

Camp cooking hacks!

Cooking in foil pouches saves both water and cooking fuel. Also, when you are finished cooking, just ball up your foil into a little ball and toss in your moop bag. Easy to pack out!

- **Jerk Chicken Wings:** 6 split chicken wings, one tablespoon vegetable oil, 3 tablespoons of jerk seasoning on a sheet of foil. Form a packet and seal the sides. Grill foil pouch on high heat for 25 minutes, turning once. Top with lime and cilantro.
- **Quesadillas:** sprinkle shredded cheese of your choosing on one half of a flour tortilla, top with precooked chicken and cilantro and fold in half. Repeat to make more. Seal in individual foil pouches. Grill over medium heat for 5 minutes, turn once.
- **Paella:** Combine 2 cup uncooked Spanish rice mix, 1 ¼ cups chicken broth, 2 chicken thighs, 2 ounces chorizo, ¼ cup each pimento stuffed olives and roasted pepper strips, and ½ teaspoon smoked paprika in a disposable pie pan. Drizzle with olive oil, sprinkle with pepper, seal with foil, grill over high heat for 30 minutes.
- **Potatoes with Bacon:** Toss one pound of halved potatoes, one chopped bacon slice (or more if you'd like) and salt on a sheet of foil. Add two tablespoons water, grill over medium high heat for 20 minutes.
- **Roasted Broccoli:** Toss one head of broccoli florets, two sliced garlic cloves, one tablespoon olive oil, ¼ teaspoon red pepper flakes, and salt on a sheet of foil. Arrange in a single layer and form a packet. Grill over medium high heat for 10 minutes.
- **Toad in a hole:** place on halved bacon slice on a sheet of foil. Cut a whole in the center of a piece of Texas toast and place over bacon. Crack egg in to the hold and fold the foil to seal. Grill over medium heat for 8 minutes.
- **Breakfast Burritos:** ahead of time, in your kitchen at home: brown 1 package potatoes O'brien. Cook 1 pound of meat, your choice. Scramble 1 dozen eggs. cook onions and peppers in a skillet. Grate 1 pound of cheddar cheese, ½ pound of pepper jack cheese. Have 24 oz of green chili. 16 burrito tortillas. Allow all cooked ingredients to cool to room temperature. Add a potatoes, meat, eggs, onion, peppers, cheese mix, and green chili to tortilla. Wrap tortilla into burrito and wrap that with foil. Freeze. Place on grill for 10-15 minutes to warm up.

Never underestimate the power of easy to make foods. I always have a tub of protein powder and almond milk just in case I'm super busy seeing all the awesome art at Apogaea and do not want to stop to make a meal. If that's not your bag, I get it. While peanut butter and jelly is a complete protein, you may get pretty bored with eating the same sandwich the entire time you are at Apogaea. With a little bit of planning and some precooking, you can have fast, super healthy ready to go meals. Just pack in a water tight food storage container.

- **Cold Noodle Salad:** Cook udon or soba noodles according to directions, toss with sesame oil after done cooking. Make dressing: Three tablespoons tahini, one tablespoon soy sauce, two tablespoons of rice wine vinegar, two tablespoons of fresh ginger, one tablespoon of sesame oil, and salt and pepper to taste. Add ¼ cup vegetable oil. Toss with noodles, one diced red pepper, one cucumber, one cup cilantro, ¼ cup chives or scallions, and one tablespoon sesame seeds. Put in fridge at home until ready to go, then pack in your cooler to eat as a quick pick me up.
- **Cousecous with Clementines, chickpeas, Olives and dates:** at home, bring 2 cups broth to boil in a saucepan, mix one 10oz package couscous, 1 teaspoon salt, and olive oil in a medium bowl. Pour boiling broth over couscous mixture. Stir, cover with plastic wrap and let stand for 15 minute. Remove orange peel from three clementines, split into sections, grate orange part of peel onto sections. Boil a 10 oz can of chickpeas with their liquid in a saucepan. Reduce heat and simmer for 3 minutes. Drain chickpeas. Fluff couscous with fork, add chickpeas, 12 large green olives pitted and quartered, 6 medjool dates pitted and diced, and ¼ cup fresh mint leaves and stir to incorporate. Season to taste with salt and pepper.
- **Energy Balls:** Mix well: one cup peanut or almond butter, one cup honey, three cups rolled oats, 1/3 cup chia seeds, 1 cup mini chocolate chips or cacao nibs, one cup any combination of nuts, seeds, soft dried fruit. Refrigerate for 15 minutes. Roll mixture into balls then roll in sweetened shredded coconut. Refrigerate. YUM.

What kind of recipes do you have?