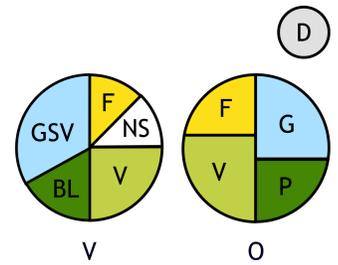


NO COOK AT CAMP



Sandwiches and Crudité's

Assumption: 2 sandwiches per person

Equipment

- Vegetable peeler
- Chef's knives
- Cutting boards or hiking boards
- Spreading knives

Ingredients

Lentil Red Pepper Spread

- Mayonnaise
- Mustard
- Whole-grain bread, 4 slices per person
- Vegan cheese, 2 slices per vegan
- Dairy cheese, 2 slices per omnivore
- Vegan lunch meat, 4 servings per vegan

Meat lunch meat, 4 servings per omnivore

Head of lettuce

Savory Tofu Dip

- Carrots or baby carrots
- Jicama
- Limes
- Bell peppers or baby bell peppers
- Hothouse cucumbers
- Cherry tomatoes

At Home



Make the *Lentil Red Pepper Spread* and the *Savory Tofu Dip*. Refrigerate and then place in pack cooler.



At Camp



1. Arrange a relatively clean cooking preparation area away from any raw meat or eggs that you might have and wash your hands.



2. Choose the best knife for the job and cut the cucumbers into staves.

3. If you have full-size bell peppers, rinse them, choose the best knife for the job, and cut them into strips after removing the seeds.

4. Peel the jicama and, using the best knife for the job, cut into staves.

5. Cut the limes into quarters using the best knife for the job.

6. If you have full-size carrots, peel them using the vegetable peeler and then use the best knife for the job to cut them into sticks.

7. Set everything out.



8. Refrigerate any leftovers as soon as everyone is done eating.

