

Greek Chicken and Rice Salad recipe

Serves 2

1 bag 10 minute Success Brown Rice
½ cup Greek or Ceasar salad dressing
Dash of sweet Basil
1 foil pack, 7oz, chunk chicken breast, Kroger or similar brand
2 cups cherry tomatoes, halved (in camp)
1 small cucumber, sliced (in camp)
½ large red onion
1 small can, black olives, sliced
1/3 cup Feta cheese, crumbled

At Home:

Either use small Tupperware containers, or something similar, that will be easy to pack the cherry tomatoes, half onion, and Feta Cheese. The salad dressing, can be loaded into a small screw top plastic container, that can be picked up at REI, or any other outdoor retailer. Take the Feta Cheese, freeze it in the freezer, and put it in foil, and bury it in the pack. This will be a recipe that you will probably need to eat the first day, for the Feta Cheese probably won't last more than a day in the field...

In your Jetboil, or similar stove, boil two cups of water, and drop in the bag of 10 Minute Success rice, and watch closely! You might have to adjust water, but it's easy enough, since the rice comes in its own bag. While that's cooking, halve the cherry tomatoes, dice the red onion, slice the cucumber, and depending on the type of olives you brought, either slice them, (we chose the already diced black olives that come in a can, for convenience), and pour your ingredients into a 1.5 or 2 liter pot. Add the salad dressing, and sweet basil and stir together. When the rice is ready, (after about a 10 minute boil time), remove the bag, pour out the rice, and stir everything together, and let set for about 5 minutes, and add the feta cheese on top. It should be thawed by now, and really adds zing to this dish! Optional: if you need to make this last for a second, or third day replace the feta cheese, with grated Parmesan, since this won't spoil.