

LUMBERJACK

outdoor cookbook



Heading into the outdoors can be fun and also intimidating, especially when it comes to food. Often, healthy habits slip when we are away from our kitchen. However, with a little planning, it is easy to eat nutritious foods while on the road or in the backcountry.

Utilize this cookbook to generate ideas, meal prep, and spark interest in exploring a whole new world of camp cooking! These recipes will fuel your body with nutrient-dense foods, giving you more energy to explore the great outdoors.

Happy trails!

Table of Contents

BREAKFAST

Loaded Instant Oats.....	6
Egg Scramble.....	7
Avocado & Bacon Breakfast Sandwich.....	8
Vegan Coconut French Toast.....	9
Banana & Peanut Butter Bagel.....	9

LUNCH

White Bean Bruschetta.....	11
Turkey & Veggie Wraps.....	12
Chicken Salad Boats.....	13
Chickpea Salad Sandwich.....	14
BLT Avocado Sandwich.....	15

DINNER

Greek Salad.....	18
Chicken Quinoa Bowls.....	19
Mediterranean Tuna Pasta.....	20
Four-Can Chili.....	21
One-Pot Protein Pasta.....	22

SNACKS

Pumpkin Spice Energy Bites.....	26
Peanut Butter Energy Bites.....	27
Trail Mix.....	28
Other Snack Ideas.....	29

DESSERT

Campfire Banana Boats.....	32
Vegan Campfire Apple Crisp.....	33

Breakfast Recipes

Breakfast is referred to as the most important meal of the day, and for a good reason! Eating foods in the morning breaks your overnight fast and provides your body with essential nutrients to boost energy and alertness. Starting your day with a healthy breakfast will allow you to climb higher, hike longer, and feel better as you explore a new place!

Loaded Instant Oats

makes 1 serving

INGREDIENTS

1 cup water
1 instant oatmeal packet
1 tsp honey
1 tbsp nut butter
1 tbsp chia seeds
½ apple (sliced)
Dash of cinnamon and nutmeg
1 tbsp maple syrup

DIRECTIONS

- Boil water and add to instant oats.
- Mix and let stand for 1 minute.
- Combine oats with honey, peanut butter, chia seeds, sliced apple, spices, and maple syrup and enjoy!

Egg Scramble

makes 2 servings

INGREDIENTS

1 tbsp olive oil, avocado oil or butter
4 eggs
½ red bell pepper
½ red onion
Handful of spinach
¼ cup shredded cheddar cheese
1 avocado
salt and pepper to taste

DIRECTIONS

- Heat skillet over medium heat and add oil.
- Chop red bell pepper and onion into small pieces.
- Add to hot skillet and cook under tender (about 3 min).
- Scramble eggs in a bowl and add to the skillet. Cook for about 3 minutes while constantly mixing.
- Add spinach, cheddar cheese and salt and pepper. Cook for another 2 minutes, or until the cheese is melted.
- Remove from skillet and top with sliced avocado.

INGREDIENTS

2 slices of bacon

2 slices of bread

1 egg

½ avocado

Salt and pepper to taste

DIRECTIONS

- Heat pan over medium heat and add the bacon.
- Flip occasionally and cook until crispy.
- Remove the bacon from the pan and add slices of bread. Toast for about 1 minute per side.
- Crack egg into skillet (adding more oil if needed) and cook to your liking.
- Spread avocado to both sides of toast and layer with egg and bacon. Add salt and pepper and combine to form a sandwich!

Avocado & Bacon Breakfast Sandwich

makes 1 serving

Vegan Coconut French Toast

makes 4 servings

DIRECTIONS

- In a large bowl, mash banana until smooth.
- Add coconut milk, cinnamon, vanilla extract, and salt and whisk until smooth.
- Heat a skillet over medium heat and add coconut oil to coat the pan.
- Dip a slice of bread into batter and let it soak for a few seconds on each. Fry in the skillet until golden brown and crispy (about 3 min per side) Repeat with the rest of the bread.
- Serve with maple syrup and fresh berries or bananas.

INGREDIENTS

1 loaf of bread, sliced
1 ripe banana
1 14oz can coconut milk
1 tsp ground cinnamon
1 tsp vanilla extract
½ tsp salt
Coconut oil
Maple syrup
Fresh fruit

*adapted from
Fresh Off the Grid*

Banana & PB Bagel

INGREDIENTS

1 bagel, split
2 tbsp nut butter
1 banana
1 tsp honey

makes 1 serving

DIRECTIONS

- Spread peanut butter over both sides of the bagel.
- Top with sliced banana and drizzle with honey.

Lunch Recipes

White Bean Bruschetta

makes 4-6 servings

INGREDIENTS

1 14 oz can white beans, rinsed and drained
1 14 oz can diced tomatoes, drained
¼ cup minced red onion
2 tbsp chopped, pitted green olives (optional)
2 tbsp olive oil
1 tbsp dried basil
1 chive garlic
Salt and pepper to taste
Toasted bread slices or pita chips

DIRECTIONS

- Combine everything (except the bread/pita chips) in a bowl.
- Stir to combine, and let sit 10-15 min.
- Serve on top of toasted bread or with pita chips.

Turkey & Veggie Wraps

makes 1 serving

INGREDIENTS

1 tortilla
2 slices of turkey or deli meat of choice
1 slice of cheese
Handful of spinach
1 slice red onion
1 slice tomato
1 tbsp hummus
½ avocado
Condiments of choice

DIRECTIONS

- Open the tortilla and assemble the sandwich with ingredients listed.
- Wrap up and enjoy with a piece of fruit on the side!

Chicken Salad Boats

makes 2 servings

INGREDIENTS

1 4 oz can chicken packed in water, well drained
¼ ripe avocado or ¼ cup plain Greek yogurt
2 tbsp diced red onion
¼ cup dried cranberries
1 cucumber, halved lengthwise and cut into thirds with the seeds scooped out
Salt and pepper to taste



DIRECTIONS

- In a small bowl, combine chicken, avocado, cranberries, and salt and pepper. Stir well to combine.
- Scoop the chicken mixture into your cucumber boat and enjoy!



Chickpea Salad Sandwich

makes 2 servings

INGREDIENTS

1 can chickpeas drained and rinsed
¼ cup dill pickles finely chopped
¼ cup red onion finely chopped
2 tbsp mayonnaise or vegan mayo of choice
2 ½ tsp mustard
1 ½ tsp apple cider vinegar
¼ tsp salt
2 tsp dill
¼ tsp black pepper
Bread of choice
Top mixture with shredded carrots,
lettuce and sliced tomato

DIRECTIONS

- Using a potato masher or fork, mash the chickpeas until most are smashed.
- Add the pickle, onion, mayo, mustard, vinegar, salt, dill, and black pepper. Mix well and taste for seasoning adjustment.
- Put mixture onto slices of bread of choice.
- Top mixture with shredded carrots, tomato slices, and lettuce before putting the sandwich together. Enjoy!

BLT Avocado Sandwich

makes 1 serving

INGREDIENTS

- 2 slices bread of choice
- 2 slices of bacon
- 1 slice tomato
- 1 leaf of lettuce
- ½ avocado
- 1 tsp mayo or condiment of choice

DIRECTIONS

- Precook bacon at home to your liking!
- Spread the avocado on both slices of bread and layer with remaining ingredients.
- Combine slices to form a sandwich and enjoy!



Dinner Recipes

Greek Salad

makes 3 servings

INGREDIENTS

salad

1 cucumber
3-4 tomatoes
1 large red bell pepper
1 small red onion
15 oz. can of chickpeas, rinsed and drained
Optional: olives, feta cheese, pepperoncini

dressing

3 Tbsp. red wine vinegar
1/4 cup olive oil
2 tsp. dried oregano
1/4 tsp salt

DIRECTIONS

- Make the dressing: in a small bowl, combine dressing ingredients and whisk to combine. Set aside.
- Dice the cucumber, onion, bell pepper and tomatoes (removing any excess liquid from tomatoes).
- Put vegetables and chickpeas in a large bowl.
- Add dressing and toss or stir to combine.
- You can eat immediately, but it is better to refrigerate for at least an hour to let flavors combine. Some dressing will settle on the bottom, so stir before serving.

Chicken Quinoa Bowls

makes 4 servings

INGREDIENTS

1 cup quinoa
2 4 oz cans chicken packed in water, well drained
4 large kale leaves, stalks removed and finely chopped
1 14 oz can black beans, drained and rinsed
1 lime, cut into wedges
2 avocados, pitted and sliced
1 bunch of cilantro, chopped
1 ripe mango, pitted and sliced
½ tsp chili powder
½ tsp salt
1 can salsa

DIRECTIONS

- Cook quinoa according to package directions.
- Remove chicken from the can and mix with chili powder and salt.
- Chop fruits and vegetables.
- Mix everything in with cooked quinoa and black beans and serve with lime and salsa.
- Feel free to prepare quinoa at home and bring with you!

Mediterranean Tuna Pasta

makes 4 servings

INGREDIENTS

2 5 oz cans of albacore tuna
1 tomato, chopped
¼ cup pitted kalamata olives, pitted and coarsely chopped
¼ cup chopped red onion
2 tbsp chopped parsley
2 tsp lemon juice
1 box fusilli pasta, dry
1 cup grated mozzarella cheese

DIRECTIONS

- Cook pasta according to box directions.
- Stir drained tuna with tomato, olives, onion, parsley, lemon juice, olive oil, salt, pepper in a large bowl.
- Add pasta to tuna mixture and sprinkle with mozzarella cheese.
- Stir until everything is combined.

Four-Can Chili

makes 4 servings

INGREDIENTS

- 1 medium onion, chopped
- 1 tbsp olive oil
- 1 14 oz can black beans, drained
- 1 14 oz can red kidney beans, drained
- 1 14 oz can diced tomatoes
- 1 can chipotle peppers in adobo sauce
- 2 cups vegetable stock *→ seeds removed!*
- 2 tsp salt
- 1 tsp garlic powder
- 1 tsp cumin

DIRECTIONS

- Start by scraping out the seeds out of the chipotle peppers. *Most of the spice is in the seeds!*
- Roughly chop the peppers and reserve the adobo sauce.
- In a large pot, heat the olive oil over medium/high heat.
- Add the onions and sauté until they begin to soften.
- Add the drained kidney and black beans, tomatoes, chopped chipotles, leftover adobo sauce, vegetable stock, salt and spices. Stir to combine.
- Cook until the chili is thickened, about 20 min.
- Serve immediately with your choice of toppings. *cheese, avocado, green onions*



One-Pot Protein Pasta

makes 4 servings

INGREDIENTS

for the kale

- 1 head kale, destemmed and chopped
- 2 cloves garlic, sliced
- ½ teaspoon salt
- Pinch of red pepper flakes, optional
- 1 tablespoon olive oil

for the pasta

- 1 23 oz jar tomato sauce, + 2 cups water
- 10 oz lentil pasta
- 1/4 cup cheese (omit to make vegan)

DIRECTIONS

for the kale

- Heat 1 tablespoon olive oil, and the red pepper flakes over in a high-sided skillet over medium heat. Once the oil is hot, add the kale, garlic, and salt and sauté until the kale is tender. Remove the kale from the skillet and set aside.

for the pasta

- Add the tomato sauce and water to the skillet and bring to a simmer.
- Add the pasta and cook for the time recommended on the package, or until the pasta is al dente, stirring frequently to ensure the pasta cooks evenly.
- Stir the cooked kale into the sauce to warm and take the skillet off the heat.
- Sprinkle cheese over the top, if using, and serve.

Snack Recipes

When camping or hiking, it is essential to eat enough calories to sustain your energy needs. Keeping up with those needs means snacking on healthy foods throughout the day. Try making your own energy balls or trail mix for a grab and go snack perfect for the trail!

Pumpkin Spice Energy Bites

makes 15 bites

INGREDIENTS

1 ½ - 2 cups old fashioned oats
½ cup all-natural peanut butter
½ cup pumpkin puree
¼ cup honey
1 tsp vanilla extract
½ tsp cinnamon
½ cup dried cranberries
¼ cup pumpkin or chia seeds

DIRECTIONS

- Combine all ingredients in a large bowl (starting with 1 ½ cups of oats). Mix well with a rubber spatula.
- If the mixture seems too wet, add an additional ½ cup of oats.
- Using hands, shape into 15 balls.
- Place on a cookie sheet with wax paper and refrigerate for at least 1 hour.

Peanut Butter Energy Bites

makes 12 bites

INGREDIENTS

$\frac{3}{4}$ cup dates, chopped (or other dried fruits)
 $\frac{1}{2}$ cup rolled oats
 $\frac{1}{4}$ cup creamy peanut butter
Chia seeds to garnish

DIRECTIONS

- Soak the dates in a small bowl with warm water for 5 to 10 minutes.
- Combine the dates, peanut butter, and oats in a food processor or blender and blend until the mixture is very finely chopped.
- Garnish with chia seeds and refrigerate for 15 minutes and up to one week.

Trail Mix

recipe from the Healthy Maven

INGREDIENTS

1 ½ cup raw nuts: almonds, pecans, cashews, peanuts, etc.

1 cup raw seeds: sunflower seeds, pumpkin seeds, etc.

1 cup unsweetened dried fruit

Fun stuff (amounts vary): ½ cup chopped dark chocolate, 1 cup popped popcorn, 1 cup pretzels, etc.

Spice: ¼ tsp sea salt, ½ tsp cinnamon, pinch of nutmeg

DIRECTIONS

- Combine all ingredients in a large bowl and mix well.
- Store in a Ziplock bag or mason jar.

*will keep for
one month!*

Other Easy Snack Ideas

CHICKEN AND TUNA (IN FOIL PACKETS)
POWDERED HUMMUS AND OLIVE OIL AND TORTILLAS
NUT BUTTER PACKETS
JERKY AND MEAT BARS
CHEESE
HARD CHEESES STAY BEST IN YOUR BACKPACK
BARs
FRUIT LEATHER



Dessert Recipes

Desserts and sweets provide an important boost for your mental state while getting through difficult days on the trail or setting up camp. Incorporate sweet foods sparingly and fats for camp cooking!

Campfire Banana Boats

makes 1 serving

INGREDIENTS

1 banana
Nut butter
Dark chocolate
Mini marshmallows
Crumbled graham
crackers
Aluminum foil

DIRECTIONS

- Take a banana with the peel still on and cut down the middle (along the concave side). Not all the way through, but until the knife grazes the other side.
- Stuff the banana with peanut butter, dark chocolate, and mini marshmallows.
- Wrap the banana in foil and place on the edge of your campfire.
- Carefully remove the banana with tongs after 5 minutes or until the banana feels soft.
- Unwrap and top with crumbled graham crackers.



Vegan Campfire Apple Crisp

makes 1 serving

INGREDIENTS

1 apple, peeled and sliced thinly
½ tsp olive oil or coconut oil
1 tsp maple syrup
½ tsp cinnamon
¼ cup granola
Aluminum foil



DIRECTIONS

- Prepare sliced apples and place on a large piece of aluminum foil.
- Drizzle with oil and maple syrup.
- Sprinkle apples with cinnamon followed by the granola and seal up the apple crisp foil packet.
- Place in the campfire and cook for 15-20 minutes, turning at least once.
- Carefully remove with tongs and serve with dairy free ice cream!

Now that you have the tools for eating healthy, it is time to get out and explore! Spending time outdoors is beneficial for mind, body, and soul, and provides a reset from daily life stresses. Be sure to pack enough water, layers, and sunscreen in addition to nutritious foods. Thank you for using this cookbook as a guide and enjoy your time connecting with nature!

Safe travels!



NORTHERN
ARIZONA
UNIVERSITY

Health Promotion