

## **Fresh Spinach / Chicken Salad**

### Ingredients (for 4)

- 1 lb. chicken breast
- 1 clove garlic
- 2 6 oz. bags of fresh spinach, washed, dried
- 1 c dried cranberries
- 2 oz. goat cheese
- 1 c candied walnuts
- ¼ c balsamic vinaigrette dressing

### Tools

- 1 13g trash bag

### At home

Boil chicken breast twenty minutes, cool, then shred by hand in to bite sized pieces. Mix with mashed garlic clove. Bag and freeze for the trail.

### Before departure

Put the spinach, goat cheese and dressing into the cozy with the frozen chicken as ice.

### On the trail

Make sure the chicken's thawed. Mix it all together in the 13g trash bag. Use a spork to shred the goat cheese. Use as much dressing as you'd like.

## Thai Noodles

### Ingredients (for 2)

- 1/3 lb. egg noodles
- ½ t garlic powder
- 1 t powdered ginger
- ¼ t red pepper
- 1 T curry powder
- ½ c dehydrated coconut milk
- 1 T dehydrated chopped cilantro
- 2 scallions – chopped and dehydrated
- 1 c dehydrated course chopped kale
- ½ c dehydrated peas
- ¼ c chopped peanuts
- ¼ c cashews
- 2 T coconut flakes
- 5 ½ c water, divided

### Tools

- 1 1 g Ziploc
- 1 1 qt Ziploc
- 1 sandwich ziploc
- cozy

### At home

Bag the egg noodles in one gallon Ziploc. Bag the garlic powder through peas in a one quart Ziploc. Bag the peanuts, cashews and coconut flakes in a sandwich Ziploc.

### On the trail

Boil 1 ½ cups water and pour into the one quart Ziploc with the dehydrated ingredients. Put into the cozy and wait ten minutes, mixing every few minutes. Boil three-four cups water and pour into the one gallon Ziploc with the egg noodles. Put it into the cozy too. Wait twenty minutes, shaking the cozy occasionally. (Make sure the dehydrated ingredients are mixed.) Check the noodles for completion. Check the mix for consistency. (It should thicken to a sauce.) Stir as required. Once everything's done, drain the noodles and serve everything separately. (You can pour the sauce into the noodles if desired.)

### Variations

Egg noodles are water and fuel intensive. Use couscous if water or fuel is an issue. Add ½ pound shredded chicken breast for more protein.

## **Tortilla Soup**

### Ingredients (for 2)

- 1 c dehydrated chopped canned black beans
- ¼ c dehydrated chopped onion
- ¼ c dehydrated chopped red bell pepper
- 1 pasillo chili, chopped and dehydrated
- 2 T tomato paste, dehydrated
- 1 t garlic powder
- 1 t cumin
- 1 t chili powder
- ¼ c dehydrated chopped cilantro
- ½ c crushed tortilla chips
- 4 c water

### Tools

- 1 1 g Ziploc
- 1 sandwich Ziploc
- cozy

### At home

Bag everything but the tortilla chips into the one gallon Ziploc. Bag the tortilla chips into the sandwich Ziploc and put into the one gallon Ziploc.

### On the trail

Boil four cups water and pour into the one gallon Ziploc with all ingredients. (Yes, remove the tortilla bag first.) Put into the cozy for 20-30 minutes, mixing occasionally. Use the tortilla crumble as a topping.

### Variations

Add ½ pound shredded chicken for more protein. (Look for the “Southwestern Chicken” pouch if you can handle the salt.)