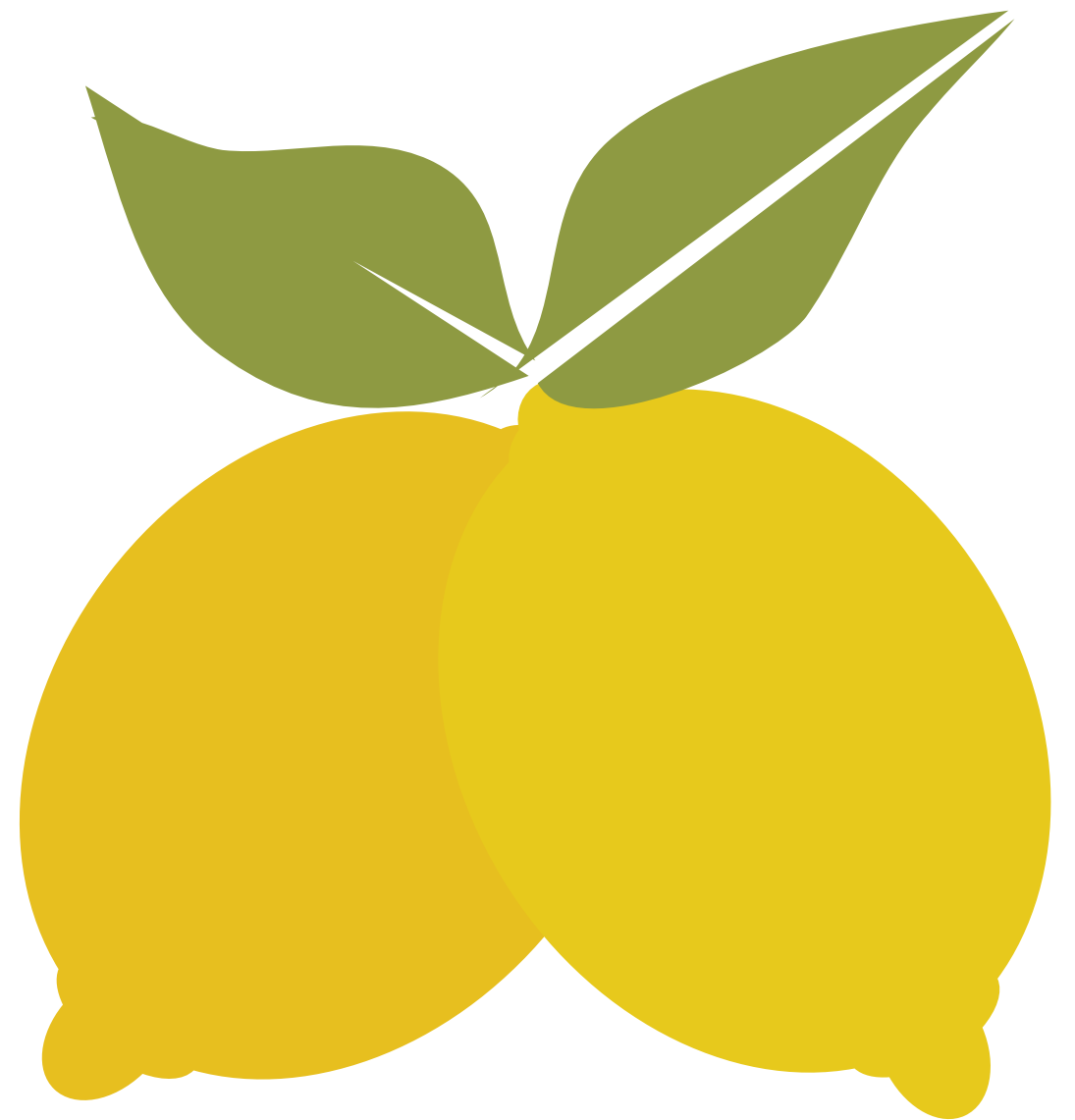
A simple marinade tossed with chicken and potatoes, then baked. Excellent source of energy after a long day of adventure. A delicious one pan meal everyone will love!

Serving Size: 8 servings (1 cup portions)

Ingredients



- 6 medium potatoes thinly sliced
- 1 large onion chopped
- 2 Tbsp olive oil
- 2 Tbsp lemon pepper
- 1 tsp garlic powder
- 1/2 tsp paprika
- 1 pound chicken, diced
- 2 lemons



Directions



- Preheat the oven to 425 degrees or heat coals.
- Add potato slices and onions to the bottom of the Dutch oven.
- Drizzle with olive oil and season with salt, pepper and lemon pepper to taste.
- Season with half of garlic powder and paprika.
- Season both sides of chicken pieces with salt, pepper and lemon pepper.
- Place chicken facing up on top of potatoes and onions.
- Season with remaining garlic powder and paprika.
- Sprinkle with lemon juice then add lemon slices to pan.
- Cover dutch oven and bake for 1 hour or until chicken is cooked through and potatoes and onions are tender and caramelized. If you want to brown the top of the dish further and add more color, place under a broiler for a few minutes until it reaches the color you prefer.
- Cool for 10-15 minutes and serve.

Shepherds Pie

Shepherds pie is an easy to make meal. This recipe adds a healthy twist and is packed with nutritious vegetables.

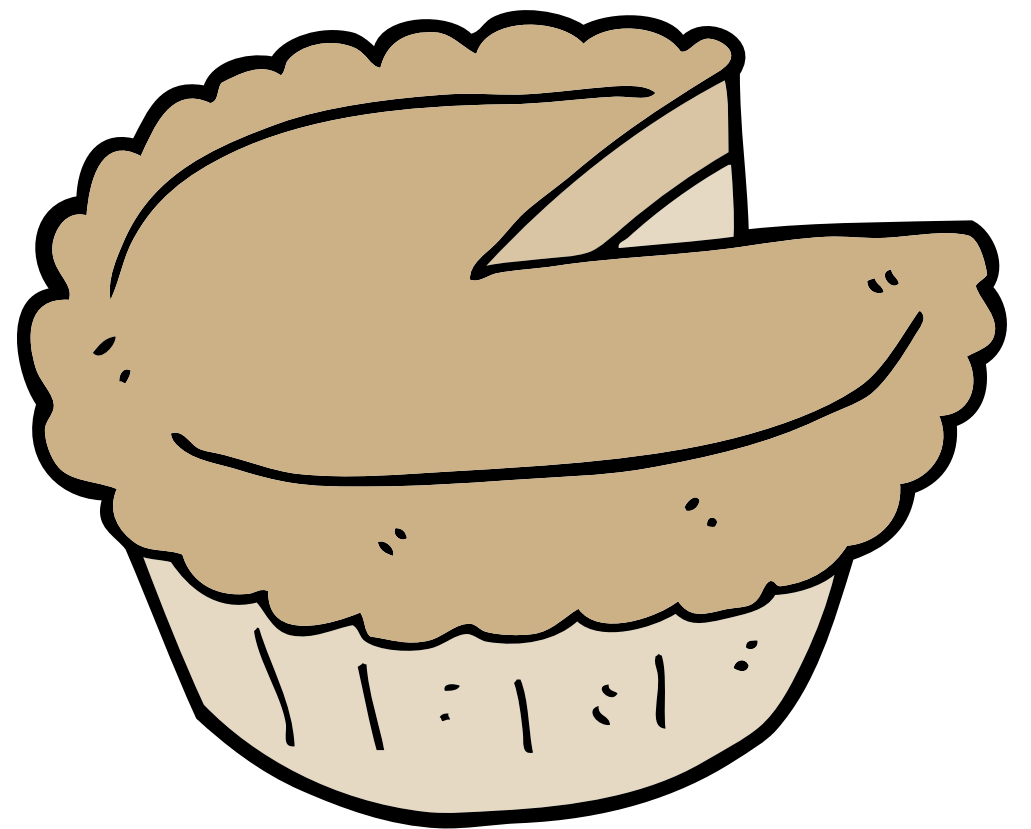
Serving Size: 6-8 servings (1 cup portions)

Ingredients

- 1 lb potatoes, cubed 1/2 inch piece
- 1/4 cup low fat plain yogurt (or sour cream)
- 1 cup fat free milk, hot
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp chives chopped

Filling

- 4 cups mixed vegetables (carrots, celery, onions, bell peppers, mushrooms or peas)
- 2 cups low sodium chicken broth
- 1 cup quick cooking oatmeal
- 1 cup grilled or roasted chicken breast diced
- 1 Tbsp parsley
- 1/4 tsp black pepper
- nonstick cooking spray



Directions

- Preheat oven to 450 degrees or heat coals.
- Place potatoes in pot, and add enough cold water to cover by 1 inch. Bring to a boil, and simmer gently until the potatoes can be easily pierced with a fork, about 20-30 minutes.
- While the potatoes are cooking, begin to prepare the filling. Combine the vegetables, chicken broth and oats in a pot. Bring to a boil, and simmer gently until the oatmeal is cooked, about 5-7 minutes.
- Add chicken, and continue to simmer until heated through. Season with parsley and pepper. Hold warm until potatoes are ready.
- When the potatoes are done, drain and dry them well, then mash with a potato masher or big fork. Immediately add the yogurt, hot milk, and salt to the potatoes. Stir well until smooth. Season with pepper and chives.
- Carefully spread potato mixture on top of the chicken and vegetables so they remain in two separate layers.
- Cook until vegetables are soft and chicken is done, about 45 minutes

Enchiladas

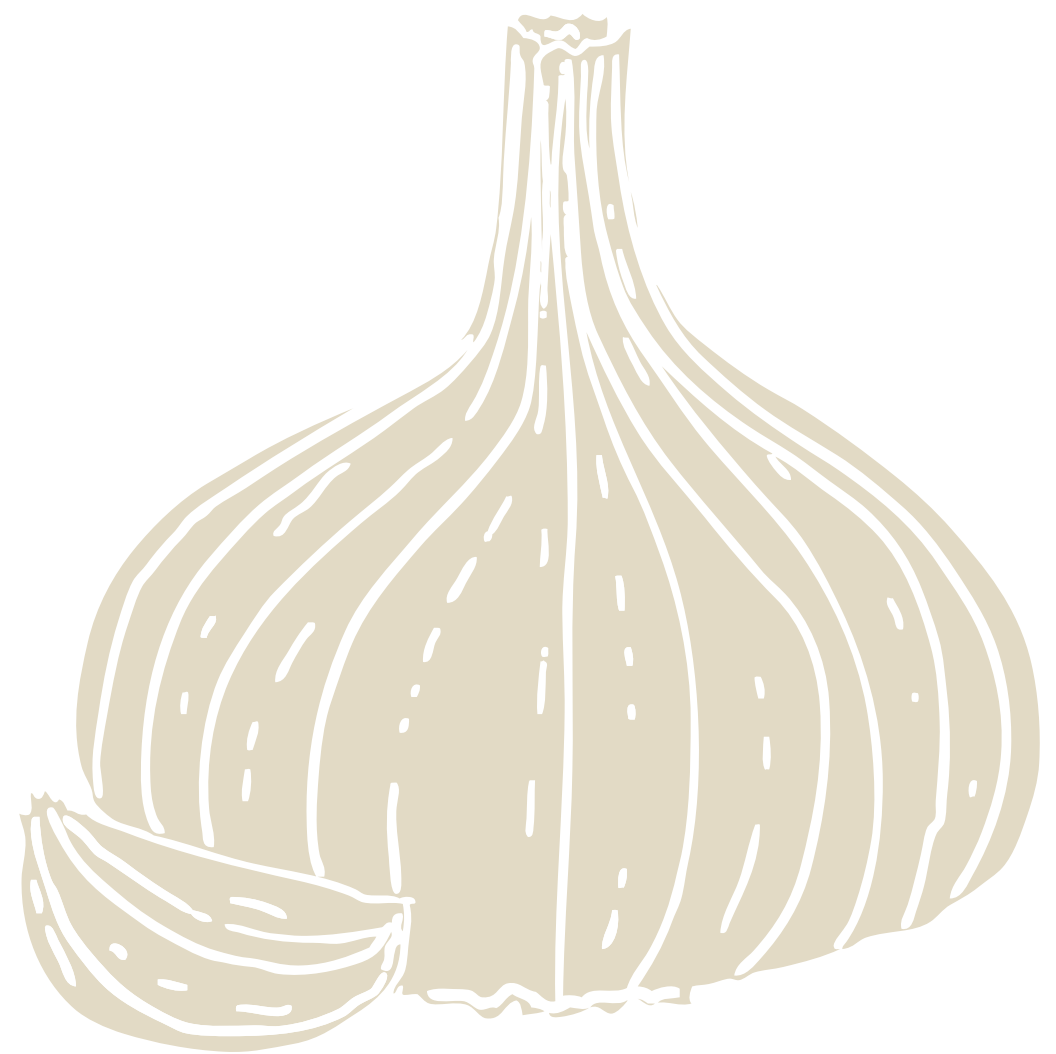
These dutch oven enchiladas are such an easy camping meal! Stuffed with veggies, covered in sauce, and topped with melted cheese, this recipe is one that everyone will enjoy.

Serving Size: 4 servings (1 enchilada portion)

Ingredients

- 2 Tbsp olive oil
- 1 red bell pepper, cut into strips
- 1/2 red onion, sliced into thin half moons
- 4 cloves garlic, minced
- 1 Tbspn cumin
- 2 tsp salt
- 14oz can enchilada sauce
- 2 cups cheese
- 1 cup cooked black beans
- 4-6 flour tortillas

Garnishes: cilantro, jalapenos, lime



Directions

- Preheat oven to 350 degrees or heat coals.
- Over medium heat, heat the oil in a Dutch oven.
- Add the peppers and saute for a few minutes until they are starting to soften. Add onions and saute until the onions are soft and translucent.
- Add garlic, cumin and salt, saute for one minute. Set vegetables aside.
- Coat the bottom of the Dutch oven.
- To build the enchiladas, place onions and peppers in center of the tortilla, add a few spoonfuls of black beans and top with cheese.
- Roll the tortillas around the fillings and place them seam side down into the Dutch oven. Repeat with remaining ingredients.
- Cover the enchiladas with the remaining sauce and cheese. Place lid on top.
- Cook about 20 minutes until cheese is melted and enchiladas are cooked.

Garnish with jalapenos, cilantro, and a squeeze of lime

Filling can be made at home ahead of time and packed in cooler.

Hearty Chicken and Wild Rice Soup



This flavorful chicken wild rice soup is hearty and delicious loaded with fresh vegetables, wild rice, chicken and delicious flavors.

Serving Size: 6 servings (1 1/2 portion)

Ingredients



- 4 chicken thighs, bone in (or chicken breast)
- 1 1/2 tsp salt
- 1 1/2 tsp black pepper
- 1 tsp dried rosemary
- 1 Tbsp olive oil
- 1 cup onion, diced
- 1 cup carrots, diced
- 1/2 cup celery, diced
- 1 cup mushrooms, coarsely chopped
- 2 1/2 cups cooked wild rice



Directions



- Preheat the oven to 350 degrees or heat coals.
- Place chicken in pot or Dutch oven and cover with an inch of water. Add salt, pepper and rosemary and bring to a boil. Reduce heat to simmer and cook for 30 minutes, until chicken is cooked through.
- Remove chicken from liquid with slotted spoon and place on cutting board to rest.
- Pour remaining broth into large bowl.
- Use pot to heat olive oil. Add onion, carrots and celery. Cook for 4-5 minutes. Add mushrooms. Cook until they begin to brown.
- Pour reserved broth back in pan. Bring to simmer and add rice. More liquid needs to be added to get the right consistency.
- Pull apart chicken. Remove skin, bones and shred meat. Add chicken to pot. Cook for 5-10 minutes and serve hot.

Chicken broth can be purchased in addition to already prepared chicken.

Stuffed Pepper Soup

This recipe taste just like the stuffed peppers you know and love but is easily transported and put together for a savory soup. You can adjust it to what you prefer by adding more or less rice.

Serving Size: 6 servings (1 1/2 portions)

Ingredients

- 2 lb ground beef (optional)
- 6 cups water
- 1 28oz can tomato sauce
- 1 28oz can diced tomatoes, undrained
- 2 cups chopped green peppers
- 1/4 cup packed brown sugar
- 2 tsp salt
- 2 tsp beef bouillon granules or vegetable broth
- 2 tsp black pepper
- 2 cups cooked long grain rice
- chopped fresh parsley (optional)



Directions

- Preheat the oven to 350 degrees or heat coals.
- Cook optional meat until no longer pink.
- Stir in next 8 ingredients and bring to boil.
- Reduce heat, simmer, uncovered until peppers are tender or 30 minutes.
- Add cooked rice, simmer 10 minutes longer.
- If desired sprinkle with chopped fresh parsley.

Sweet Potato & Black Bean Chili



This soup is a perfect meal for an evening around the campfire with friends and family. If you like it more spicy you can add more cayenne pepper. It is sure to be a show stopper.
Serving Size: 8 servings (1 cup portion)

Ingredients



- 3 large sweet potatoes, 1/2 inch cubes
- 1 large onion, chopped
- 1 Tbsp olive oil
- 2 Tbsp chili powder
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- 2 15oz can black beans, rinsed and drained
- 1 28oz can diced tomatoes undrained
- 2 Tbsp honey
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup shredded cheese (optional)



Directions



- Preheat the oven to 350 degrees or heat coals.
- Coat Dutch oven with oil
- Saute sweet potatoes and onion in oil until crisp tender.
- Add chili powder, garlic, cumin and cayenne, cook 1 minute longer.
- Stir in beans, tomatoes, honey, salt and pepper.
- Bring to a boil. Reduce heat, cover and simmer for 30-35 minutes or until sweet potatoes are tender.
- Sprinkle with cheese and serve

Hearty Sweet Potato Kale Soup



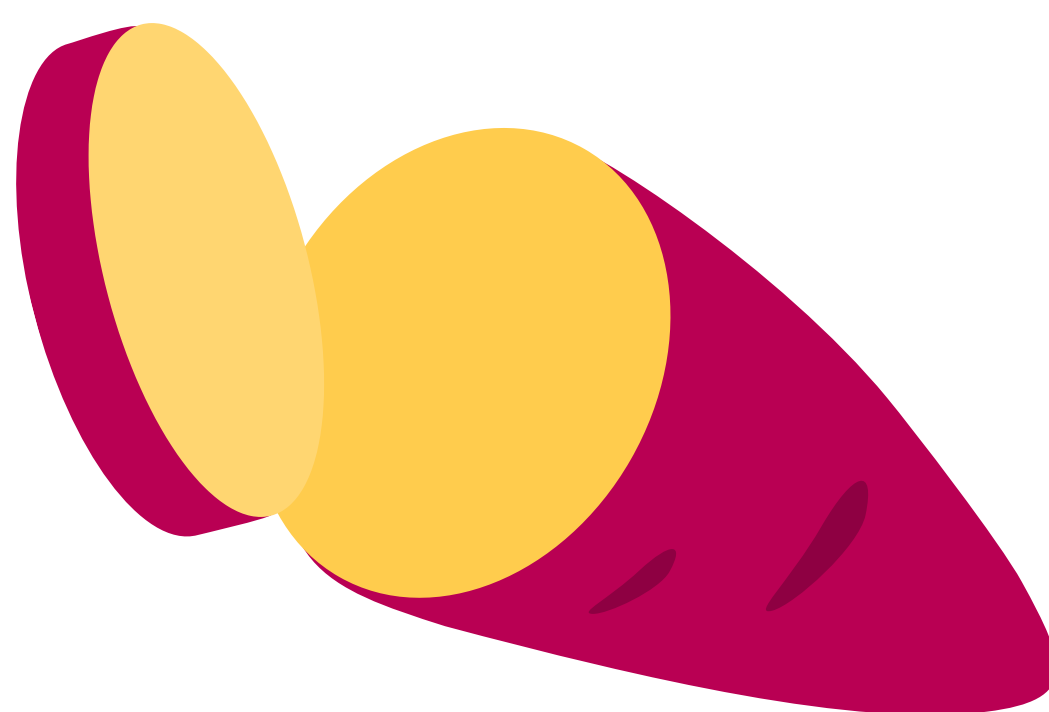
The hearty sweet potato kale soup features black beans and sweet potatoes with an added flavor from cumin and lime. This soup is a hearty gluten-free and vegetable based soup.

Serving Size: 6 servings (1 1/2 cup portion)

Ingredients



- 1 large yellow onion
- 4 medium garlic cloves
- 1 15oz can black beans
- 2 Tbsp olive oil
- 2 tsp dried oregano
- 1 1/2 tsp cumin
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper
- 1/2 tsp salt
- 3 medium sweet potatoes
- 4 cups vegetable broth
- 4 cups kale, chopped
- 3 green onions
- 2 radishes, thinly sliced
- 1 Tbsp lime juice
- 6 Tbsp Greek yogurt



Directions



- Preheat the oven to 350 degrees or heat coals.
- Dice onion, mince garlic, dice sweet potato, drain and rinse beans.
- Heat oil in Dutch oven. Add onions, saute until translucent.
- Add garlic, oregano, cumin, garlic powder, black pepper, cayenne pepper, saute for 30 seconds.
- Stir in sweet potatoes, add vegetable broth, beans, and salt, simmer.
- Bring to boil then reduce heat to simmer for 15 minutes or until sweet potatoes are tender.
- Remove from heat, stir in kale, green onions and lime juice.
- Garnish with radishes and Greek yogurt.

Minestrone with Turkey



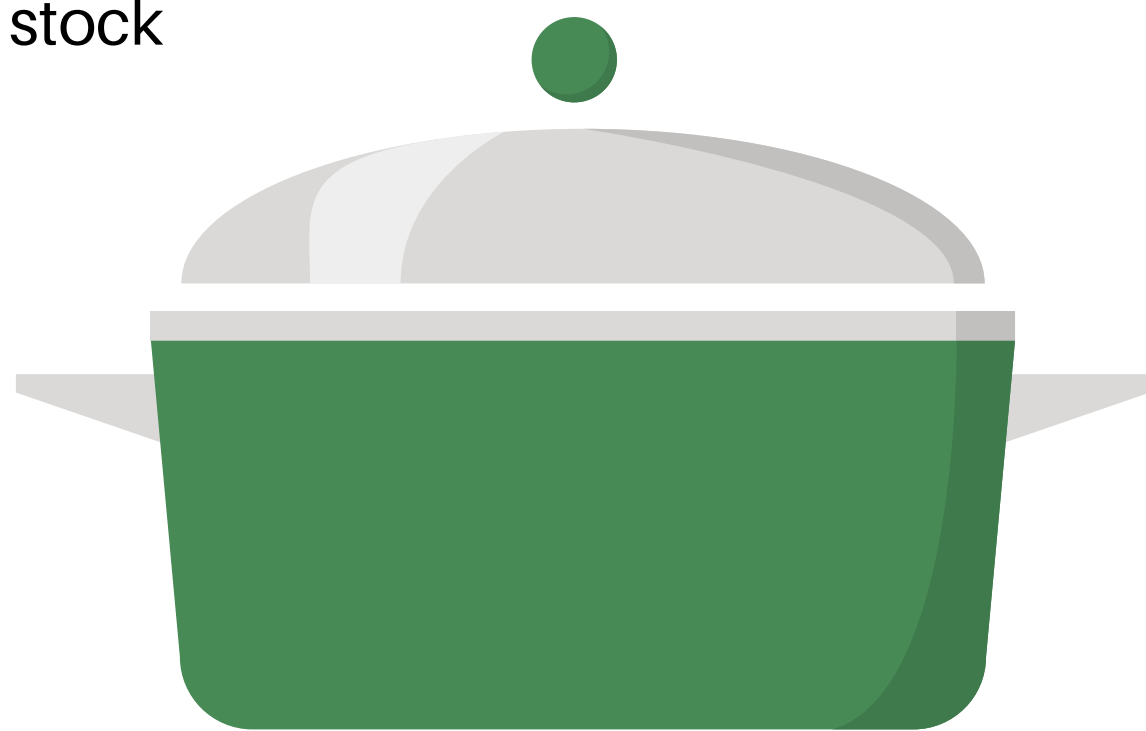
This is a delicious and hearty soup for the hungriest of adventurers. This can be altered according to your likes and dislikes, feel free to replace turkey with beans of your choice for a meat free meal.

Serving Size: 6 servings (1 1/2 cup portions)

Ingredients



- 1 Tbsp olive oil
- 1 medium onion, chopped
- 1 carrot, sliced
- 1 celery rib, sliced
- 1 clove garlic, minced
- 4 cups chicken broth or homemade turkey stock
- 1 can 14.5oz diced tomatoes, undrained
- 2/3 cup frozen peas
- 2/3 cup corn
- 2/3 cup cut green beans
- 1/2 cup uncooked elbow macaroni
- 1 tsp salt
- 1/4 tsp dried basil
- 1/4 tsp dried oregano
- 1/4 tsp black pepper
- 1 bay leaf
- 1 cup cubed cooked turkey
- 1 small zucchini, halved and sliced
- 1/4 cup grated Parmesan cheese, optional



Directions



- Preheat the oven to 350 degrees or heat coals.
- Heat oil over medium heat.
- Add onion, carrot and celery. Cook until tender. Add garlic for one minute. Add broth, vegetable, macaroni and seasoning. Bring to a boil.
- Reduce heat, simmer uncovered for 5 minutes or until macaroni is al dente.
- Stir in turkey and zucchini until tender.
- Discard bay leaf and serve.

Emerald Rice



This is a wonderful side dish, after putting so much effort into a good entree something simple on the side is nice. Clean up is especially easy because it's done in one dish.

Serving Size: 8 servings (1/2 cup portion)

Ingredients



- 1 1/4 cup long grain rice
- 2 1/2 cups water
- 3 cup frozen chopped spinach, thawed
- 1 cup shredded cheddar cheese
- 1 cup half and half
- 1/2 cup chopped onion
- 2 Tbsp olive oil
- 1 tsp. salt



Directions



- Preheat the oven to 350 degrees or heat coals.
- Cook rice in water until tender.
- Add remaining ingredients to the rice and mix well
- Bake for 25 minutes or until heated through

Tex Mex Rice



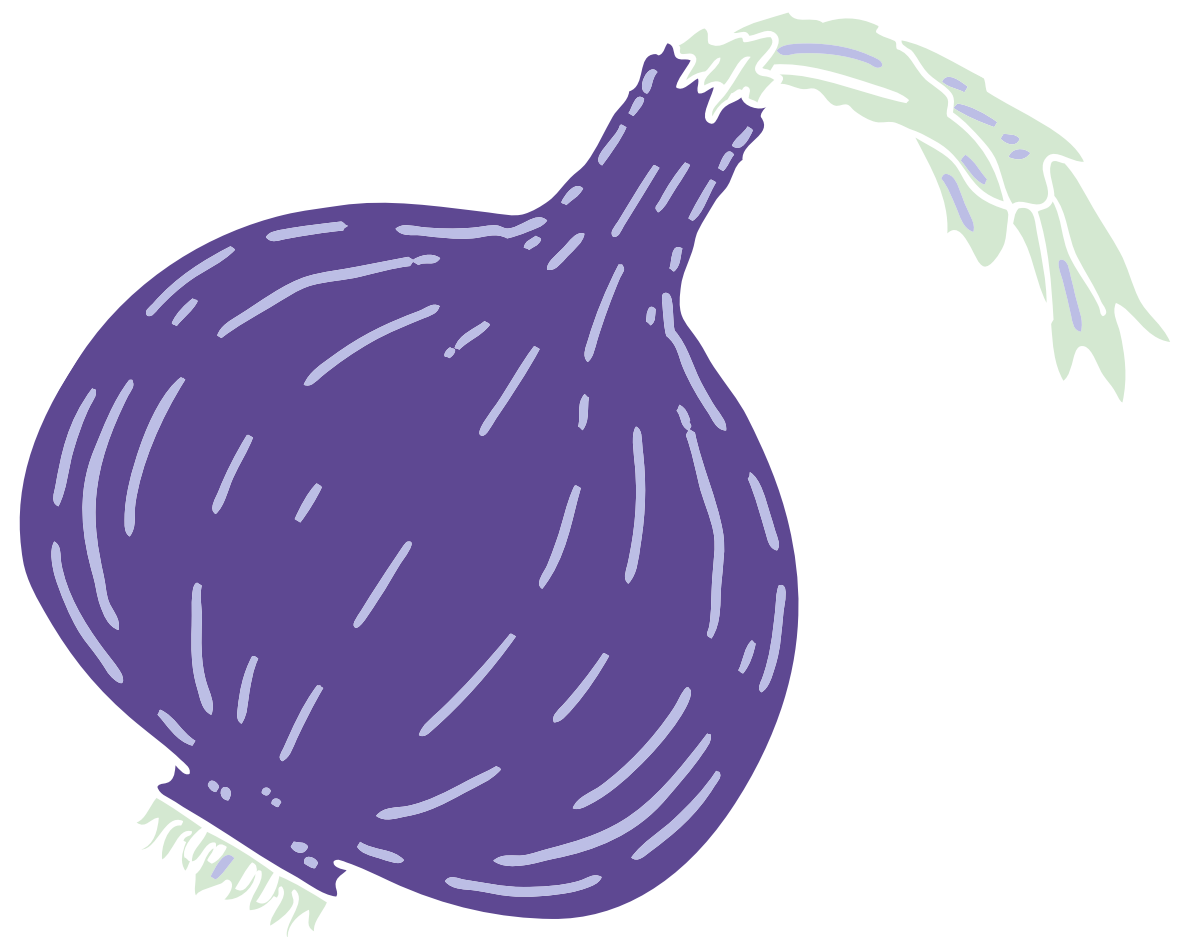
Easy to make Tex Mex rice is the perfect side dish for a meal. It's packed with a delicious mixture of flavors that will leave you wanting more.

Serving Size: 6-8 servings (3/4 cup portions)

Ingredients



- 1 14.5oz can diced tomatoes
- 1 1/2 cup long grain rice
- 1/4 cup vegetable oil
- 1 onion diced
- 1 poblano or anaheim chile
- 2 jalapeno chiles, seeded and minced
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 1/2 cup low sodium chicken broth
- salt to taste



Directions



- Preheat oven to 350 degrees or heat coals.
- Heat oil in Dutch oven
- Add onion, poblano, and jalapenos and cook until softened for about 5 minutes.
- Stir rice cumin and oregano into pot, stir frequently until rice is deep golden, about 5 to 6 minutes.
- Add broth, tomatoes and salt. Bring to a boil and cover.
- Simmer until liquid is absorbed and rice is tender, about 25 minutes.
- Remove from heat, let stand for 10 minutes.

Cheesy Potatoes



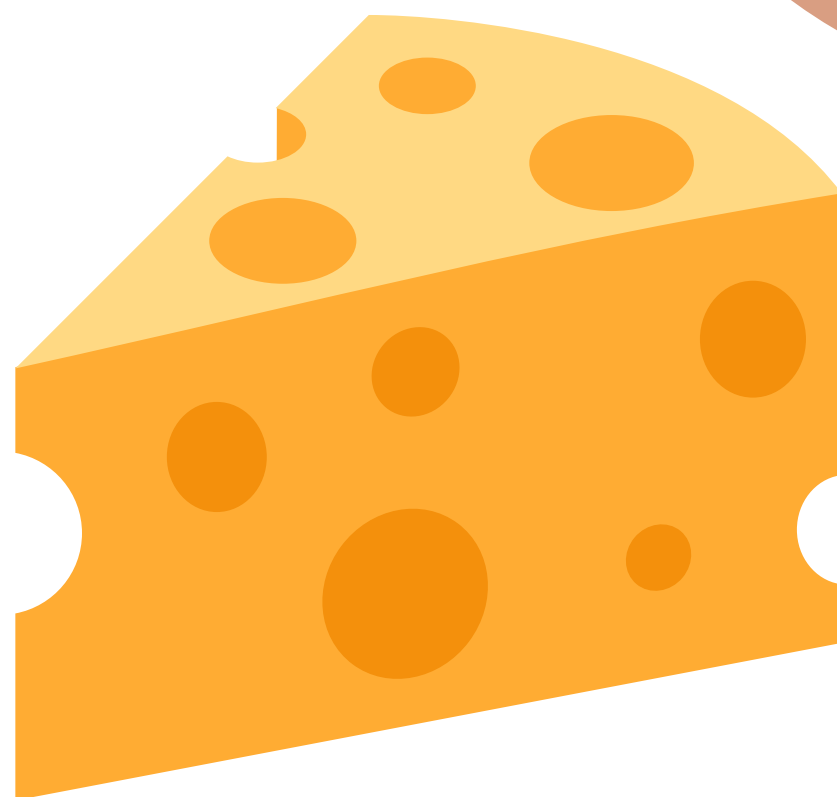
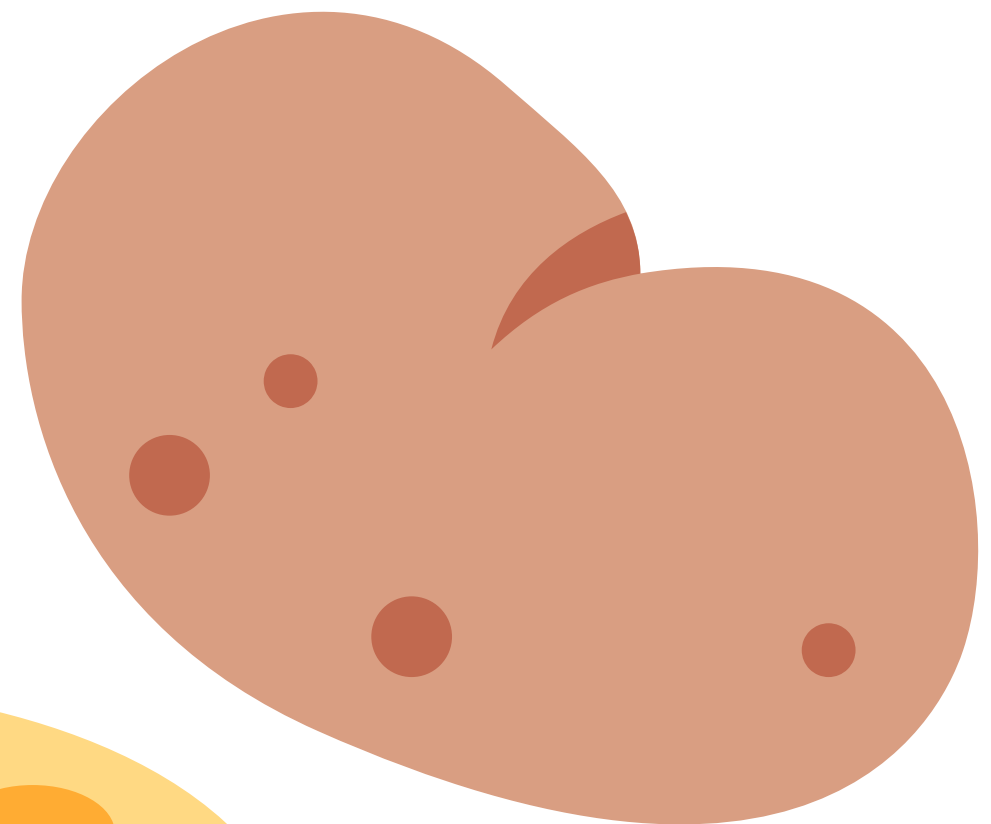
These cheesy potatoes are a great way to end the day. They are the hearty part of any meal and are a great source of energy.

Serving Size: 10 servings (1 cup portions)

Ingredients



- 8 medium sized potatoes
- 1 lb cooked meat of choice (bacon, chicken, beef)
- 2 cups shredded cheese
- 1 cup sliced onions
- salt and pepper to taste



Directions



- Preheat the oven to 350 degrees or heat coals.
- Start by slicing the potatoes thin. Slice the onions into the rings. Set aside.
- Cook meat until done. (optional)
- Start to layer the potatoes, then sliced onions, meat then cheese. Repeat layers.
- Cover the Dutch oven and cook for at least 45 minutes or until potatoes are soft.

Honey Mustard Glazed Carrots



These carrots are and an exceptional side dish and will add great flavor to your meal. Plus they are a great source of fiber.

Serving Size: 6 servings (1/2 cup portions)

Ingredients



- 2 lbs baby carrots
- 4 Tbsp olive oil
- 2 Tbsp spicy brown Dijon Mustard
- 1 Tbsp honey
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1-2 Tbsp chopped fresh parsley



Directions



- Preheat the oven to 350 degrees or heat coals.
- Heat the olive oil with the dry ingredients and stir well.
- Add the honey and mustard, stir quickly so it doesn't burn.
- Add the carrots and let them simmer for 30-40 minutes.
- Sprinkle with parsley and serve.