

4-H OUTDOOR COOKING



Marybeth Mitcham, Wendy Wolfe, Moira Tidball, John Bowe, and Keith Tidball

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This guide is meant to provide 4-H members and their instructors with the necessary information and guidance with which they can then lead youth in developing proficiency in outdoor cooking.

-MB (Marybeth) Mitcham

Authors

Marybeth Mitcham, MPH

Resource Educator, Cornell Cooperative Extension of Warren County

Wendy S. Wolfe, PhD.

Division of Nutritional Sciences, Cornell University

Moira Tidball

Nutrition Issue leader
Seneca County Cooperative Extension

John Bowe

4-H and Family Living Team Coordinator
Warren County Cooperative Extension

Keith Tidball, PhD.

Associate Department Extension Leader
Senior Extension Associate
Dept. of Natural Resources, Cornell University

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OUTDOOR COOKING

Introduction

Why cook outside? For starters, outdoor cooking is as old as mankind. The first efforts at cooking food were not done in any indoor ovens, but instead in and over fires that were built in the great outdoors. In our modern era of immediate satisfaction, numerous appliances and other machines have made tedious tasks easier. It unfortunately has also resulted in a loss of basic traditional skills, such as that of cooking directly over a fire.

The slogan of 4-H is, “learn by doing.” In keeping with that motto, 4-H youth learn many important, practical skills through hands-on implementation of those skills. This guide is meant to provide 4-H members and their instructors with the necessary information and guidance with which they can then lead youth in developing their skill in outdoor cooking.

The skills they will learn are as follows:

1. Fire Safety
2. Leave No Trace
3. Choosing a Site
4. Collecting Fuel
5. Camp Kitchen Setup
6. Camp Food Preparation
7. Starting a Fire
8. Cooking Techniques:
 - Cooking Directly Over a Fire
 - Cooking With Coals
 - Dutch Oven Cooking
 - Using Grills, Camp Stoves, and Alternative Heat Sources

The guide also contains field-tested recipes that are not only delicious, but are healthy, too. Since some of our 4-H'ers are vegetarians or vegans, or consume gluten-free diets, recipes that meet those characteristics are included.

It is our hope that you find this guide to be both instructive and practical. Please feel free to send us feedback on the different recipes, and also to share some of your favorite recipes.

Happy cooking!

Safety and Leave No Trace Principles

Always be Safe

Although spending time outdoors is great fun, extra care must be taken to ensure safety of all participants. Here are some quick tips to help you remain safe when you plan an outdoor cooking expedition:

- Always pack a first-aid kit, containing items such as bandages, antibacterial ointment, Benadryl, pain relievers (such as acetaminophen), and alcohol wipes, AND have someone with you who knows how to use it.
- Practice common sense and caution when using knives and axes, starting and maintaining a fire, and exploring the outdoors.
- Keep a 100% wool blanket and bucket of water near the fire to smother or douse the flames.
- Avoid fleece and other polyester clothing that are highly flammable and can melt to your skin if caught on fire.
- Use caution when handling hot cooking implements and food.
- Pack hand sanitizer and/or sanitizing wipes.
- Always keep watch over a burning fire and always completely douse the fire when done.
- Never leave your garbage out, including food scraps or trash. This will keep unwanted scavenging visitors from making an appearance!

Leave No Trace

When you enjoy all the outdoors has to offer, make sure that you follow the seven principles of Leave No Trace so what you are enjoying will remain pristine and available to other explorers for generations to come!

1. **Plan Ahead and Prepare** - Make sure you have proper equipment, food, and supplies. Choose a site that will accommodate everyone in your party, not too close to the trailhead or parking lot and not too far either. Also, ensure you know where you are going so you lessen your impact on hiking surfaces!
2. **Travel and Camp on Durable Surfaces** - Camp at least 200 feet away from water sources and hike on established trails (even when muddy!).
3. **Dispose of Waste Properly** - Pack all of your waste and bring it back with you! Even if something is biodegradable (like banana peels), it should not be left. If you need to “do your business” in the woods, then make sure you do so at least 200 feet from water sources, dig a cat hole, and bury the evidence. Pack toilet paper and other sanitary items and bring them back with you.
4. **Leave What You Find** - Leave No Trace means just that – take only pictures and leave only footprints (hopefully left only along designated paths!).

5. **Minimize Campfire Impacts** - If a fire pit already exists, use that. Only use fuel that is “dead and down” (no cutting trees down or pulling bark off trees). This notion is completely different from the original Outdoor Cookery by Gertrude Armbruster and Fred Winch, Jr. from 1960, which instructed readers to, “Remove [bark] from tree by pulling it off with the fingers.” When you are done with the fire, make sure you put it completely out (no live coals left) and scatter the ashes.

6. **Respect Wildlife** - Do not feed, handle, or disturb wildlife – no matter how cute they might be! This does two things, prevents the wildlife from becoming accustomed to people and prevents you from being injured or contracting germs from the animals themselves.

7. **Be Considerate of Other Visitors** - Show courtesy by yielding the trail to others who might want to pass you, keep your volume down so everyone can enjoy the sounds of nature, and be sure to be off the trail when you take a break or camp.

Ultimately, if you follow the seven principles of leave no trace, you will not only be able to enjoy the great outdoors, but allow others – visitors and inhabitants of the outdoors alike – to enjoy the bounty of nature for years to come.

***For more information on Leave No Trace, visit www.Int.org

Site Selection and Preparation

Choosing a Cooking Site

A good outdoor cooking site should have the following characteristics:

Environmentally Conscious – All outdoor cooking sites must be kept a minimum of 200 feet from any body of fresh water in order to prevent contamination. Additionally, sites that contain any fragile plant life should be avoided in order to protect that plant life.

Accessibility – Make sure the cooking site can be reached somewhat easily, as you will be carrying food, water, fuel, and cooking implements to the site.

Good drainage – An outdoor cooking location should be as free as possible from mud and standing water. This will prevent you and any members of your group from possibly contaminating the food. Another bonus of a dry outdoor cooking site is a reduced potential of running into pesky mosquitoes!

Water Supply – Clean water for cooking, washing, and putting a fire completely out when done is an absolute necessity when cooking outdoors. If you are not bringing your own water with you, make sure your outdoor cooking site has adequate access to clean water sources such as a stream, pond, or lake. If you use natural sources of water, be sure to follow the water purification guidelines discussed later in this guide.

Firewood – A good supply of fuel is necessary when cooking outdoors, as cooking requires more wood than a basic campfire does. Make sure you have a good supply of tinder, kindling, and fuel wood (see below). This will ensure you have enough for your initial fire and sufficient materials for a second fire if your first one dies out. If at all possible, make sure to look for an area that may have conifers and deciduous trees that are dead and down, as that will make your job in starting and then maintaining your fire that much easier!

Permission – While most day-use public access facilities do not require access permits, some have limited access times. Be aware of any permissions and time/use limitations and follow the rules to assure you can return in the future.

Avoid hazards – Avoid areas where you know caustic plants such as poison ivy or poison oak grow, where there are nests of bees, wasps, or hornets, or where steep cliffs are near. Also, make sure to check with the fire hazard designation in the area you are going, as there may be certain times when you are not allowed to have an open fire.

Prepare the Site

It is not only irresponsible, but downright dangerous to build a fire without ensuring the fire will not spread outside of determined boundaries. If a pre-established fire ring or free-standing grill are not available, then clear a space of about 3 feet in diameter from any pine needles, leaves, humus, or other flammable materials. While your fire will likely not be this large, ensuring that the immediate surrounding area is cleared will help to prevent an uncontrolled fire. If at all possible, also ensure that water is readily available so that the fire can be doused. Remove stones and rocks from prepared fire area, as they can potentially explode when heated. Also ensure your fire is located well away from any trees or overhang, so the heat and flames will not cause the trees damage.

Fires and Fuels

Fire Building

The art of fire building and starting is one that is not only helpful to master for outdoor cooking, but that can also potentially be lifesaving. There are three components to any fire: fuel, oxygen, and the spark that initially ignites the fire. If any one of these three is not present, the fire will not be either!

Another thing to keep in mind when planning for building a fire is to only purchase firewood within 50 miles of your campsite or outdoor cooking site in order to prevent transportation of harmful invasive insects.

Fire Starting Implements

While matches are a fantastic tool, flint-and-steel strikers are preferred by many. These handy tools are small, lightweight, and provide a spark regardless of the wetness of the conditions. If you want to carry matches, make sure to enclose them in a waterproof container. While the inability to start a fire could be a minor inconvenience in some conditions, it also could be the difference between life and death. Why take the chance?

Selection of Wood Fuels

Success in outdoor cooking depends heavily on the fuel that is used. While using the right fuel will make your cooking job easier, less optimal fuel can complicate the cooking process. As such, make sure to learn to recognize the trees that provide the best fuelwood before cooking outdoors. A knowledgeable outdoorsperson can help you identify these trees, or you can also learn to identify them using identification guides, such as ***Peterson's Field Guides*** or 4-H publications, such as ***Know Your Trees*** (4-H Bulletin J85).

Three kinds of fuel are needed for a successful campfire:

Tinder is the fuel that burns easily with a hot flame and takes the flame from the match, enlarging it so that the flame wood or kindling catches and burns.

The best tinder is not only dry, but has flammable oils. As such, bark from a downed white birch tree is optimal. Small, dry pine twigs also provide fantastic sources of tinder, as do other small, dry twigs. Some people prefer to bring dryer lint from home, always carrying it in their packs, while others carry a cotton ball smeared with a little petroleum jelly.

It is important to remember to always gather sufficient tinder and fuel prior to building the fire. There is nothing worse than having nursed a fire to life, only to have it die out when you are going to find more fuel!

Remember to only collect tinder and fuel from downed trees and branches and not from live trees. This ties into the Leave No Trace principles already covered in this guide.

Tinder may be:

1. **Bark of yellow or white birch.** This is excellent. Remove from a tree that is dead and down by pulling it off with the fingers. Note that you should only remove or cut into the tree for emergency survival, because this will permanently scar the tree, possibly killing it in the process.
2. **Very fine twigs of pine, hemlock, or laurel.** These contain resin and oils which burn easily and are usually dry because they are covered by the crown of the tree.
3. **The fine heads of last year's flowers of goldenrod, Queen Anne's Lace, or other woody weeds.** These are very good because they dry quickly when wet.
4. **Bark of red or white cedar.** These are fair tinder when dry.
5. **Bark of grape vines.** Use as your last choice.

Kindling or flame wood is essential to take the flame from the tinder, to quickly create heat and light in large quantities, and to ignite the longer-burning firewood. Kindling should be relatively small pieces of fine, dry wood without bark, usually found up off the ground or hanging from trees, or can be split pieces of larger dry wood. Any kind of wood will do, but the best options include:

1. **Conifers** – resinous, fine wood.
2. **Laurel** – small wood containing oils.
3. **Poplar** – dry, light wood, usually plentiful.
4. **Chestnut** – dead wood found in dry ridges.

Firewood is the heart of the outdoor cooking fire. In order for your fire to burn well, always use dry wood. For most outdoor cooking, long-lasting coals are needed. Choose your wood carefully, as the best coals come from the heaviest, hard woods. Dry, seasoned wood without bark is best. It will be found in trees that are dead and down on the ground.

Wood of a variety of sizes should be gathered, including smaller wood for tinder and larger chunks of wood that will allow the fire to burn for prolonged periods of time. Also remember the burning qualities of different woods. Soft woods like pine will often ignite quickly, but will spark and burn hot and quickly, while hard woods like oak or maple will take a little longer to ignite, burning much longer, providing a more steady heat that will last longer. Both tree limbs and hanging dead branches provide excellent sources of firewood fuel. Excellent woods are: beech, birch, maple, white oak, hickory, cherry, and black locust.

If you cannot find dead, dry wood of these species, then green (undried) ash, beech, and ironwood will work well if you mix in enough kindling.

Fire Structures

Teepee Fire Lay



One of the more traditional fire structures is the teepee fire lay. For optimal combustion, construct the teepee with a small vertical opening located on the side facing the wind, and a bundle of small tinder placed on the direct opposite side. When the teepee is lit from this opening, the airflow will enable the sparks to catch. The teepee is to be constructed of a bed of twigs (tinder), with slightly larger twigs or sticks surrounding the tinder in the form of a teepee (kindling). The spacing between the upright twigs or sticks allows for continued airflow, something that is necessary for continued combustion. Once the entire teepee has caught fire, slightly larger sticks can continue to be placed on the fire in the same teepee configuration. This pattern can continue with increasingly larger sticks,

allowing the fire to be maintained.

Log Cabin Fire Lay

Another traditional fire structure is the log cabin fire lay. This structure starts with the teepee fire lay, but then is surrounded on three sides by larger pieces of firewood, laid out in a log cabin wall style, with overlapping 90 degree corners. This stable setup allows for longer burn time, as the fire is protected from the wind, and the larger pieces of wood that form the log cabin surround are readily available kindling that can be added to the fire. Another benefit of this structure is the even heat that is produced, enabling efficient cooking of food.



Camp Kitchen Setup

Regardless of whether a camp kitchen is located at a pre-established camping facility or a wilderness location, the same basic principles must be followed to ensure food safety and protection of the environment. Check with local camping regulations to determine whether use of a bear-proof canister is mandatory. Even if it is not, fully enclosing all food items in a sturdy container and removing them from the campsite (either being hoisted in a tree or stored in a vehicle) will reduce the likelihood of curious scavengers rifling through the camper's food.

When cooking outdoors, it is even more important to ensure food safety. Always make sure that you wash your hands, use hand sanitizer or sanitary wipes before handling any food. All perishable food items must be kept at proper temperatures (cool foods kept cool and warm foods kept warm), and discarded if spoiled. Meat should be cooked thoroughly to an internal temperature of 145 degrees Fahrenheit and food should always be covered so that it does not attract unwanted insects or become otherwise contaminated.

The area used for food preparation should be as clean as possible, preventing food contamination from occurring. A pre-established cleanup area should be readied prior to the start of cooking, complete with a place for washing cookware.

Prepare food quickly and efficiently, keeping all pests away. Cook all food items thoroughly, using safe practices when removing hot food or cookware from heat sources and placing them on heat-safe surfaces. As soon as food is done (or even before it is done, if there is a spot available), water should be heated for cleaning cookware. After eating, any perishable food should either be immediately consumed, discarded, or repackaged and put into a cooler. Nonperishable food should be packaged and placed back into a pest-free container. Cookware should be thoroughly washed with hot water, using eco-safe soap if at all possible. Used dishwater should be discarded away from the cook site and far away from any freshwater source. All disposable paper products can be burned in the fire (if a fire is being used) and all refuse should be picked up and put in a garbage container. Remember that you should leave any site in better condition than you originally found it!

Pre-Trip Food and Cookware Preparation

Before heading into the outdoors, doing some advance food preparation will save the outdoor cook a lot of time and frustration. Repackaging food into smaller containers, segregated for each meal, will allow for faster food preparation time and will also assist the outdoor cook in a more seamless cooking experience. Repackaging also allows for easier transportation of items that might be heavy and bulky otherwise.

One very beneficial pre-trip preparation is preparing some wet foods, such as lentil stew, fruits, or vegetables for more efficient storage and transportation by dehydrating them ahead of time. Dehydrated foods can be easily stored and carried on long trips and, as long as they are kept airtight, will not spoil as quickly as their fresh counterparts. Dehydrated vegetables can be easily incorporated into a variety of soups, stews, and other dishes, providing outdoor-goers with vital micronutrients. Dehydrated fruits can be stirred into hot cereals for a delicious treat or eaten by the handful for a quick snack. Meals such as lentil stew can be made and seasoned ahead of time and then dehydrated, allowing for an almost-instant, easy meal.

Another helpful pre-trip trick is to create mixes out of dry ingredients. By preparing pancake, biscuit, seasoned rice, or pasta mixes ahead of time, cooking can be as simple as boiling water and dumping a pre-made mix. Although some pre-made mixes can be purchased at a grocery store, making your own from scratch is easy, more cost-effective, and, best of all, you can tailor your food to your own dietary and seasoning preferences.

Fresh foods should be stored in coolers with adequate quantities of either ice or cooler packs, segregated from each other by leak-proof bags. That will prevent cross-contamination and keep food tasting its best. When on the trip, all fresh food should be checked regularly for spoilage.

All cooking implements should also be checked for functionality and storability prior to camping trips. After all, replacing faulty items is not exactly feasible when in a wilderness area! Check for loose handles or cracked bottoms on pots and pans, and rust spots on cutlery. Ensure adequate serving and eating utensils are available, so the food prepared outdoors can be safely eaten, without risk of burning the eater.

Prevent food-borne illness! Fresh produce should be thoroughly cleaned ahead of time, as potable water might not be readily available when cooking. Separate cutting boards should be available for meat, poultry, and fruits and vegetables, so that cross-contamination will be prevented. Also, ensuring antibacterial wipes are packed along with the supplies will assist in preventing pathogenic bacterial overgrowth on food preparation and cooking implements.

Fresh water is imperative. If you are unsure of the potability of your water source, then make sure you bring iodine tablets or a water filtration system. If you do not have those available, always make sure to bring your water to a rolling boil and then keep it at that temperature for at least 1 minute at elevations lower than 5,000 feet so any harmful microorganisms can be neutralized. As always, make sure to use common sense. If your water source looks or smells questionable, don't drink it!

Outdoor Cooking Techniques

Cooking Directly Over a Fire



When cooking directly over a fire, the food being cooked is suspended, usually in some sort of large pot. This allows for the food to cook fairly quickly, but also allows the cook some leeway for cooking time and temperatures, as the varied proximity of the food to the fire will determine the speed at which the foods cook. This method is also useful for boiling water, as the hotter temperatures will enable the water to more quickly reach a rolling boil.

To cook directly over a fire, you will want to ensure that your suspension setup is put into place prior to starting the fire. This will prevent unnecessary burns or discomfort as the result of attempting to modify the setup while the fire is hot and

will also allow you to tailor the fire itself to ensure optimal cooking. A tripod setup is particularly effective and easy to put into place. The three legs of the tripod, placed along the perimeter of the fire, provide stability for the centrally located pot that can be suspended over the flames. Another setup is that of side posts and a crossbar, along which hooks can be hung, suspending food over the flames. This setup is a little more elaborate than the tripod and will require pounding the side posts into the ground so the structure stays upright. One benefit of this design is the ability to modify it into a spit, so larger portions of food can be slowly and evenly roasted.

Cooking With Coals

If you want to be a successful outdoor cook, cooking over coals is the way to go! While cooking directly over the flames of a fire can fill your eyes with smoke and your food with ashes, cooking over coals provides a uniform cooking experience, one that will take longer, but will produce more evenly cooked foods. To cook over coals, wait around 30 minutes or until coals have burned to a gray color shot with a ruddy glow.

Food can be cooked in or directly over coals in many ways. The food can be suspended over the coals, using a tripod or side posts and crossbar to provide support. A basket or long skewer can also be held over coals to cook hot dogs, veggie kabobs, fish, and many more foods. Grills or griddles that are placed directly on the coals can provide a flat cooking surface (an excellent method for cooking burgers, pancakes, eggs, or grilled cheese!). Another coal-cooking method is to wrap the food in foil or clay and then place those items directly into the coal bed (an excellent way to cook small fowl or potatoes) – see recipes.



Dutch Oven Cooking



Cast iron Dutch ovens are a fantastic outdoor cooking tool that enable the cook to not only slowly simmer stews, soups, and casseroles, but to be able to bake breads, rolls, and desserts at a campsite. They can be found with feet (the ideal setup for a campsite) or without feet.

Dutch ovens can either use charcoal briquettes or coals from the fire. Before using a Dutch oven, make sure you have tongs and a poker handy so you can place coals on the lid of the oven if you desire and so you can safely lift the lid.

The type of cooking will determine how the Dutch oven is used. For sautéing or cooking something like a soup or quick stew, the Dutch oven can be placed directly on coals. If longer cooking time is required, such as for a roast, whole fowl, or some stews, then the Dutch oven should have coals underneath its bottom as well as placed, distributed evenly, on top of its lid. If the Dutch oven will be used for baking, then the oven should be placed on coals, with a ring of additional coals placed around the perimeter of the lid, and a few extra coals placed evenly on the center of the lid.

Dutch ovens can also be suspended over open flames or coal beds, making this tool extremely versatile!

Using Grills, Camp Stoves and Alternative Heat Sources

Traditional wood-based fires are not the only sources of heat for outdoor cooking. Many outdoor eating sites contain cast iron grills that can be used by anyone. This option requires the use of charcoal briquettes, which provide a slow and steady heat. If this style of cooking is used, lighter fluid might be helpful in facilitating an easier lighting experience. Grills can be used to cook a variety of food, including meats, vegetables, pizza, and more, lending a lovely smoky flavor to any food cooked on its surface.

When using charcoal grills, make sure to thoroughly clean, prior to use, any surfaces that will come into direct contact with the food. Also, as charcoal cooks at a much slower rate than other fuel sources, make sure your food is thoroughly cooked before eating it!

Camp stoves and microburners are other useful tools that can be used by the outdoor cook. These stoves, fueled either by liquid-fuel (propane, butane, white gas) or alternative-fuel sources (wood, solar), can be large enough to provide food for an entire group of people, or solo-size, providing a cooking source for just one person. As each stove is unique in its design and use, make sure to thoroughly read the instruction manual prior to using the stove. Also, keep in mind potential limitations of these styles of cooking equipment. Larger camping stoves and propane burners function similarly to a kitchen range top and can cook large quantities of food, but they can be heavy to carry. Smaller, backpacking-type stoves are very lightweight, but usually limited to only heating liquids or rehydrating dried foods. As such, if you are going to be using an ultralight stove, make sure you pack food items that can successfully be cooked with that type of heat source.

If you decide to cook with a large propane burner, a fun piece of outdoor cooking equipment is a plow disc cooker, also known as a “cowboy wok,” “disco,” or “discada.” This type of cooking became

popular in the southwest region of North America and was literally made from agriculture plow discs. They cook similarly to cast iron, are somewhat heavy to transport, but can feed large crowds outside.

Other outdoor cooking equipment that uses a propane burner are turkey fryers, which can be used to cook more than just turkey. Cooking in large quantities of oil can be dangerous for skin burns and fires, so caution should be used with this type of equipment. Deep frying in oil also adds extra calories to the recipe. For these reasons there are now oil free turkey fryers that have become an option for this type of outdoor cooking.

Outdoor Cooking and Nutrition

Spending time outdoors is good for your health. In the spirit of healthfulness, all the recipes in this booklet not only taste delicious, but most include vegetables, fruits, and/or other healthy ingredients. The recipes chosen use whole foods that are minimally processed and include healthier versions of traditional campfire recipes. The healthfulness of many of the recipes are illustrated by the accompanying Nutrition Facts Labels, which were generated for each recipe using Food Processor® Nutrition Analysis software (version 11.6, ESHA Research, 2018). Each label shows the nutritional profile for a typical serving of the recipe. Serving sizes are indicated, as are specific ingredients used in the analysis. Nutrition Facts Labels assist consumers in maintaining healthy dietary practices.

Outdoor Cooking Recipes

The recipes included in this guide are just a fraction of the amazing foods that can be cooked outdoors. Please use these recipes as a guide, and feel free to substitute, alter, or change any of the recipes. Just remember to use proper food safety skills, ensure that all meats and animal products are thoroughly cooked, and that all prepared food is either consumed or disposed of properly after cooking. And, most importantly, have fun!

As more and more people are embracing a plant-based diet, please note that some traditional recipes in this guide that use meat or dairy products can be adjusted for vegetarians or vegans by substituting plant-based meat or dairy substitutes for the traditional products that are called for in the recipes. Additionally, gluten-free cake and muffin mixes can be substituted for the traditional mixes called for in the recipe. Designations for recipes that do not require any alterations for vegans, vegetarians, or followers of a gluten-free diet are noted on each recipe. Please do note that all prepackaged food items should be checked for allergens and inclusion of materials that can potentially incorporate unwanted dietary aspects. All chefs are responsible for the safety and adherence to their own group's dietary needs!

In order to accommodate special diets, the following designations are used:

V – Recipes are vegan

Veg – Recipes are vegetarian

GF – Recipes are gluten-free

Baked Potatoes

V, Veg, GF



Although very simple, potatoes cooked over coals are incredibly delicious, especially when served with a little cracked black pepper and sea salt!

Ingredients

- Potatoes, scrubbed

Instructions

1. Pierce potatoes many times with fork, wrap in foil, and place on grill over coals, or directly on coals. Cook for 30-60 minutes, or until fully cooked.

Nutrition Facts

1 servings per container
Serving size 1 Potato (299g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 63g	23%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 3mg	15%
Potassium 1600mg	35%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

6% calories from fat
Nutrition facts using large baked potato

Baked Salmon (or Trout) and Asparagus in Foil

GF

Although nothing beats fresh asparagus, broccoli or leeks can easily be substituted for equally delicious results!

Ingredients

- 4 (6 oz.) skinless salmon fillets or fresh trout
- 1 lb. asparagus, ends trimmed off
- 1 Tbsp. olive oil
- 2 cloves garlic, minced (or 2-3 teaspoons minced garlic)
- Salt and freshly ground black pepper
- 1 lemon thinly sliced
- Fresh dill sprigs, or chopped fresh thyme, rosemary or parsley (dried can be used if fresh is not available)



Nutrition Facts

4 servings per container
Serving size 1 fillet (295g)

Amount per serving
Calories 410

	% Daily Value*
Total Fat 27g	35%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 260mg	11%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 19mcg	100%
Calcium 45mg	4%
Iron 2mg	10%
Potassium 872mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

59% calories from fat
Nutrition facts using Atlantic farmed salmon, 1/4 tsp. salt for whole recipe, and no herbs

Instructions

1. Use 2 pieces of heavy-duty foil to create the surrounding material for the packet. Divide asparagus into 4 equal portions and layer in center of each length of foil. Divide half of garlic evenly on asparagus (reserve other half of garlic), then drizzle oil over asparagus, and sprinkle with salt and pepper. Place salmon on asparagus, and drizzle top of each salmon fillet with oil, garlic, and salt and pepper. Top each with herbs. Wrap sides of foil inward over salmon then fold in top and bottom of foil to enclose.

2. Place the packet directly onto your campfire and cook for between 15-30 minutes, or until the salmon is flaky.

Campfire Apple Crisp

Veg

My mom makes the best apple crisp, but this recipe is a good substitute for when she is not around!

Ingredients

- 1/2 c. old-fashioned oats
- 6 Tbsp. whole-wheat flour
- 1/4 c. packed brown sugar
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 2 Tbsp. butter or vegan butter substitute
- 3 apples
- lemon juice (optional)
- oil spray (or additional butter)



Instructions

1. Combine oats, flour, sugar, cinnamon, and nutmeg. Cut in butter until mixture is crumbly (this can be done at home and brought to outdoor cooking site in container). Core and slice apples in uniformly thin slices. If desired, toss apple slices with a little lemon juice. Cut two squares of foil (about a foot each), and place one on top of the other. Lightly spritz top sheet with oil spray (or butter), then place apple slices on foil, and top with crumble mixture. Tightly fold up foil packet.
2. Place packet on grill top, and cook for about 15 minutes, or until apples are tender.

Nutrition Facts	
4 servings per container	
Serving size	1/4 of Recipe (179g)
Amount per serving	
Calories	250
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 50mg	2%
Total Carbohydrate 48g	17%
Dietary Fiber 6g	21%
Total Sugars 28g	
Includes 13g Added Sugars	26%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 246mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
25% calories from fat Nutrition facts using rolled oats, whole wheat flour, salted butter, medium apples, no lemon juice or oil spray	

Campfire Apple Pie French Toast Rolls

Veg

An easy twist on an old favorite, this recipe uses pre-made apple pie filling. Feel free to switch out the apples for canned peaches or pears for an equally delicious result.

Ingredients

- 12 slices soft whole-wheat sandwich bread
- 1 can of apple pie filling
- 2 eggs



- 3 Tbsp. low-fat (1%) milk
- 1 c. low-fat (1%) milk
- dash of vanilla
- 1/2 c. granulated sugar
- 2 tsp. ground cinnamon
- 1/2 stick (1/4 c.) of butter for the frying pan

Nutrition Facts

12 servings per container
Serving size 1 Slice of Bread (150g)

Amount per serving
Calories 210

% Daily Value*

Total Fat 8g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 210mg 9%

Total Carbohydrate 33g 12%

Dietary Fiber 0g 0%

Total Sugars 18g

Includes 8g Added Sugars 16%

Protein 7g

Vitamin D 0mcg 0%

Calcium 133mg 10%

Iron 1mg 6%

Potassium 188mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

26% calories from fat
Nutrition facts using 15 oz. of a 21 oz. can of apple pie filling, 2 large eggs, 1% milk, 1/4 cup salted butter for frying

Instructions

1. Remove the crust from the bread, and flatten out each piece of bread.
2. Spread some apple pie filling onto the bread, as much as you can fit in, then roll the bread up tightly and place seam side down.
3. Whisk the eggs, milk and vanilla together in a shallow bowl or small pan.
4. Combine the sugar with the cinnamon on a small plate.
5. Place skillet on fire, and melt butter thoroughly.
6. Take each roll and dip into the egg mixture, coating completely, and placing them in the pan, seam side down.
7. Cook until golden brown, making sure to turn them so they brown on all sides.
8. Remove the fully cooked rolls from the frying pan and place immediately into the cinnamon sugar and roll until completely covered in sugar.

*Recipe adapted from The Kitchen Magpie

Recipe Yields 12 Servings

Campfire Barbecued Chicken and Veggies

There is nothing more traditional than barbeque in the summer, but you could do this just about any time of the year. This meal is so good all your friends will be clucking about it.

Ingredients

- 8 aluminum foil sheets large enough to wrap around one chicken breast
- 4 boneless, skinless chicken breasts
- 1/2 c. barbecue sauce
- 1 small zucchini, sliced into thin rounds
- 1 small summer squash, sliced into thin rounds
- 1 red, green, or yellow bell pepper, cut into thin strips
- Salt and ground pepper, to taste

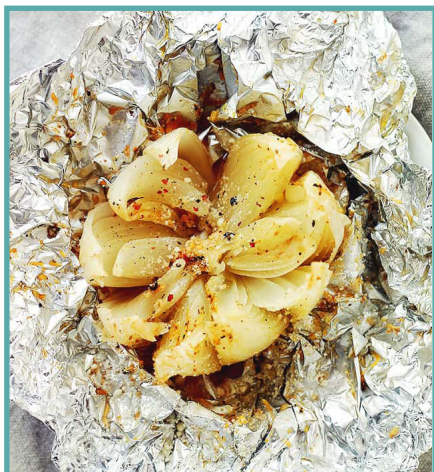


Instructions

1. For each foil pack, prepare two sheets of aluminum foil; place the sheets one on top of the other for durability.
2. Place one chicken breast on each stacked pair of foil sheets; season with salt and fresh ground pepper, and brush each chicken breast with barbecue sauce.
3. Divide equally and arrange vegetables around each chicken breast; season with salt and pepper.
4. Fold the sides of the foil over the chicken, covering completely; seal the packets closed.
5. Transfer foil packets to the grill or coals, and cook for around 20 minutes, or until done, turning once (note: chicken is done when a meat thermometer reads 165 F).

Nutrition Facts	
4 servings per container	
Serving size	1 Foil Packet (252g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 430mg	19%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 616mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
15% calories from fat	
Nutrition facts using 5 oz (medium) zucchini, 1 1/4 cup green bell pepper, 1/8 tsp. salt, 1/4 tsp. pepper	

*Recipe adapted from Diethood



Campfire Blooming Onions

Veg, GF

Blooming onions are a traditional fair food, but you can also make them over a campfire! For a lower-fat version, feel free to leave the cheese out, and just use sauce!

Ingredients

- 1 large white onion
- 1 1/2 tsp. oil
- Ground pepper, to taste
- 1 Tbsp. shredded part skim mozzarella cheese
- 1 Tbsp. shredded reduced-fat mild cheddar cheese
- 2 Tbsp. of your choice of steak sauce, hot sauce, soy sauce, etc...

Instructions

1. Cut onion into 6 to 8 wedges, stopping 1/2-inch short of the bottom. Do not cut through to the bottom, leaving bottom intact.
2. Cut out a piece of aluminum foil.
3. Place onion on foil and slowly open up the onion a bit, pulling the wedges apart.
4. Drizzle onion with oil.
5. Season with pepper.
6. Add cheeses in the open center of the onion.
7. Drizzle the entire onion with sauce of your choice.
8. Wrap it up tightly and grill for 30 to 35 minutes, or until onion is tender.
9. Remove from grill and slowly open up the foil.
10. Serve immediately.

*Recipe adapted from Diethood

Nutrition Facts	
1 servings per container	
Serving size	1 Onion (203g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 650mg	28%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 1mg	6%
Potassium 336mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
47% calories from fat	
Nutrition facts using low-moisture part-skim shredded mozzarella, reduced-fat shredded mild cheddar, 1/8th tsp. pepper, no salt added since steak sauce	

Campfire Breakfast Burritos

This comfort food breakfast is a fantastic option for an outdoor breakfast, or for a richly delicious dinner!

Ingredients

- 1 tsp. oil
- 1 c. frozen (or thawed) hash browns
- 8 oz. cooked ham, diced
- 12 eggs
- 1 Tbsp. taco seasoning
- 1 c. salsa
- 2 c. (8 oz.) reduced-fat shredded cheddar cheese
- 8 (12-in.) whole wheat flour tortillas



Nutrition Facts	
8 servings per container	
Serving size	1 Burrito (295g)
Amount per serving	
Calories	550
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 310mg	103%
Sodium 1660mg	72%
Total Carbohydrate 59g	21%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 2mcg	10%
Calcium 560mg	45%
Iron 4mg	20%
Potassium 293mg	6%

34% calories from fat
Nutrition facts using reduced-fat shredded cheddar, canola oil, large eggs, whole wheat tortillas

Instructions

1. Heat the oil in a large skillet. Add the hash browns and ham. Cook, stirring occasionally, until the hash browns and ham have both browned, about 8-10 min.
2. While the hash browns and ham are browning, whisk the eggs, adding in the taco seasoning. When the hash browns and ham have browned, pour the eggs into the skillet. Cook, stirring frequently, until the eggs have set. Stir in the salsa and cheese.
3. Warm the tortillas (optional). Put 1/8 of the egg mixture down the center of each tortilla. Roll up like a burrito and wrap tightly in foil. Store in a ziptop bag in the refrigerator or in a cooler.
4. When ready to cook, place wrapped burritos in hot coals next to fire. Let the burritos sit in the coals, turning once, until heated through, about 10-15 minutes. (The time will depend on how hot your fire is.)

*Recipe adapted from Taste and Tell

Campfire Italian Chicken and Veggies

GF

Another variation on chicken and vegetables, this recipe gets its flavor from the low-fat Italian dressing. Feel free to substitute balsamic vinaigrette for the Italian dressing for a differently delicious dish!

Ingredients

- 4 aluminum foil sheets, large enough to wrap around one chicken breast.
- 4 boneless skinless chicken breasts
- salt and ground pepper, to taste



- 2 garlic cloves, chopped
- 1 yellow onion, thinly sliced
- 1 red bell pepper, julienned (sliced into matchsticks)
- 4 small carrots, julienned (sliced into matchsticks)
- 4 large basil leaves
- 1/3 c. low-fat Italian Dressing

Instructions

1. For each foil pack, prepare two sheets of aluminum foil; place the sheets one on top of the other for durability.
 2. Place one chicken breast on each sheet of foil,
- drizzle a little olive oil over each chicken breast, and then season chicken with salt and ground pepper.
3. Arrange chopped garlic, slices of onion, peppers, and carrots on top and around each chicken breast, then place a basil leaf on top of each open chicken and vegetable packet.
 4. Spoon 1 to 2 tablespoons of salad dressing over chicken and vegetables, then fold the sides of the foil over the chicken, covering completely, sealing the packets closed.
 5. Transfer foil packets to the grill or coals, and cook for around 20 minutes, or until done, turning once (note: chicken is done when a meat thermometer reads 165 F)

Nutrition Facts

4 servings per container
Serving size 1 Foil Packet (249g)

Amount per serving
Calories 200

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 410mg 18%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 11%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 28g

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 1mg 6%

Potassium 678mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

20% calories from fat
Nutrition facts using 1/4 tsp.
each salt & pepper, 2 1/2 tsp.
chopped garlic, medium onion
and red bell pepper, reduced-
fat Italian dressing

*Recipe adapted from Diethood

Campfire Mushroom and Corn Quesadillas

Veg

Who doesn't love quesadillas? This version incorporates healthy and hearty vegetables, which pair nicely with the pepper jack cheese.

Ingredients

- 1 tsp. oil
- 1/2 medium red onion, thinly sliced
- 10 button or cremini mushrooms, thinly sliced
- 1/2 c. corn
- salt and pepper, to taste
- 4 8-in. whole-wheat flour tortillas
- 1 c. shredded reduced-fat pepper jack cheese

Instructions

For Veggie Mixture:

1. Lay out a piece of foil and center onion, mushrooms, and corn on the foil. Drizzle with oil and



season with salt and pepper. Bring up the sides of the foil and double fold the ends to make a packet. Place on the grate and cook until veggies are tender. Alternately, you can cook the veggies on your camp stove. Heat oil in a skillet over medium high heat. Add onion and mushrooms and saute until softened and lightly browned. Add corn and stir to combine. Remove from heat and add salt and pepper, to taste.

Note: The veggie mixture can be made a day or two ahead of time.

For Quesadillas:

1. Lay out four pieces of foil and place a tortilla on top of each piece. Divide half the cheese among the four tortillas, sprinkling it down the center of each. Divide the veggie mixture evenly among the tortillas, and then sprinkle the remaining cheese on top of the veggies. Fold the two sides of the tortilla toward the center and then wrap the quesadilla in the foil, sealing the edges to make a packet.
2. Place the packets on the grate and cook for a few minutes on each side, until the cheese is melted and the tortilla crisp.

Nutrition Facts

4 servings per container
Serving size 1 Quesadilla (137g)

Amount per serving
Calories 260

% Daily Value*

Total Fat 11g 14%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 630mg 27%

Total Carbohydrate 29g 11%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 13g

Vitamin D 0mcg 0%

Calcium 234mg 20%

Iron 0mg 0%

Potassium 131mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

38% calories from fat
Nutrition facts using canola oil, medium (4 oz) red onion, 2.1 oz. crimini mushrooms, drained canned corn, 1/8 tsp salt and pepper, reduced-fat pepper jack cheese

*Recipe from Dirty Gourmet

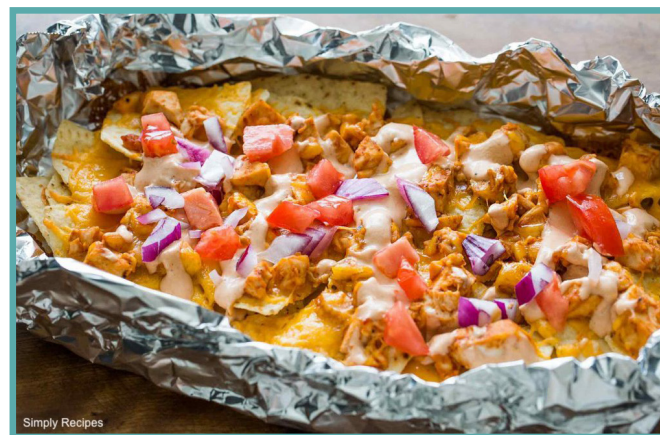
Campfire Nachos

GF

Although this recipe uses chicken, by substituting pinto beans for the chicken, you can enjoy a healthier, vegetarian version!

Ingredients

- 8 oz. tortilla chips
- 1 c. finely grated reduced-fat cheddar cheese
- 1 c. chopped cooked chicken meat without skin
- 1/2 c. barbecue sauce, divided
- 1/2 c. low-fat sour cream
- 1 tomato, chopped
- 1/4 red onion, chopped
- 1 jalapeno, thinly sliced
- 1/2 bunch cilantro, chopped
- 1/2 avocado, chopped



Instructions

1. Mix the cooked chicken with 1/4 cup barbecue sauce and set aside.
2. Mix the sour cream with 1/4 cup barbecue sauce and set aside.
3. Arrange a layer of tortilla chips over the bottom of the foil. It is okay if some of the chips overlap, but all chips should have some exposure at the top. Sprinkle with most of the cheese (reserve some

6. To serve, drizzle with sour cream barbecue sauce and sprinkle with extras such as chopped tomato, red onion, jalapeño, and/or cilantro.

Nutrition Facts	
12 servings per container	
Serving size	1 Muffin in a Half Orange (43g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 113mg	8%
Iron 2mg	10%
Potassium 15mg	0%

Campfire Pasta and Cheese

Veg

Who doesn't love macaroni and cheese? This version is delicious as is, but feel free to add in diced vegetables like broccoli for added nutrition and flavor!

Ingredients

- 3 c. low-fat (1%) milk
- 2 1/2 c. water
- 1/2 tsp. salt
- 1 lb. uncooked pasta
- 2 Tbsp. unsalted butter
- 1 tsp. Dijon mustard
- 1 1/2 c. skim evaporated milk
- 2 c. reduced-fat shredded cheddar cheese
- 1/4 tsp. freshly ground black pepper
- dash of paprika (optional)



Nutrition Facts

12 servings per container
Serving size 1/12 of Recipe (202g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 4g 5%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 420mg 18%

Total Carbohydrate 19g 7%

Dietary Fiber 0g 0%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 1mcg 6%

Calcium 251mg 20%

Iron 1mg 6%

Potassium 226mg 4%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

22% calories from fat

Nutrition facts using 1% milk,

macaroni pasta, reduced-fat

shredded cheddar

Instructions

1. In a large, heavy bottomed pot, such as a cast iron Dutch oven, combine the milk, water and salt. Bring to a boil, then add the pasta, stirring slowly with a wooden spoon.
2. Cook the pasta in the milk, partially covered with a lid, over medium-high heat until al dente, about 9-10 minutes; it should be slightly underdone when you bite into it. Do not drain!
3. Reduce the heat to medium-low or move pot off of hot coals. Stirring constantly, add the butter, mustard, and evaporated milk to the pot. Slowly sprinkle in the cheese and stir until melted.
4. Remove the pot from the heat. Season with pepper, paprika, and salt. Cool slightly, stirring occasionally, until the sauce has thickened and coats the pasta. Serve at once.

*Recipe adapted from Simple Bites

Campfire Popcorn

V, Veg, GF

For a customized experience, bring brown paper lunch bags and a variety of different seasonings, so that each person can shake their chosen seasoning onto their popcorn. Some of my favorites are taco seasoning or cinnamon and brown sugar, but the options are endless!



Ingredients

- 1/4 c. popcorn, plain, unpopped
- 1 Tbsp. oil
- Salt or other seasonings (such as taco seasoning, cinnamon and brown sugar, or nutritional yeast)

Instructions

1. Cut a square of heavy-duty foil and place oil and popcorn on the center.

Bring the corners of the foil together, creating a pouch with enough room for the popped popcorn to expand. Stick the end of a roasting stick into the folded-up portion of the top of the foil pouch, and place pouch on coals or grill. When you hear a sizzling noise, lift the pouch up with the stick and shake to prevent burning. Popcorn is done when the popping slows down and stops. Carefully open the pouch (watch out for hot steam!), and salt or add other seasonings to taste.

Nutrition Facts

4 servings per container
Serving size 2 Cups (20g)

Amount per serving
Calories 90

% Daily Value*

Total Fat 4g 5%
Saturated Fat 0g 0%
Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 13g 5%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1mg 6%

Potassium 0mg 0%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

40% calories from fat
Nutrition facts using unpopped
yellow popcorn, canola oil,
1/4 tsp. salt

Cheesy Campfire Potatoes

Veg, GF

A hearty comfort food dish, the gooey goodness from the pairing of the cheese and potatoes is truly delicious!

Nutrition Facts

12 servings per container
Serving size 1/2 of Potato (108g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 210mg 9%

Total Carbohydrate 19g 7%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 127mg 10%

Iron 1mg 6%

Potassium 488mg 10%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

24% calories from fat
Nutrition facts using medium
potatoes, white onion, fresh
garlic cloves, unsalted butter,
part-skim shredded mozzarella,
reduced-fat shredded cheddar,
fresh grated parmesan, 1/4 tsp.
salt, 1/8 tsp. pepper, 2-second
canola oil original no-stick spray

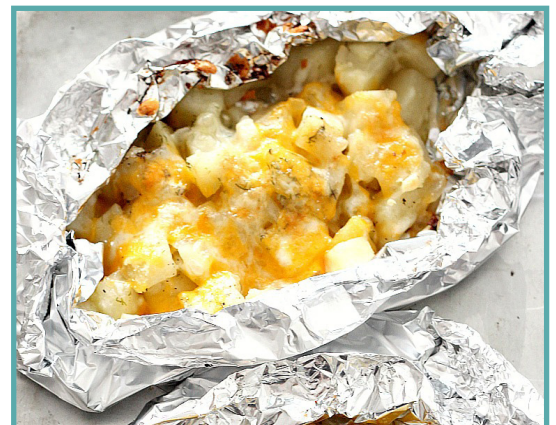
Ingredients

- 6 medium potatoes (or 4 large potatoes), sliced
- 1/4 c. diced onion
- 2 cloves garlic (or 2-3 tsp. minced garlic)
- 1 Tbsp. butter
- 1/4 c. grated parmesan cheese
- 3/4 c. shredded part skim mozzarella cheese
- 3/4 c. shredded reduced-fat cheddar cheese
- salt and ground black pepper to taste
- Cooking spray

Instructions

1. Wash and slice potatoes in uniform sizes. Use 2 pieces of heavy-duty foil to create the surrounding material for the packet. Lightly spray surface of foil with

oil spray, and then place sliced potatoes on top center of foil, top with sliced butter, onions, garlic, cheese, and seasonings, and then tightly fold up packet.



2. Place the packet directly onto your campfire and cook until the potatoes are soft (cooking time will vary with variety of potato used).

*recipe adapted from Allrecipes

Coconut Curry Soup

V, Veg, GF

Regularly used in curries, the coconut milk powder used in this soup can be found in the Middle Eastern food section of many grocery stores or online from large retail stores such as Amazon.

Ingredients

- 30 grams coconut milk powder (1/2 a packet)
- 1-2 cubes vegetable bouillon
- 1 tsp. curry powder
- Pinch of cayenne
- A handful of rice noodles
- A handful of dehydrated veggies
- 2 c. water



Instructions

1. At home, combine coconut cream powder, bouillon, curry powder and cayenne in a small zip top bag.
2. In another bag, portion out noodles and dehydrated veggies.
3. At camp, boil the noodles and dehydrated veggies in water.
4. Once the veggies are re-hydrated and the noodles are tender, stir in the coconut cream mixture.

*Recipe adapted from Dirty Gourmet

Nutrition Facts

4 servings per container
Serving size 1/2 Cup (197g)

Amount per serving
Calories 180

% Daily Value*

Total Fat 7g 9%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 110mg 5%

Total Carbohydrate 26g 9%

Dietary Fiber 0g 0%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 71mg 6%

Iron 2mg 10%

Potassium 462mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

35% calories from fat
Nutrition facts using 2 bouillon
cubes (4g each), 1/4 tsp.
cayenne, 1 cup rice noodles,
1 cup dried veggies

Disco (Plow Disk) Cowboy Spaghetti

This is a great recipe to use when feeding a crowd.

Ingredients

- 3 lb. ground venison (or lean ground beef)
- 2 (24oz.) jars tomato pasta sauce
- 2 qt. water (maybe more)
- 2 lb. pasta, spaghetti
- 1/2 c. parmesan cheese



Instructions

1. Heat disco/discada on propane burner to medium high heat.
2. Brown the ground venison, stirring with a metal spoon or spatula to evenly brown
3. Add 2 jars of your favorite tomato pasta sauce and 2 jars of potable water.
4. Stir and bring up to a simmer/low boil
5. Break pasta into smaller lengths and add to the disco. Stir to cover the pasta in liquid.
6. Stir and simmer until the pasta is cooked through. You may need to add a bit more water.
7. Serve with some sprinkled Parmesan cheese.



*recipe from www.wildharvesttable.com

Nutrition Facts	
12 servings per container	
Serving size	1/12th of Recipe (629g)
Amount per serving	
Calories	600
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 1240mg	54%
Total Carbohydrate 75g	27%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 48g	
Vitamin D 0mcg	0%
Calcium 121mg	10%
Iron 8mg	45%
Potassium 1074mg	25%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

15% calories from fat
Nutrition facts using tomato & basil pasta sauce, cooked spaghetti pasta, shredded parmesan cheese

Dutch Oven Baked Caramel Apples

Veg, GF

I love baked apples. While this version uses whole, cored apples, you can also make this using diced apples. Feel free to add apple pie spice for another version!

Ingredients



- 4 apples (any variety!)
- 4 tsp. butter
- 1/4 c. brown sugar
- 1/4 c. chopped nuts (optional)

Preparation Instructions

1. Core the apples, keeping the apples whole but just removing the core.
2. Place the cored apples in a small metal pie

pan lined with with aluminum foil for easy cleaning.

3. Pack the core holes of each apple approximately 1/3 full of brown sugar. Place a large chunk of butter on top of the brown sugar. Add chopped nuts and top with additional brown sugar.

4. Place 3 to 4 small chunks of butter in the center of the baking pan and then top with some brown sugar (this creates a caramel sauce as the apples bake).

Cooking Instructions

1. Prepare your fire using either charcoal coals or wood.
2. Place your Dutch Oven on the hot coals. Shift coals around the oven.

Nutrition Facts	
4 servings per container	
Serving size	1 Apple (186g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 35mg	2%
Total Carbohydrate 36g	13%
Dietary Fiber 5g	18%
Total Sugars 29g	
Includes 13g Added Sugars	26%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 0mg	0%
Potassium 220mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

20% calories from fat
Nutrition facts using 4 medium Granny Smith apples, no nuts

3. Heat the oven with its lid on until it is hot.
4. Remove from the fire and place the baking pan with the prepared apples inside of the warm Dutch Oven.
5. Place the Dutch Oven on top of the hot coals. Cover and add some hot coals on the top of the lid.
6. Bake 20 minutes until the apples are soft and the brown sugar and butter have melted into a caramel sauce.

*Recipe adapted from Spark Recipes

Dutch Oven Blueberry Dump Cake

Veg

Dump cakes are an easy cake to make, whether home or outdoors! The sweetness from the pineapple and the tartness from the blueberries really shine in this recipe.



Ingredients

- 1/2 c. butter
- 1 (20 oz.) can pineapple, crushed, in juice
- 1 (18.25 oz.) box yellow cake mix
- 11 oz. package of fresh blueberries
- 1/4 c. sugar

Instructions

1. Melt 1/4 of the butter inside of a Dutch oven, and then tilt Dutch oven so that the butter coats the inside.
2. Pour the pineapple with juice into the Dutch oven, then sprinkle the sugar over the fresh blueberries, and spread the blueberries over the crushed pineapple.
3. Evenly spread the dry cake mix on top of the blueberries and pineapple, and then evenly cut the remaining butter on top of the cake mix.
4. Put lid on Dutch oven, place oven in coals, and arrange coals on top of lid so that the cake cooks evenly. Cook for about 20 minutes, or until done.

*Recipe adapted from Menu of Musings

Nutrition Facts

12 servings per container
Serving size 1/12 of Recipe (131g)

Amount per serving
Calories 290

% Daily Value*

Total Fat	9g	12%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	20mg	7%
Sodium	380mg	17%
Total Carbohydrate	51g	19%
Dietary Fiber	1g	4%
Total Sugars	32g	
Includes 4g Added Sugars		8%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	104mg	8%
Iron	1mg	6%
Potassium	101mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

28% calories from fat
Nutrition facts using 18.5 oz. yellow cake mix

Dutch Oven Stuffed Peppers

Veg, GF

I love using the rainbow variety of bell peppers whenever I make stuffed peppers. Not only do the different colored peppers offer slightly different flavors and nutritional benefits, but they also make a beautiful display!

Ingredients

- 6 bell peppers (green, red, yellow, orange, or a combination)
- 1 Tbsp. olive oil (plus more for greasing the Dutch oven)
- 1 large onion, chopped
- 2 cloves garlic, minced
- 10 oz. mushrooms, chopped
- 14 oz. vegetarian ground meat substitute (or lean ground turkey, if you prefer)
- 4 c. cooked brown rice (or white)
- 1 15 oz. can tomato sauce
- salt and pepper, to taste
- 2 Tbsp. ketchup
- 3/4 c. shredded extra sharp reduced-fat cheddar cheese



Instructions

1. Grease your Dutch oven. Get your campfire going and prep it so there is eventually a nice bed of hot coals to place your Dutch oven on.
2. Cut the tops off of the peppers. Remove the seeds from the main part of the pepper, and set them aside. Trim the remaining pepper off of the pepper tops. Chop and reserve for stuffing.
3. Sauté the onion in olive oil until translucent. Add garlic, mushrooms, and chopped peppers. Cook until vegetables are softened, about 5 minutes. Stir in the veggie meat (or ground turkey) and cook for a few minutes more. Mix in the rice and about half the can of tomato sauce. Season with salt and pepper.
4. Place the stuffing inside of the peppers and put them into the Dutch oven. If you have any additional stuffing, you can put it around the peppers (just make sure you greased your Dutch oven well).
5. Add the ketchup to the remaining tomato sauce and stir to combine. Spoon some of the tomato sauce mixture on top of the stuffed peppers. Sprinkle the peppers with cheese.
6. Place Dutch oven on hot coals, making sure it is stable and level. Cook the peppers until they're softened and the stuffing is heated through.

*Recipe adapted from Dirty Gourmet

Nutrition Facts

12 servings per container
Serving size Half a stuffed pepper (227g)

Amount per serving
Calories 180

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 420mg 18%

Total Carbohydrate 25g 9%

Dietary Fiber 3g 11%

Total Sugars 5g

Includes 1g Added Sugars 2%

Protein 13g

Vitamin D 0mcg 0%

Calcium 93mg 8%

Iron 3mg 15%

Potassium 367mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

22% calories from fat
Nutrition facts using "Beyond Beef" frozen beefy vegetarian crumbles, medium green bell peppers, large yellow onion, white fresh mushrooms, "Uncle Ben's" cooked brown rice, 1/4 tsp. pepper, no added salt; olive oil for greasing not included

Easy Campfire Cheesy Fries

For a vegetarian version, use low-fat vegetarian or vegan chili in place of the regular chili with beans.



Ingredients

- 1 (24 oz.) package of frozen French fries
- 1 (15 oz.) can of chili with beans (use lower fat version such as Campbell's)
- 1 c. shredded reduced-fat cheddar cheese
- Cooking spray

Instructions

1. Using cooking spray, spray the inside of a large doubled-up sheet of foil.
2. Place the frozen fries in the middle of the sheet; fold to enclose.
3. Cook the fries on your grill or over a campfire until cooked (around 15-20 min).
4. Carefully remove packet from heat source, open, and then top the fries with chili and cheese.
5. Close the packet again and cook until the chili is hot and the cheese has melted.
6. Remove, cool slightly and enjoy!

Nutrition Facts	
8 servings per container	
Serving size	1/8th of Recipe (153g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 600mg	26%
Total Carbohydrate 29g	11%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 1mg	6%
Potassium 356mg	8%

27% calories from fat
Nutrition facts using 15 oz. can lower-fat beef chili with beans, reduced-fat shredded cheddar, 2-second Original Pam cooking spray

*Recipe adapted from The Kitchen Magpie

Grilled Portobello Burgers

Veg

This vegetarian burger option can be easily made vegan by removing the cheese, and can be made gluten-free by using gluten-free hamburger buns.

Ingredients

- 4 portobello mushroom caps
- 3 Tbsp. low-fat balsamic vinaigrette
- 4 hamburger buns
- 4 slices reduced-fat provolone cheese
- Suggested toppings:
 - o 1 large tomato, sliced
 - o Leaf lettuce
- 1 sweet onion
- 1 tsp. oil



1. Add balsamic vinaigrette to a gallon size plastic zip bag.
2. Wipe off mushroom caps with a damp cloth and place into the zip bag with the marinade.
3. Let marinate for 20-30 minutes and move it the mushroom caps around to make sure they are all coated.
4. Thinly slice onion and sauté in oil until soft, then remove from heat.
5. Place mushroom caps on hot grill, starting gill side down, cooking for 4 minutes.
6. Flip to other side and cook for 2 minutes.
7. Add a slice of cheese to each mushroom cap and cook an additional 2 minutes.
8. Remove from heat and build your burger, using whatever fixings you would like!

3. Using tongs, place foil packet, seam-up, on grill top, grate, or even on fire embers. Note that the closer the packets are to the source of heat, the faster they will cook. Packets are done when vegetables are soft, and you can smell them cooking (usually, around 10 minutes of cooking).

Red Lentil Sweet Potato Dal (Stew)

V, Veg, GF

I love dal. This Indian recipe is not only delicious, but is also full of fiber-rich vegetables, making it healthy as well. You can either make it and eat it as is, or you can choose the dehydrator option to be able to bring it on a hiking or backpacking trip – or for a quick lunch at work or at home!

Ingredients

- 1 Tbsp. olive oil
- 1 clove garlic, chopped
- 1-in. piece of ginger, grated or minced (about 1 Tbsp.), or 1 tsp. ground ginger
- 1/2 tsp. mustard seeds
- 1/2 tsp. ground coriander
- pinch of crushed red pepper
- 1/4 tsp. turmeric
- 1/4 c. finely chopped canned or fresh tomato
- 1 sweet potato (about 6 ounces), peeled and diced small
- 1 3/4 c. water, plus additional water for rehydrating
- 1/2 c. red lentils, rinsed and drained
- 1 c. finely chopped kale or spinach
- 1/2 tsp. salt



Instructions

At Home

1. Heat oil over medium heat in a medium pot. Add the garlic and ginger and stir fry for about a minute. Add the mustard seeds, coriander, crushed red pepper, and turmeric. Stir fry for about 30 seconds or until fragrant. Add the tomatoes and cook for a minute or two, until the tomatoes break down a bit. Add the sweet potatoes, water, and red lentils. Increase the heat to high and bring to a boil. Then reduce heat to medium-low and simmer, partially covered, for about 20 minutes, or until the sweet potatoes and lentils are tender. Add the kale or spinach and the salt. Continue cooking for about 5 more minutes. Taste and add additional salt and/or crushed red pepper. Eat as is or dehydrate for later.

Dehydrator Option (dry for later use at camp)

2. Let the dal cool slightly (just so it's easier to handle), then spread on a parchment-lined (or nonstick dehydrator sheet lined) dehydrator tray. You may need to use a couple of trays depending

on the size of your dehydrator.

3. Dehydrate at 135 degrees F for about 8 hours, or until completely dry.

4. Package dehydrated dal in a heavy-duty zip-top bag or container of your choice.

At Camp

1. Place dehydrated dal in a pot with 1 1/2 cups water and let it sit for about 5 minutes. Heat dal on a stove until hot and fully rehydrated. This should only take a minute or two. Serve hot with rice or flatbread.

*Recipe from Dirty Gourmet

Nutrition Facts	
4 servings per container	
Serving size	1/4 Of Recipe (207g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 3mg	15%
Potassium 222mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

21% calories from fat
Nutrition facts using 1 tsp.
chopped garlic, ground
ginger, chopped average fresh
tomato, frozen diced sweet
potatoes, dry red lentils, fresh
chopped kale

Skillet Fried Fish

There is nothing quite like a fish fry, using fish that you have just caught! When frying fish, I like to use a well-seasoned cast iron skillet. Make sure that you cook the fish until it is flaky.

Ingredients

- 2 large eggs
- 3/4 c. all-purpose flour
- 1/2 c. cornmeal
- 1 tsp. salt
- 1 tsp. paprika
- 3 lb. freshly caught or purchased fish (walleye, bluegill, or perch fillets work well!)
- 1/4 c. canola oil

Nutrition Facts	
8 servings per container	
Serving size	1/8th of Recipe (212g)
Amount per serving	
Calories	310
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 195mg	65%
Sodium 410mg	18%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 6mcg	30%
Calcium 137mg	10%
Iron 3mg	15%
Potassium 478mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

29% calories from fat
Nutrition facts using yellow
degerminatd enriched
cornmeal, raw perch fillet



Instructions

1. In a shallow bowl, whisk eggs. In a large plastic bag, combine the flour, cornmeal, salt and paprika. Dip fillets in eggs, then roll in flour mixture.
2. Add 1/4 in. of oil to a large cast-iron skillet; place skillet on grill rack. Fry fillets in oil in batches for 3-4 minutes on each side or until fish flakes easily with a fork.

*Recipe adapted from Taste of Home

Tortilla Soup

V, Veg, GF

Although this soup can be brought on hiking or backpacking trips, it is also a fantastic option to have on hand at home for quick and easy lunches. The dried beans/bean flakes and tomato powder can either be found in whole foods stores or online from large retail stores such as Amazon.

Ingredients

- 1 tsp. dried onion flakes
- 1/2 tsp. ground cumin
- 1/2 tsp. chili powder
- 1/2 Tbsp. tomato powder
- 1 c. bean flakes or instant dried beans
- 2 bouillon cubes
- 2 c. water
- tortilla chips, pre-crushed, for garnish (roughly 1 cup)
- lime, cut in wedges (optional)

Nutrition Facts	
4 servings per container	
Serving size	1/2 Cup (173g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	24%
Total Carbohydrate 36g	13%
Dietary Fiber 10g	36%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 2mg	10%
Potassium 324mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
16% calories from fat Nutrition facts using ground cumin seeds, 4g bouillon cubes, instant dried pinto beans, 2.5 oz. tortilla chips (1 cup crushed equivalent)	

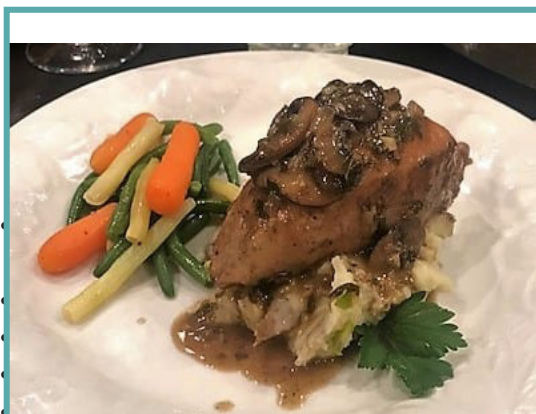


Instructions

1. Measure out all dry ingredients and put into a ziplock bag before you leave home.
2. Once at camp, pour all ingredients in pot with two cups of water. Bring water to boil and simmer until soup is hot.
3. Garnish soup with freshly squeezed lime juice and tortilla chip crumbs.

*Recipe adapted from Dirty Gourmet

Upland Game Bird Foil Packets



Although this delicious recipe showcases wild game meat, chicken can be substituted for the wild game.

Ingredients

- 1 lb. cubed wild turkey, ruffed grouse or pheasant, raw (or chicken breast)
- 4 small potatoes, skin-on, cut in quarters
- ½ red onion or 1 large shallot, chopped
- 1 1/2 c. fresh broccoli florets or green beans in 1" pieces
- 2 large carrots, diced (~ 1 cup)
- 2-4 cloves of fresh garlic, minced
- Juice of 1 lemon (or 1Tbsp. lemon juice concentrate mixed with 1 Tbsp. water)

- 1 Tbsp. olive oil
- 1 tsp. poultry seasoning (if available)
- Dash of salt and pepper
- 2 Tbsp. fresh parsley and/or thyme, if available, chopped
- Heavy-duty aluminum foil

Instructions

Lay out 4 large squares of heavy duty aluminum foil (12"x12"). Mix all the ingredients together and divide into 4 equal portions by placing in the middle of each piece of foil. Place another square of foil on top and fold up all four sides a few times to seal. You may want to double wrap the foil packs with another layer of foil to avoid burning or tearing. Place directly in the coals or on a grill grate over medium high heat for about 30 minutes, turning occasionally. Listen for a bit of a sizzle to know it is cooking, but not too much to indicate the heat is too high and possibly burning the veggies.



*recipe from www.wildharvesttable.com

Nutrition Facts

4 servings per container
Serving size 1 Foil Packet (354g)

Amount per serving
Calories 350

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 3mg	15%
Potassium 1273mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

21% calories from fat
 Nutrition facts using raw skinless pheasant breast, small baked potatoes, fresh broccoli florets, canned lemon juice from concentrate, 1 tsp. poultry seasoning, 1/8 tsp. salt, 1/4 tsp. pepper, fresh parsley

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Cornell Cooperative Extension

Cornell University
365 Roberts Hall
thaca, NY 14853
Tel: 607 255-2237
Web: cce.cornell.edu

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