

Made From Scratch Monthly

Outdoor Adventure Foods

When you're heading out for a day of hiking, going to the beach, or having a picnic in the park, planning the foods you will take on your adventure can be fun, but you also want to make sure they are the right foods to keep you going. See our recipes for your next adventure.

Watermelon Salad

Salad Ingredients

- 6 c. cubed watermelon
- 1/2 c. red onion, *sliced thin*
- 1 cucumber, *seeded & diced*
- 1 c. chopped mint leaves, *some whole for garnish*
- 1/2 c. feta cheese or sub queso Blanco or Goat Cheese

Dressing Ingredients

- 3 tbs. extra-virgin olive oil
- 1 tbs. honey
- 3 tbs. fresh lemon juice
- 1/2 tsp. hot sauce
- 2 tbs. red wine vinegar
- Salt to taste
- 1 tbs. lime juice
- 1/2 tsp. ground pepper
- 1/4-1/2 tsp. cayenne pepper

Instructions

1. In a small mixing bowl, whisk together olive oil, lemon juice, red vinegar, lime juice, cayenne, honey, hot sauce, salt, and pepper.
2. In a large bowl, combine watermelon, cucumber, feta, onion, and chopped mint. Toss with dressing.
3. Garnish with mint.



Tip: You can make this salad the night before or add the cheese and mint on the day of serving.

Don't like spice? Skip the hot sauce and cayenne pepper. It will still be amazing.

No red wine vinegar? Swap it with Apple Cider Vinegar or Balsamic Vinegar.

Chicken Tortilla Pinwheels

- 8 oz. cream cheese, *softened*
- 4-5 (10 in.) flour tortillas
- 2 c. cooked chicken, *shredded*
- 1 1/2 tsp. garlic powder
- 3 c. baby spinach leaves
- 1 1/2 tsp. onion powder
- 1/2 c. red bell pepper, *diced*
- 1/2 tsp. creole seasoning
- Grated cheese
- 1 green onion, *chopped*
- 3/4 c. cooked bacon, *chopped*
- 1 tbs. parsley
- 1/2 tsp. salt
- 1/2 tsp. ground pepper

Instructions

1. In a medium bowl, mix cream cheese, garlic powder, onion powder, creole seasoning, green onions, parsley, salt, and pepper until thoroughly combined.
2. Spread about 3 tbs. of cream cheese mixture onto each tortilla, leaving a 1-inch border on all sides.
3. Layer cream cheese mixture with shredded chicken and baby spinach. Sprinkle with red bell pepper, cheese, and bacon (or use bacon bits).
4. Tightly roll up tortillas and wrap in foil or plastic wrap; refrigerate for about 30 minutes.
5. When ready to serve, remove wrap and slice each tortilla into 4 to 5 pinwheels.



Tips: Cream cheese is easier to work with when soft. Set it out about an hour before using.

Avoid tortilla cracks: Wrap securely in plastic wrap or foil and refrigerate for 30 minutes before slicing. This will also help pinwheels keep their shape.

Don't over fill: This will cause the pinwheels to come apart easily.

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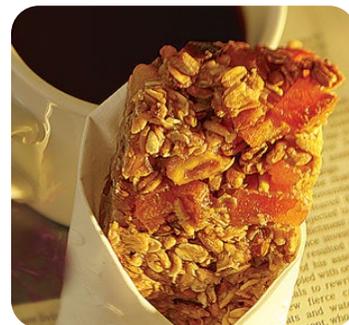
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Apricot-Walnut Cereal Bars

- 3 c. old fashioned rolled oats
- 1/2 c. chopped walnuts, (about 2 oz)
- 3 c. unsweetened puffed-grain cereal
- 2 c. dried apricots
- 1/4 c. all-purpose flour
- 1/2 tsp. salt
- 12 oz silken tofu
- 1 large egg
- 1/2 c. canola oil
- 1 c. honey
- 1 tbs. vanilla extract
- 2 tbs. freshly grated lemon zest

Instructions:

1. Preheat oven to 350°. Coat a large jelly-roll style pan with cooking spray.
2. On a separate baking sheet, spread oats, and walnuts. Bake until fragrant and lightly golden, 8-10 minutes. Transfer to a large bowl and add puffed cereal, dried apricots, flour, and salt; stir and combine.
3. Puree tofu, egg, oil, honey vanilla, and lemon zest in a food processor or blender until smooth. Make a well in the center of the oat mixture; fold in the tofu mixture until combined. Spread evenly on the prepared pan.
4. Bake until firm in the center and golden brown, 35 to 40 minutes. Let cool completely in the pan on a wire rack before cutting into bars with a sharp knife.



Make-Ahead Tip: Individually wrap in plastic and keep at room temperature for up to five days or freeze for up to a month. Thaw at room temperature or remove plastic, wrap in a paper towel and defrost in microwave.

Peanut Butter, Quinoa, Cranberry Energy Bites

- 1 c. rolled oats
- 1/2 c. quinoa, rinsed with cold water
- 1/4 c. sesame seeds
- 1/2 c. dried cranberries
- 1 c. peanut butter
- 1 tbs. maple syrup
- 2 tbs. coconut oil
- 1 tsp. vanilla extract
- 1/2 tsp. kosher salt

Instructions:

1. Preheat oven to 325°. Toast the oats, quinoa, and sesame seeds together on a sheet pan for about 15 minutes, until the oats are slightly golden. Set aside and let cool.
2. In a medium saucepan, heat the peanut butter, maple syrup, coconut oil, vanilla, and salt over low heat until warmed through and combined.
3. Remove from the heat and add the oats, quinoa, sesame seeds, and cranberries. Mix to combine and let cool for 15 minutes.
4. Scoop out 1 tbs. portions and roll into balls and refrigerate for at least 30 minutes. Store in the refrigerator.



Outdoor Food Safety Tips: Remember that perishable food cannot be kept out in hot weather (90°F or higher) for more than one hour; in mild weather for more than two hours. Otherwise, these foods become unsafe to eat and should be thrown out. Bring food safety essentials like disposable hand wipes or biodegradable soap, ice packs, trash bags, portable water filters or purification tablets, thermometer (for coolers and meats).