



A PICNICS POTENTIAL FOR HEALTH

Meals and snacks on the go can be easy and nutritious.

Exploring nature is a wonderful way to ramp up endorphins and log physical activity minutes. Whether its a picnic at a local park or a longer trail hike, the food you pack can make or break your trip. As you venture out, consider these RD-approved tips!

The goal: Plan a balanced meal with quality sources of carbohydrate, protein, healthy fat and veggies, while considering your needs for easy transport and eating on the go.

Whole Grain Salads: Using farro, quinoa or whole wheat pasta as a base, a cold salad can be a complete meal when proteins like chicken, shrimp or beans are added, as well as healthy fats like nuts, seeds or an olive oil dressing. Bonus points for added vegetables!

Deconstructed Sandwich: When a messy sandwich isn't an option, try it other forms. Scoop your sandwich fixings with whole grain crackers or use a high-fiber whole wheat wrap. Keep condiments easy. Hummus, pesto and guacamole pack well and add flavor.

Power Bites & Bars: Easy to make, no-bake bars are a great choice outdoors. Oats, peanut butter, dates, nuts and seeds blend together for a satisfying snack. Try adding cinnamon and pecans, or combining cranberries and almonds to vary the flavors!

Keep food safety and packaging in mind when packing food for adventures. Ensure cold food is kept below 40 degrees F. For compact cold keepers, freeze water bottles that will melt for hydration later. Foods that can be kept at room temperature like nut butter sandwiches, dried fruit and nuts can be helpful. Pack wisely in plastic containers that nest to prevent softer items from getting crushed. And of course, don't forget to pack flatware!





GREEK HUMMUS WRAP

A Greek wrap can be customized to fit your dietary needs and flavor preferences. It's portability make it a picnic all-star! Start with an easy foundation and build from there!

Whole wheat wrap
Prepared hummus
Greens or pre-cut slaw
Cucumber
Sun-dried tomatoes
Roasted red peppers
Feta cheese
Olives
Avocado
Oregano, Basil, Balsamic, Capers, etc.

Find your favorite combination, choosing a mix of something crunchy, flavorful and creamy for balance!. Keep watery ingredients (like cucumber or roasted red peppers) in the center of your wrap to avoid sogginess.

BROCCOLI CHICKEN & FARRO SALAD

2 c cooked farro (quinoa for gluten free)
2 c cooked chicken, diced
2 c broccoli florets, chopped
1/2 c avocado oil mayo
1/2 c plain greek yogurt
1 T whole grain mustard
1-2 T red wine vinegar
1 T Herbs de Provence
1/2 c slivered almonds

Mix farro, chicken and broccoli in a large mixing bowl. Whisk mayo, yogurt, mustard, vinegar and herbs in a small bowl. Drizzle over salad and mix well to combine. Dress with almonds.

Try your own variations, such as adding almonds and dried cherries, diced apples and pecans, or swapping curry powder in lieu of Herbs de Provence.





CANTALOUPE AND CUCUMBER SALAD

1/2 c olive oil
1/4 c white wine vinegar
1 tsp ground coriander
1 tsp kosher salt
1/4 tsp ground black pepper
1/8 tsp ground cardamom
1/2 cantaloupe, chopped, 1" pieces
1 hothouse cucumber, sliced 1/2"
1 jalapeño, seeded & thinly sliced
1/2 c roasted pepitas
1/4 c each chopped cilantro & mint
Sumac (for serving)

Whisk oil, vinegar, coriander, salt, pepper, and cardamom in a large bowl. Add cantaloupe, cucumber and peppers, toss to coat. Let sit for 15 minutes.

Before serving, add pumpkin seeds, cilantro, and mint and toss gently to combine. Top with sumac.

Sumac, a tart, citrusy spice generally sold in ground form, can be found at Middle Eastern markets, specialty foods stores, and online.

VIRLEAN' S CARIBBEAN DELIGHT

Servings: 2

3 cups frozen strawberries
3 cups frozen pineapple
2 cups tropicana Pina Colada
3 cups Malibu Caribbean Rum w/ Coconut Liqueur
2 pkgs frozen Daily's Bahama Mama (frozen cocktail)

Non-Alcoholic Option

3 cups frozen strawberries
3 cups frozen pineapples
1/4 cup Tropicana Pineapple Mango
3 ice cubes

Place all ingredients into a blender and blend until smooth. Pour into a highball glass. Garnish with a strawberry half and pineapple wedge. Enjoy!

