

LOS PADRES Wilderness Basics Course's FAVORITE BACKPACKING RECIPES

Eating is required. Cooking is not. However, if you are a foodie (or just really like decent food) it is part and parcel of the outdoor experience. Being someone who likes to cook meals, I was reminded that not all backpackers want to pack in frozen shrimp and prepped arugula. So we started a recipe bank donated by WBC staff that contain a bit of easy through involved, snack through dinner. Remember to repackage as much as you can before the trip in the smallest appropriate container, reuse empty containers (including zipper plastic bags – great for trash) and pack everything (including food waste) out. Enjoy! – Alisse Fisher, WBC Staff and Board Member

(Recipes in order of breakfast, snacks, lunch, and dinner.)

Scrambled Eggs in a Bag

WBC Staff Member: Marc Hertz "RoadKill"
"Cooking eggs in a bag means no clean-up."

Ingredients

- 2 eggs
- 1 tsp water
- Spices, salt and pepper to taste

Directions: Bring pot of water to boil. Crack eggs into a sandwich zip-lock or (preferably) glad bag. Season, add 1 tsp of water, and shake. Place bag into boiling water, occasionally squeezing or shaking bag till eggs are cooked. When finished, remember to pack out egg shells!

Nutella Walnuts English Muffin

WBC Staff Member: Jean-Paul Tummier

"This snack fills you up with energy, but it is also something you can have for a snack."

Ingredients

- English Muffins
- Nutella
- Chopped Walnuts

Directions: Set up your stove and heat the pan. Cut the English muffins open and toast them first on the outside and then on the inside (so the Nutella can melt when you spread it on the inside of the muffin). Spread the Nutella on each muffin once they are toasted and sprinkle with chopped walnuts. Eat and enjoy with some earl gray tea or your favorite camp coffee!

Peanut Butter Bars

WBC Staff Member: Condor John Hankins' wife Suz Montgomery

Ingredients:

- 1 ½ cups (approx. 32) pitted dates, soaked in warm water for ten minutes
- ½ cup creamy peanut butter
- ½ cup rolled oats (I prefer steel cut)

Directions: In a food processor, pulse dates into small bits and clump into a ball. Add peanut butter and oats in the work bowl until all is incorporated. Transfer onto a parchment or wax paper lined pan and press down (if preferred roll into small balls). Cut into bite sized pieces. Place in freezer to set up. Bars may be frozen.

Turkey Hummus Wraps

WBC Staff Member: Kelly Bourque

“These are light on the trail and perfect for someone who doesn’t like smushed sandwiches!”

Ingredients:

- Your portion of turkey sandwich meat
- 2 tbsp Hummus
- 1 Tortilla
- Food Tube or bottle for hummus (find on Amazon or backpacking shops, or any container)

Directions: At home, spoon humus into food tube or designated small container. On trail, spread hummus onto tortilla. Place turkey meat onto center of hummus-covered tortilla. Roll together and you have a convenient, three ingredient lunch wrap. Add pickles or other fixings if you prefer.

Healthy Backpacking Dinner

WBC Staff Member: Teresa Norris

“My husband and I ate this dinner for 10 days on the PCT.”

Ingredients:

- Knorr or similar Pasta/Rice Sides (4.3 oz. package, does not require milk)
- Envelope of chicken or salmon
- Freeze dried vegetables (green beans, peas, etc.)
- Olive Oil (small bottle)
- Seasonings

Directions: Bring the water amount listed on the package to boil. While heating, add 1 tablespoon of olive oil, the chicken or salmon, ½-1 cup of vegetables, and seasoning. Add pasta or rice and cook according to package directions.

Smoked Salmon with Roasted Peppers and Grilled Artichoke Hearts in Alfredo Sauce over Capellini

WBC Staff Member: Alisse Fisher

“I go for flavor and carbs when backpack cooking.”

Ingredients: *Quantity depends on number to be fed*

- Envelope of Smoked Salmon
- Roasted Peppers
- Grilled Artichoke
- Alfredo Sauce (repackaged into a leak proof, light weight container)
- Capellini
- *Optional: Prepped greens, arugula, pine nuts*

Directions: Repackaging the ingredients and place them snugly wrapped in a pre-wet and frozen bandana, in a zipper plastic bag in the center of your pack where they are safe from spoiling for the first night out. While heating water to cook Capellini, place 2nd pan on top and begin heating Alfredo sauce. Keep the sauce over the pasta pan while the pasta cooks directly on the flame. Drain the pasta. Then add smoked salmon and pre-cut, bite size chunks of roasted peppers and grilled artichoke hearts (easier if both in same zipper bag).

WBC Staff Member: Marc Hertz "RoadKill"

Ingredients:

- Angel Hair Pasta (cooks fastest, remember it takes twice as long to cook pasta at 5,000 ft elevation)
- Half-food tube of Marinara (1 cup)
- Water

Directions: Boil water. Place pasta in boiling water. Once pasta is cooked, remove to bowl and add sauce.

Group Garbage Bag Salad

WBC Staff Member: Marc Hertz "RoadKill"

Ingredients:

- Each person signs up to bring one ingredient appropriate for a salad (including dressing)

Directions: Place all ingredients into a garbage bag. Tie off, gently toss. Salad is ready to go!

Group Mexican Dinner

WBC Staff Member: Marc Hertz "RoadKill"

Ingredients:

Each person signs up to bring one ingredient below:

- Tortillas (8" fits perfectly in bear container)
- Fantastic Foods vegan hamburger meat (available at Trader Joes, Gelson's)
- Salsa
- Shredded lettuce or cabbage
- Tomatoes
- Avocado
- Shredded cheese
- Hot Sauce (try different Mexican take out places for small packets)
- Oil (Subway has packets of olive oil)

Directions: Heat oil in frying pan. Heat tortillas and vegan meat in pan. Set out ingredients for those to partake as interested.

Compiled by Los Padres WBC staff member Kelly Bourque