



WTA Staff Trail Recipes

WTA staff often shares recipes with each other, and several of them are great backpacking meals. Here's a small collection of them. We've noted the ones that dehydrate well, but all of them are great for hiking or backpacking.



Barbara's Oatmeal Breakfast Bars

A favorite of WTA crew leader Barbara Budd, she likes to bring them along on backcountry trips for breakfast, because they're hearty, filling, and compact.

Ingredients

- 2 sticks butter, softened
- 1/2 cup packed brown sugar
- 1/3 cup granulated sugar
- 2 eggs
- 1 tsp vanilla
- 1 1/2 cup flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp salt
- 1/4 cup cocoa powder (optional)
- 3 cup oats
- 2 cup dried fruit (any combination of raisins, craisins, dried cherries, etc)
- 1-1/2 cup nuts (I prefer sliced almonds and/or pecan pieces)

Instructions

1. Preheat oven to 350 degrees.
2. In a medium bowl, whisk together flour, baking soda, cinnamon, salt, and cocoa powder. In a large bowl, cream together butter and sugars. Mix in eggs and vanilla. Then add flour mixture. Stir in oats, then stir in fruit and nuts. Note: This is a very heavy batter. If you don't have a heavy-duty mixer, you'll want to add these final ingredients by hand.
3. Press firmly into ungreased 9x13 pan. Bake 30-35 minutes. I prefer them slightly more moist, so tend not to go beyond 30 minutes.

Tropical Sunshine in a Bowl

Contributed by training and leadership development coordinator Suzannah Yu. Vegan, gluten-free, 100% delicious! The humble bowl of oats serves as a hearty base and can be transformed with whatever combination of toppings calls to you. This particular combination draws inspiration from the tropics, and is fully customizable for both the comforts of your home or out on trail! Swap out fresh, frozen, and dried fruit as desired. This makes 1 cup, so multiply as needed.

Ingredients

- 1/4 cup rolled or instant oats
- 2 tbsp - 1 cup orange juice, POG (passionfruit, orange, guava juice), and/or water
- 1 tbsp hemp seeds
- 1 tbsp chia seeds
- 1 tbps ground flax seed
- Optional toppings
 - Frozen or fresh mango cubes (and/or dried mango, pineapple)
 - Chopped strawberries (and/or dried cranberries or huckleberries)
 - Chopped orange or mandarin wedges
 - Cubed or diced crystallized ginger
 - Crushed plantain chips
 - Coconut flakes
 - Chopped roasted pecans

Instructions

1. Chop up any ingredients you're using. If using nuts, toast them in a pan or oven at 350 degrees for 10 minutes.
2. Make the oatmeal. You can cold soak it, or make it in a pot in camp! The ideal ratio of steel cut oats to liquid is 1:4, so your typical serving size of oats is 1/4 cups dried, which creates 1 cup cooked oats!
3. Mix together cooked oats, hemp, chia and flax.
4. Pile on as much or as little of the optional toppings as you would like.
5. Create space in your morning to savor each bite - enjoy!

Garden Pesto with Mixed Herbs (vegan) *dehydrate it!*

Shared by Crystal Gartner, former outreach coordinator. Delicious and versatile, the miso gives it a savory, almost cheesy flavor.

Instructions

1. In a food processor, pulse together cilantro, basil, parsley, mint, nuts, garlic and miso until finely chopped, about 20 times, scraping down sides about halfway through.
2. With the machine on, drizzle in olive oil and lemon juice; add more oil if you desire a thinner sauce.
3. Season with salt and pepper (be careful, as miso is also salty). The pesto can be refrigerated in an airtight container for up to 2 days, or dehydrated and brought with you on trail.

Ingredients

- 1 cup lightly packed cilantro leaves
- (about 1 ounce; 30g)
- 1 cup lightly packed basil leaves
- ¾ cup lightly packed parsley leaves
- ¼ cup lightly packed mint leaves
- ¼ cup shelled pistachios or walnuts
- 1 small to medium garlic clove, roughly chopped
- 1 ½ teaspoons miso
- ½ cup extra virgin olive oil, plus more if desired
- 2 teaspoons fresh juice from 1 lemon
- Kosher salt and freshly ground black
- Pepper

Yard pesto ft. dandelion *dehydrate it!*

Contributed by rza allen, youth trail program manager. Before you spend hours trying to eradicate this plant from your lawn, consider leaving dandelions in place so you can provide nutrient-dense food for your family and all the critters co-existing in your lawn! Many species of moth caterpillars eat the foliage of dandelion, as do rabbits, groundhogs, pocket gophers, deer, elk and bears. The flowers provide nectar and pollen to insects such as honeybees, native bees, bee flies, and hoverflies. Small birds eat the seeds. Background info is from the book "Wild Remedies" by Rosalee de le Florêt and Emily Han.

*Safety note: some people are sensitive to plants in the Asteraceae family, which can result in rare and usually mild reactions to dandelion.

Instructions

1. Place greens, nuts and garlic in a food processor and process until finely mixed.
 2. With the machine running slowly dribble in the oil and process until the mixture is smooth.
 3. Add the cheese and process very briefly, just long enough to combine. Store in the refrigerator or freezer.
- ** No food processor? No problem! Just mince by hand and combine, slowly adding the oil a bit at a time. Repeat with the cheese until desired consistency is reached, and store in the refrigerator or freezer.

If you're dehydrating this, skip adding the cheese before you dehydrate it. Bring it along with you separately, and add it in once you rehydrate.

Ingredients

- 2 cups fresh and clean dandelion leaves. The leaves are best when young, but there's no set rule for when leaves are tasty and when they're too bitter. Look for visibly young leaves, then nibble some to let your palate decide! How to identify - (hort.extension.wisc.edu/articles/dandelion-taraxacum-officinale)
- If you don't have dandelion in your yard, supplement with other yard greens like chickweed and nettles.
- 2 tbsp nut of your choice (common choices are walnuts or pine nuts)
- 2 large cloves of garlic
- ½ cup extra virgin olive oil
- ¼ cup grated parmesan cheese

Gluten-free Cheddar Bay Biscuits

Recipe from outdoor leadership training manager Erin McQuin, these biscuits sustained Erin and our colleague MJ Sampang on a recent backpacking trip for our Outdoor Leadership Training program. They made it and enjoyed it on the beach! And yep, they carried a frying pan in order to make it!

Instructions

1. Add the shredded cheddar and water to the box of mix and seasoning packet. If you're camping or backpacking, you can do this in a large Ziploc and mix it together that way.
2. Shape the mix into biscuits (makes about 4)
3. Bake them and top with melted butter. If you're camping or backpacking, melt a little butter into the frying pan before putting the biscuits in, and scoot them around the pan so they don't stick.
4. Once they're cooked through (about 8 minutes), take them off the heat, sit back and enjoy!

Ingredients

- 1 box Red Lobster Cheddar Bay Biscuit Mix (Gluten Free Available)
 - 1 cup cold water
 - 1/2 shredded cheddar cheese
 - 1 seasoning packet (included in mix)
 - Butter (to melt on top of the biscuits)
- Equipment
- Ziploc bag
 - Frying pan
 - spatula

Mac'n'cheese with veggies *dehydrate it!*

Contributed by Allie Tripp – our strategic initiatives manager – who did an Enchantments trip with three other couples last year. Each pair cooked for the others for one of the four nights they were out. Allie dehydrated the pasta at home and supplemented it with sundried tomatoes and Trader Joes' dried broccoli. She used an oven, but recommends using a dehydrator if you can.

Ingredients

- Boxed mac n cheese of your choice (I used Annie's)
- Dehydrated milk
- Dehydrated or dried vegetables of your choice (I used TJ's crispy crunch broccoli florets & sun-dried tomatoes)
- Salami or other shelf stable meat (for non-vegetarians)

Instructions

1. At home, cook the pasta to box instructions (just 1 minute less or to "al dente").
2. Drain the pasta, then dehydrate it.
3. Store dehydrated pasta in an air-tight bag.
4. Measure out the amount of dehydrated milk needed for recipe (skip the butter most mac recipes call for unless you want to bring ghee or another shelf-stable substitute).
5. Don't forget to pack your additional toppings (measured out for number of people serving)!
6. At camp, mix dried pasta, and appropriate amount of hot water to match your milk powder & cheese powder together. Let set in covered container for 2-5 minutes (stirring occasionally) to rehydrate pasta.
7. Add toppings and enjoy!

Saag Paneer (but with feta and/or kale) *dehydrate it!*

Shared by trail programs senior manager Janée Romesberg, and made frequently for backpacking by hiking guide manager Anna Roth. The spiced oil can be prepped on trail if you bring a small bottle of oil and bag of spices. Otherwise, add it into the final product and dehydrate it all together. If you're making this on trail, just bring instant rice rather than cook and dehydrate your own.

Instructions

1. Heat $\frac{1}{4}$ cup fat (ghee/oil/butter) in a large skillet over medium heat. Cook coriander seeds and cardamom, stirring constantly until starting to brown (~2 min). Add onion, stir constantly until translucent and slightly brown (~5 min). Mix in garlic & ginger, stirring for 1 min.
2. Add greens (if using a variety of greens, start with the most hearty first, like kale) by the handful, letting it wilt slightly after each addition before adding more. Cook until all of the greens are just wilted. (~3 min for spinach, more if using kale. Remove pan from heat. Add chili and lime, season with salt.
3. Now you'll need to blend it. If you're using a blender, let it cool for 5 minutes. Otherwise, just use an immersion blender until it has consistency of a coarse paste. Return to the skillet (if using a blender) over low heat and stir in water until it reaches desired consistency. Fold in the cheese, cook for 5-7 min. (If you're dehydrating this, don't put the cheese in now – bring it and fold it in when you make it on trail)
4. Meanwhile, heat the remaining 2 tbsp fat (ghee/oil/butter) in small pan over high-med heat (~1 min). Add cumin seeds. As soon as seeds start to pop/brown, remove from heat (1 min max!). Immediately add asafetida and chili powder. Pour spiced oil over spinach. Serve over rice or with roti. I like to garnish with cilantro.

Ingredients

- $\frac{1}{4}$ cup plus 2 tbsp ghee, extra-virgin olive oil or butter
- 2 tbsp coriander seeds
- $\frac{1}{4}$ tsp ground cardamom
- 1 small onion, chopped
- 3 garlic cloves, chopped
- 1.5" piece ginger, grated
- 1 lb spinach (or kale or a combo. I've also thrown in small amounts of other rando greens like carrot/beet tops)
- 1 chili pepper, chopped
- 1.5 tsp lime juice
- salt to taste
- 6 oz feta cheese, chopped into 1" pieces (or paneer. If using paneer, increase salt and spinach is recommended over other greens.)
- 1 tsp cumin seeds
- $\frac{1}{4}$ tsp asafetida
- $\frac{1}{4}$ tsp red chili powder
- Roti or rice for serving (I like to throw cardamom pods in with my rice as it cooks)
- Cilantro for serving

SPAM and curry

MJ Sampang, our community partnerships and leadership development coordinator, recommended this delicious recipe for a car camping meal, but it can be rehydrated in the backcountry too, if you are willing to carry lil' SPAM cubes for a day or so.

Instructions

1. Chop onions, carrots, and potatoes into small pieces and fry in pan (use olive oil)
2. Chop SPAM into tiny pieces and put in pan after the veggies have softened
3. Once you the veggies are getting fragrant, put a half cup of water and one large curry cube (chop the rest of the cubes up into smaller pieces – you'll use them to enhance the flavor later.)
4. Add another ½ cup of water and taste. Want more curry flavor? Add more curry

blocks, then add garlic, salt, and pepper to taste

5. Start making instant white rice on the side (in a small pot with boiling water)

6. Top curry with chopped green onions.

* To dehydrate this, make the curry as described above, without the SPAM. Dehydrate it and portion it out, keeping the rice separate. Chop up the SPAM and bring it along in a scentproof bag. To rehydrate on trail, simply add water to the rice, and rehydrate the curry mix in a separate pot along with the SPAM cubes. Combine and enjoy!

Ingredients

- onion
- carrots
- small potatoes
- curry cubes
- instant white rice
- garlic powder
- salt
- pepper
- green onions
- can of SPAM
- water

Spicy Sweet Potato Stew *dehydrate it!*

Shared by advocacy director Andrea Imler. This stew is a staple because it's tasty and easy to make! Double it, triple it, freeze it or dehydrate it – it's delicious however you decide to make it. If you're bringing it backpacking, consider getting a peanut butter powder (or just a packet) and adding that in on trail, rather than before dehydrating it.

Instructions

1. Over medium heat, warm up 2 tbsp of oil in a large saucepan. Once warm, add in garlic and onions and sauté for about 5 minutes, or until fragrant.
2. Once the onion is beginning to look translucent, add in the tomatoes, coconut milk, jalapeños, sweet potatoes and all spices. Cover and simmer together for about 25 minutes, then mash the sweet potato to thicken the soup.
3. Take it off the heat, and stir in peanut butter, peanuts, and kale. Add water to thin to desired consistency (though if you are dehydrating it it's a good idea to keep it fairly thick)

Ingredients

- 3 cups chopped sweet potatoes, fresh or frozen
- 2 jalapeños, minced
- half of an onion, chopped
- 4 cloves garlic, minced
- 1 tsp. curry powder
- 1 tsp. turmeric
- 1 tsp. salt
- 1 14-ounce can fire roasted tomatoes
- 1 14-ounce can coconut milk
- ¼ cup peanut butter
- ½ cup chopped peanuts
- 1–2 cups kale, chopped
- 1–2 cups water
- Coconut oil (olive or vegetable oil is fine, too)

Monster Cookies

Contributed by Jessi Loerch, magazine editor. Make these huge — each dough scoop should be larger than a golf ball but smaller than a tennis ball. They make great hiking food. They do best wrapped up tightly because they're a bit crumbly and that keeps them from drying out or falling apart.

Instructions

Preheat oven to 350° F.

Using an 8-9 quart mixing bowl (if doing full batch), add the ingredients in the listed order. I like to combine all the wet ingredients in my stand mixer, and then do the rest of the mixing in a huge bowl. This could easily be done with a hand-mixer or, if you're patient, by hand.

Drop by large heaping tablespoons onto a cookie sheet. (Can get about six on a sheet). Bake for 12 minutes (do not over bake). Cool on cookie sheet for 5 minutes before removing cookie to wax paper or cooling rack. If cookie is removed too soon, they will crumble unless given a chance to set up as there is no flour in this recipe. Another alternative is leave cookie sheet out for a minute or two and then place it in the freezer to quicken the cooling process.

Ingredients

	¼ batch	½ batch ~25 cookies	full batch
Eggs	3	6	12
Brown Sugar	1 cup	2 cups	4 cups
White Sugar	1 cup	2 cups	4 cups
Maple Syrup	¼ tbsp	1 ½ tsp	1 tbsp
Baking Soda	2 tsp	4 tsp	8 tsp
Butter	¼ lb	½ lb	1 lb
Peanut Butter	1 ½ cups	3 cups	6 cups
Quick Oats *	4 ½ cups	9 cups	18 cups
Chocolate Chips	¼ lb	½ lb	1 lb
M & M's Peanut Butter	¼ lb	½ lb	1 lb
M & M's plain	¼ lb	½ lb	1 lb

*Use quick oats, not original. They are finer and act like flour to hold the cookie together.