

RECIPE BUNDLE



IOWA'S PERFECT PICNIC PACKING LIST

Plan and shop for your picnic together as a family.

Simple Sandwiches

Take favorite fixings for a sandwich or prep the Hot Deli Sandwich recipe on page 2.

- Pack fixings separately in a cooler with ice packs. Assemble the sandwiches at the park right before you eat.
- Include small packets of mayo, mustard, relish, etc., leftover from outings to restaurants.
- Tired of sandwiches? Bring tortillas and call it a wrap!

Refreshing Sides

- Veggie Dippers - Dipping veggies makes them more fun! Try carrots, celery, green peppers and broccoli "trees" dipped in ranch dressing, hummus or peanut butter.
- Mason Jar Salads - Lettuce seems more sophisticated in a jar. When you arrive, add an oil-based dressing for a summery feel. Shake and enjoy!
- Rainbow Fruit Kabobs - See recipe on page 4.
- Watermelon slices - Have a seed spitting contest!
- Cheese sticks

Tips: Wash and chop fruits and veggies at home and store in zip-top bags. Pre-portion dips and dressings in small plastic containers.

Drinks

A couple of days before leaving, freeze water bottles. Ice cold water hits the spot on a warm day.

Extra Challenge

Match your picnic with your Iowa travel location! For example, make Danish-inspired open-face rye sandwiches when near Elk Horn. Additional ideas:

- Use a butterfly shaped cookie cutter for sandwiches eaten near the butterfly garden at Lake Hendricks, Riceville.
- Buy veggies from a local farmers' market, fruit from an orchard or cheese from a dairy.
- Find recipes with Iowa-grown products at www.iowafoodandfamily.com/food/

Plan to bring two containers - one for food and one for gear!

- Sunscreen
- Bug spray
- First-aid supplies
- Hand sanitizer
- Reusable silverware and plates
- Wet wipes
- Roll of paper towels
- Garbage bag(s)
- Dishtowels
- Zip-top bags
- Blanket and/or tablecloth
- Campfire supplies
- Foil, pie irons and roasting sticks
- Oven mitts, tongs, non-stick spray and an old baking sheet

HOT DELI SANDWICHES

4 servings

8 slices of sourdough bread
 8 oz. deli ham, thinly sliced
 8 oz. deli turkey, thinly sliced
 Sweet onion, thinly sliced
 4 slices of provolone cheese
 Heavy-duty aluminum foil

Place ham, turkey and onion on a slice of bread. Add a slice of cheese and then a second slice of bread. Wrap each sandwich individually in heavy-duty foil. Place on medium-hot embers and cook 8-10 minutes until cheese is gooey and meat is warm. Flip packs once during cooking.

Oven instructions: Place foil packs on a middle oven rack. Bake at 350 degrees for 10-15 minutes.

Tips: Foil Cooking on Campfires

- Let the flames burn down before cooking. High-heat cooking works best on two inches of hot, but not flaming, coals.
- Campfire terminology: Coals are the wood left after the flames die down. Embers are glowing pieces of wood in a campfire.
- Use heavy-duty foil to wrap the food.
- Use pot holders and long tongs when handling foil packets - foil heats quickly.
- Steam will build up inside the foil packets. Open the ends carefully using oven mitts. Allow some steam to escape before opening the whole packet.
- All campfire recipes can be made on a grill. Cooking times may vary.

SPAGHETTI FEED

4 servings

16 oz. package of spaghetti noodles
 24 oz. jar of spaghetti sauce
 1 bag frozen meatballs
 Frozen garlic bread
 Plastic tablecloth

Cook noodles, sauce, meatballs and garlic bread according to package directions. Mix cooked noodles, meatballs and sauce. Allow to cool until warm, rather than hot.

Place plastic tablecloths on the picnic tables, taping down corners if the wind is blowing. Spread the spaghetti mixture down the center of the table. Distribute garlic bread at each place at the table. Dig in! No plates or serving utensils needed!

BREAKFAST EGG & SAUSAGE PIE IRON SANDWICH

4 servings

4 English muffins, split in half
4 fully cooked sausage patties
5 eggs, cooked/scrambled
1/4 cup shredded cheddar cheese
Non-stick spray
Pie iron

Generously spray both sides of a pie iron with non-stick spray. Place half an English muffin in one side of the pie iron. Add a sausage patty, 1/4 of the scrambled eggs and one tablespoon of cheese. Top with a second English muffin and close the pie iron.

Hold the pie iron over the hot coals of a campfire, not flames, for 5-7 minutes. Use oven mitts when opening the pie iron.

Tips: Cook the scrambled eggs prior to leaving home. Keep cold in an airtight container.

CAMPFIRE CALZONES

6-8 servings

1 package refrigerated thin crust pizza dough
1 can pizza sauce
Pizza toppings of your choice
(cooked hamburger or sausage, pepperoni, ham, veggies, shredded cheese)
Non-stick spray
Pie irons

Generously spray both sides of pie iron with non-stick spray. Open refrigerated pizza crust and cut into four equal size pieces. Line both sides of pie iron with one section of pizza dough. Dough will rise quite a bit so be sure it isn't too thick. Approximately 1/8 of an inch works well.

Place desired ingredients on one side of the pie iron. Lock pie iron and place over hot coals, not flames. Cook 5-10 minutes, flipping iron often. After 3-4 minutes, crack the iron open to check for hot spots.

Tips: Use oven mitts when opening the pie iron. Also, prep your toppings before leaving home. Wash and chop veggies and cook meat so this will be an easy meal!

VEGGIE PACKET

4 servings

1 small zucchini
 2 carrots
 ½ onion
 2 medium potatoes
 1 tbs. oil
 1½ tsp. basil
 1½ tsp. oregano
 ½ tsp. salt
 Heavy-duty aluminum foil

Chop all veggies. In a mixing bowl, combine vegetables, oil and spices. Mix until evenly coated. Spray foil with non-stick spray and spread vegetables on top. Place a grate over the top of the cookfire, close to the hot coals. Place the foil packet on top of the grate. Cook for 20-25 minutes or until carrots and potatoes are tender. Rotate the foil pack several times while cooking.

Oven instructions: Place foil packet on a baking sheet and place in a 425-degree oven. Bake 20-25 minutes or until potatoes and carrots are tender.

Variations: Add cooked ground beef, kielbasa, chopped ham, pinto beans or hot dog slices and call it a meal!

Tip: Wash and chop zucchini, carrots and onion at home. Store on ice in a cooler in airtight containers. Potatoes can be prepared ahead of time, but store in a bowl of water.

RAINBOW FRUIT KABOBS

Make at home and have a tasty, beautiful snack in the cooler.

Wooden kabob skewers
 Strawberries, remove stem, whole or cut in half
 Mandarin orange, sliced
 Pineapple, cut into bite-sized pieces
 Kiwi, cut into bite-sized pieces
 Blueberries
 Purple grapes

Wash fruit. Peel and slice into bite-sized pieces, if necessary. Place one (or two) of each fruit on skewer in the order listed.

Variations: Adjust the fruit to family favorites. Add a yogurt dipping sauce for a fun treat.

BANANA BOATS

4 servings

4 unpeeled bananas (firm, not mushy)
4 tbs. mini chocolate chips
4 tbs. mini marshmallows
Heavy-duty aluminum foil

Use a knife to cut unpeeled bananas lengthwise about a ½ inch deep, leaving ½ inch at both ends. Do not cut all the way through. Push the banana ends together to form a small opening along the cut. Fill the openings with chocolate chips and marshmallows.

Keep the bananas upright, wrap the bananas individually with foil. Place near a hot campfire or on warm embers for 5-15 minutes to melt the chocolate and marshmallows. Peel back the skin and eat with a spoon.

Variations: Try adding raisins, peanut butter, caramels or chopped nuts.

CHOCOLATE, PB & BANANA PIES

6 servings

6 mini graham cracker pie crusts
Banana slices
Milk chocolate chips
Peanut butter chips
Mini marshmallows
Heavy-duty aluminum foil

Place a grill grate over the campfire. In each graham cracker crust, place four banana slices covered with a layer of peanut butter chips and chocolate chips. Sprinkle each pie with marshmallows. Wrap each pie with foil. Place on the grill grate for 10-15 minutes to melt marshmallows and chocolate.

Oven instructions: Place pies on a baking sheet. Bake at 350 degrees for 10-15 minutes.

EXTREME S'MORES

Try these variations of a classic s'more.

Instead of graham crackers, try:

- Chocolate covered graham crackers
- Cinnamon graham crackers
- Salty crackers
- Fudge striped cookies
- Oatmeal cookies
- Chocolate chip cookies
- Wafer-style cookies
- Toasted bread

Instead of a chocolate bar, try:

- Peanut butter cups
- Dark chocolate with strawberry slices
- Mint chocolate
- Cookies and cream chocolate bar
- Caramels
- Hazelnut cocoa spread

Place a large marshmallow or two on a roasting stick. Place near campfire coals and rotate to toast evenly on all sides. Place between graham crackers (or substitutes) and try these add-ons:

- Peanut butter
- Jam
- Cream cheese
- Banana slices
- Apple slices
- Caramel sauce
- Hot fudge
- Sprinkles

99 PARKS

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Activities provided in partnership with Travel Iowa, Iowa's County Conservation System, Iowa Healthiest State Initiative and Next Step Adventure.

