

Food Advocate

Monthly Newsletter
May 2023: Picnic Essentials



HCAA Food Advocacy
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Welcome!

Hi, I'm glad you are here! For those who are new- I have created this resource to share yummy, yet healthy and simple recipes, as well as a way to keep in touch! Each month a different topic will be introduced, whether that is plant-based recipes or gluten free recipes; there is a recipe for everyone! If you are looking to showcase your favorite recipe and or share any recommendations feel free to email me at cinsley@harfordcaa.org. Previous newsletters can be found at harfordcaa.org under Programs> Food Advocacy Program> Food Advocacy Newsletter.

In addition to the recipes, below you can find other essentials!

Picnic Essentials

As the days become warmer and longer one of my favorite ways to spend time outside is with a picnic. Picnics allow you to bring family and friends together with great food. Rain or shine, there are many parks and recreation centers that include pavilions and tables for you to have the best picnic. In this month's newsletter I will be including recipes that are easy to prepare and pack up the day of. Grab your friends and family, your picnic blanket, and get outside!

Sliced fruit and veggies
Cheese, meat, and crackers
Chips and dips
A baguette
Drinks
Cutlery
Plates and or bowls
Cups
Napkins
A blanket
Foldable chairs



Greek Pasta Salad

A super simple side dish. The recipe can easily be adjusted by swapping any ingredients and or the dressing.

Ingredients:

- Cucumber
- Cherry tomatoes
- Red onion
- Feta (crumbled)
- Kalamata olives
- Lemon juice
- Your favorite pasta
- White balsamic vinaigrette

Directions:

1. Fill a large pot with about 3/4 cups of water. Bring the water to a boil, then reduce the heat a little, adding your pasta noodles. Refer to the pasta's packaging for cooking times (should cook for about 8-10 minutes).
2. While your pasta is cooking, dice your cucumber, cherry tomatoes, and red onion. Set aside.
3. Once your pasta is done cooking, take it off the burner and let it cool. Once the pasta has cooled add all of your ingredients, plus the lemon juice, feta, olives, and the balsamic.



Street Corn Salad

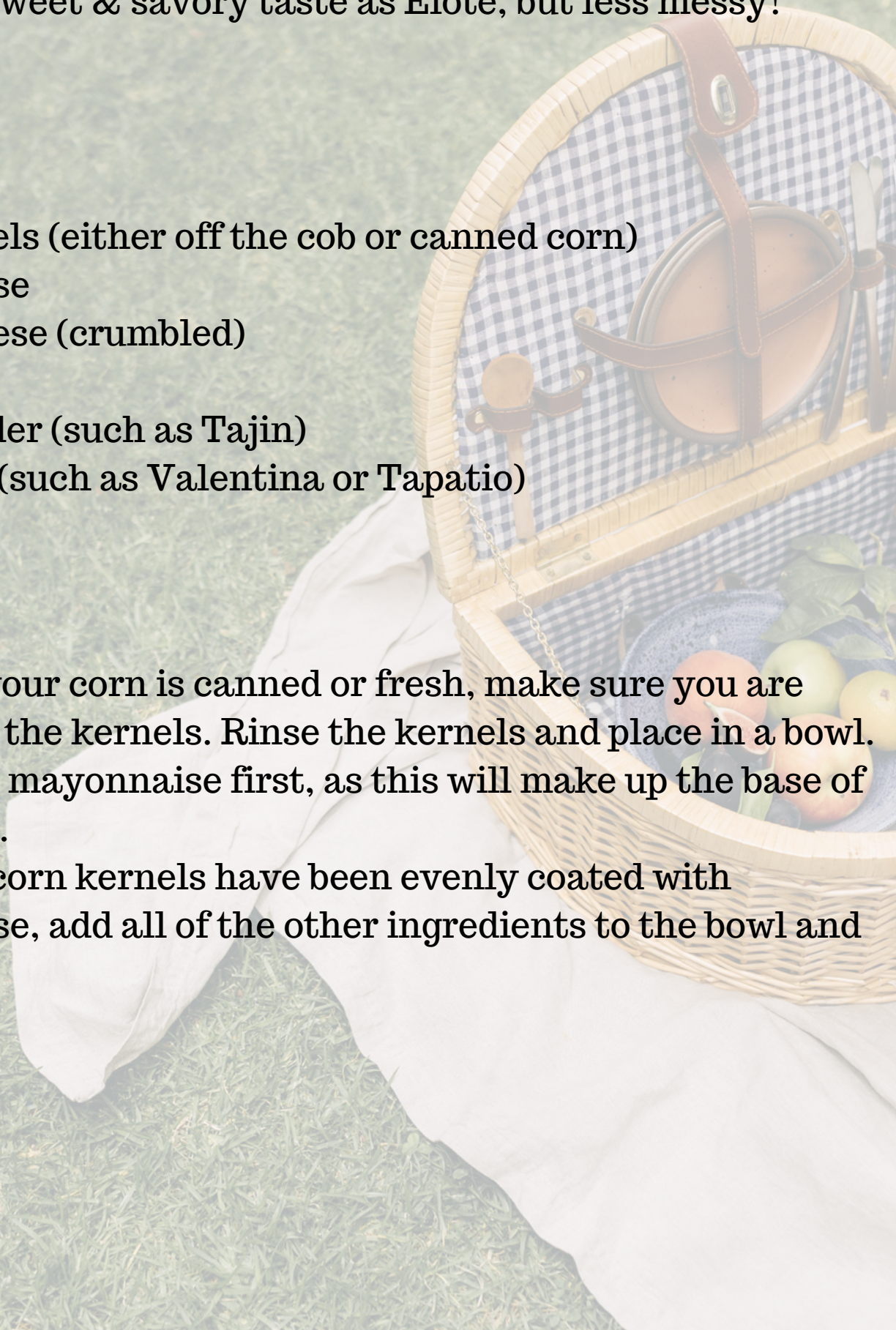
The same sweet & savory taste as Elote, but less messy!

Ingredients:

- Corn kernels (either off the cob or canned corn)
- Mayonnaise
- Cotija cheese (crumbled)
- Lime juice
- Chile powder (such as Tajin)
- Hot sauce (such as Valentina or Tapatio)

Directions:

1. Whether your corn is canned or fresh, make sure you are only using the kernels. Rinse the kernels and place in a bowl.
2. Mix in the mayonnaise first, as this will make up the base of your salad.
3. Once the corn kernels have been evenly coated with mayonnaise, add all of the other ingredients to the bowl and mix.



Caprese Skewers

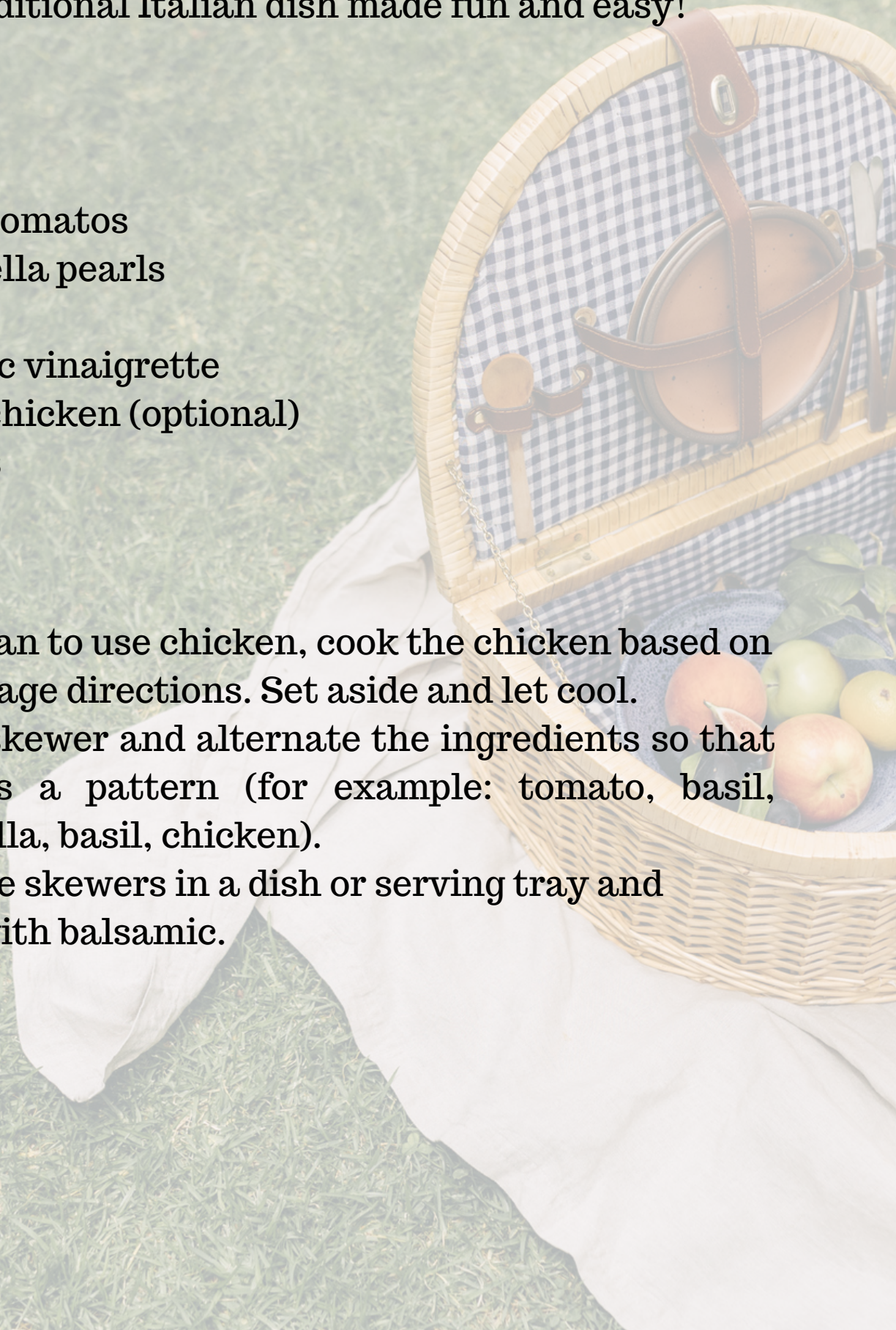
A traditional Italian dish made fun and easy!

Ingredients:

1. Cherry tomatoes
2. Mozzarella pearls
3. Basil
4. Balsamic vinaigrette
5. Grilled chicken (optional)
6. Skewers

Directions:

1. If you plan to use chicken, cook the chicken based on the package directions. Set aside and let cool.
2. Grab a skewer and alternate the ingredients so that it makes a pattern (for example: tomato, basil, mozzarella, basil, chicken).
3. Place the skewers in a dish or serving tray and drizzle with balsamic.



Sweet & Savory Chicken Salad

A great protein option with a variety of flavor

Ingredients:

- Shredded chicken
- Mayonnaise
- Dijon mustard
- Red/purple grapes
- Celery
- Green onion
- Parsley
- Lemon juice
- Salt and pepper
- Bread or lettuce (to add the chicken salad into)

Directions:

1. If your chicken has not already been cooked or shredded start with that and then set aside and let it cool.
2. Dice up your celery, grapes, green onion, and parsley. Set aside.
3. Add your shredded chicken to a large mixing bowl. Then evenly mix in a large scoop of mayonnaise and a small amount of mustard (I recommend starting small because you can always add more).
4. Add all of your diced ingredients, along with lemon juice, and salt and pepper.
5. To prevent things from becoming soggy, I recommend packing your bread or lettuce separately and assembling your sandwich/wrap once you are ready to eat.



Cucumber & Dill Pinwheels

Kid-friendly and takes less than 10 minutes to make! Also no cooking is required!

Ingredients:

- Tortillas
- Cucumber
- Cream cheese
- Dill
- Salt and pepper

Directions:

1. Place a large scoop of cream cheese in a bowl and mix in your dill and salt and pepper. This will be the base of the pinwheel.
2. Thinly slice the cucumbers and then set aside.
3. Get out a tortilla and evenly spread your cream cheese mixture. Next place down your cucumbers, covering the entire surface of the tortilla.
4. Roll up the tortilla and then slice into pinwheels!

