

# Simple and Delicious Picnic Food Ideas

## Sausage Rolls

Serves 12 | Prep. time 20 minutes | Cooking time 25 minutes

### **Ingredients**

#### For the sausage filling

- 1 tablespoon cooking oil
- 1 medium onion, chopped
- 1 teaspoon minced garlic
- 1 teaspoon dried basil
- ½ teaspoon cayenne pepper or to taste
- 1 pound ground pork
- 3 tablespoons flat-leaf parsley, chopped
- 1 teaspoon kosher salt
- ½ cup breadcrumbs
- 1 large egg
- ½ teaspoon smoked paprika

#### Other ingredients

- 1 pound frozen puff pastry, thawed
- 1 large egg, beaten 1 tablespoon of water

### **Directions**

1. In a medium saucepan, heat oil over medium-low heat and sauté the onions for 1 minute.
2. Add the garlic, basil, and cayenne pepper. Stir for 1-2 minutes or until soft and fragrant. Remove from heat and let cool.
3. Add the beef, parsley, salt, breadcrumbs, egg, and smoked paprika to a bowl. Mix until well-combined.
4. Add the onion mixture and stir until combined.
5. Preheat the oven to 350°F (177°C)
6. Place the puff pastry on a working surface lightly dusted with flour. Roll out the dough into a large rectangle of about 18x12 inches.
7. Spoon evenly the beef mixture onto the puff pastry. With a spatula, flatten the beef mixture evenly onto the pastry, leaving a ½-inch border. Brush the egg wash all around the border. Roll the dough tightly around the beef. Seal the ends by pinching the dough together. Cover with plastic wrap and place in the refrigerator to chill, for about 15-20 minutes
8. Remove the plastic wrap and cut the roll into 1-inch pieces.
9. Brush the rest of the egg wash pastry on the rolls.
10. Cook for about 35-40 minutes or until the pastry puffs up, gets crisp, and the sausage meat is cooked through.
11. Let the rolls cool completely before storing them in an airtight container. Refrigerate until ready to bring along to the picnic.
12. Serve with ketchup if desired.

### **Nutrition facts (per serving)**

Calories 382, fat 24 g, carbs 25 g

Protein 14 g, sodium 428 mg

# Deviled Eggs

Serves 12 | Prep. time 10 minutes | Cooking time 15 minute

## Ingredients

- 6 large eggs, hard-boiled and peeled
- 3 tablespoons mayonnaise
- ½-1 teaspoon Creole seasoning, or to taste
- ½-1 teaspoon hot sauce, or to taste
- 1½ tablespoons sweet pickle relish
- 1 teaspoon Dijon mustard
- ½ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper

## Directions

1. Put the eggs in a medium saucepan, cover with cold water, and bring to a rolling boil.
2. Once the water starts to boil, cover, and turn off the heat. Don't lift the lid again until it's time to take the eggs out. Let it sit for about 10- 12 minutes.
3. Remove the egg yolks and put them in a medium bowl.
4. To the bowl, add the mayonnaise, Creole seasoning, hot sauce, salt, sweet pickle relish, Dijon, and pepper. Mix the ingredients until smooth and creamy.
5. Put the egg yolk mixture into a small, resealable plastic bag. Cut a small corner off the bottom of the bag and use it to pipe the filling into the egg white halves.
6. Store into an airtight container and refrigerate until ready to bring along to the picnic in a cooler.
7. Serve chilled.

## Nutrition facts (per serving)

Calories 50, fat 3 g, carbs 1 g

Protein 3 g, sodium 81 mg

# Creamy and Crunchy Waldorf Salad

Serves 2 | Prep. time 10 minutes

## Ingredients

- 2 cups chopped Romaine leaves
- ½ cup dried cranberries
- 2 Granny Smith apples, chopped
- ½ cup walnuts, chopped
- 1 cup grapes
- 2 cooked chicken breasts, shredded
- ⅓ cup plain Greek yogurt
- ¼ cup red onion, diced
- 2 stalks celery, diced
- 2 tablespoons sliced almonds
- 1 tablespoon lemon juice
- Salt and pepper, to taste

## Directions

1. In a medium bowl, combine shredded chicken, yogurt, onion, celery, almond slivers, lemon juice, salt, and pepper until well-mixed.
2. Divide the chicken among 2 pint-sized canning jars such as Mason or Ball jars, then add apples, walnuts, grapes, Romaine leaves, and cranberries in order.
3. Cover with lid and refrigerate until ready to bring along to the picnic.

## Nutrition facts (per serving)

Calories 365, fat 7 g, carbs 41 g

Protein 18 g, sodium 33 mg

# Cubano Sandwich

Serves 4 | Prep. time 15 minutes | Cooking time 16 minutes

## Ingredients

- 1 loaf Cuban bread
- ¼ cup yellow mustard
- ¼ cup mayonnaise
- 1 pound cooked ham, sliced
- 1 pound roasted pork, sliced
- ½ pound Swiss cheese, sliced
- 6 dill pickles, sliced
- Cooking spray for the pan

## Directions

1. Heat a skillet, large cast-iron pan, or heavy-duty pan over medium heat. Cut the loaf of bread in half horizontally and then into quarters.
  2. Spread the mayonnaise and mustard on the bread. Use one topping per slice of bread, but make sure each sandwich has both.
  3. Stack the ham, pork slices, cheese, and dill pickles on each sandwich.
  4. Use cooking spray to lightly coat the cooking surface of a griddle or skillet for about 1 minute and heat the pan. When hot, add the sandwiches.
  5. To flatten the sandwich, put a clean, heavy skillet on top of it. The goal is to make the bread about a third smaller than it was before.
  6. Leave the pan on top of the sandwich for 1–2 minutes and grill. Use a brick wrapped in foil if you don't have a heavy skillet.
  7. Lift the heavy pan, flip the sandwich, and cook the other side.
  8. Put the pan back on the top of the sandwich. The sandwich is ready when the cheese is melted, and the bread is a golden-brown color.
1. Cut each sandwich in half across the middle.
  2. Let cool completely before wrapping the sandwiches with plastic wrap or storing them in airtight containers. Refrigerate until ready to bring along to the picnic.

## Nutrition facts (per serving)

Calories 772, fat 41 g, carbs 46 g

Protein 55 g, sodium 2400 mg

# Balsamic Beef Kebabs

Serves 6 | Prep. time 20 minutes

Marinating time 2-8 hours | Cooking time 10 minutes

## Ingredients

- 2 pounds beef sirloin steak, cut in large and even chunks – 4-5 pieces per skewer
- 4 white mushrooms, cleaned and trimmed
- 1 large onion, cut large pieces
- 1 green bell pepper, cut into large pieces
- 1 red bell pepper, cut into large pieces

## Marinade

- 4 cloves garlic, minced
  - 2 teaspoons smoked paprika
  - 1 teaspoon cumin
  - 1 teaspoon Kosher salt
  - ½ teaspoon black pepper
  - ⅓ cup red balsamic vinegar
  - ½ cup olive oil
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- 4-8 wooden skewers, soaked in water for 30 minutes, 1 large aluminum heavy-duty foil sheet

## Directions

1. In a large sealable plastic bag, mix oil, garlic, paprika, cumin, salt, pepper, and balsamic vinegar.
2. Add beef. Toss to coat well. Place the bag in the refrigerator and let marinate for at least 2 hours up to 8 hours. Turn the bag over at least once during marinating time.
3. Place the beef cubes on skewers, alternating with onions and pepper pieces, finishing with a mushroom.
4. Transfer to an airtight container and refrigerate until ready to bring along to the picnic. In transit, place in the cooler.
5. At the picnic site, light charcoal briquettes in a chimney starter for about 10 minutes or until gray and ashy. Add charcoal to the barbecue pit and place the grill in a medium position.
6. Place the skewers on the grill.
7. Grill for 2-4 minutes per side for medium-rare or until cooked through to the desired doneness.
8. Remove from grill and allow to sit for 5 more minutes before serving.

## Nutrition facts (per serving)

Calories 508, fat 38 g, carbs 8 g

Protein 31 g, sodium 393 mg

# Chocolate Pecan Bars

Serves 36 | Prep. time 10 minutes | Cooking time 25 minutes

## Ingredients

- 1-¾ cups all-purpose flour
- 1 cup granulated sugar
- ¼ cup baking cocoa
- ½ cup cold unsalted butter, cubed
- 2 large eggs
- 1 (14-ounce) can sweetened condensed milk
- 2 cups semisweet chocolate chips, divided
- 1 cup pecans, chopped

## Directions

1. Preheat the oven to 350°F (177°C).
2. Mix the flour, sugar, and cocoa in a large bowl.
3. Cut in the butter and mix with your hands until the mixture looks like coarse crumbs.
4. Stir in the eggs. Set aside 1-½ cups of the mixture.
5. Transfer the rest of the crumb mixture to a greased 9-by-13-inch baking sheet.
6. Bake for 6-8 minutes or until set.
7. In the meantime, add 1 cup of chocolate chips and all the milk to a saucepan. Cook over low heat, stirring frequently, until the chocolate melts.
8. Spread the sauce carefully over the crust.
9. Sprinkle the reserved crumbs with the rest of the nuts and chips over the chocolate.
10. Bake for 15–20 minutes or until the top is set (chips will not look melted).
11. Let cool completely before storing in an airtight container. Refrigerate until ready to bring along to a picnic.

## Nutrition facts (per serving)

Calories 173, fat 9 g, carbs 23 g

Protein 3 g, sodium 44 mg

# Refreshing Berry Salad

Serves 4 | Prep. time 15 minutes

## Ingredients

- 2 cups fresh strawberries, hulled
- 2 cups fresh blueberries
- 2 cups fresh blackberries

## Dressing

- 3 tablespoons lime juice
- 3 tablespoons liquid honey
- 1 tablespoon fresh mint, minced

## Directions

1. Cut the strawberries into bite-sized pieces.
2. In a large bowl, mix the strawberries, blueberries, and blackberries.
3. In a small bowl, combine the lime juice, honey, and mint.
4. Pour the dressing over the fruit and mix to combine.
5. Divide the fruit salad between 4 pint-sized canning jars such as Mason and Ball jars.
6. Cover with lid and place in the refrigerator until ready to bring along to a picnic.

## Nutrition facts (per serving)

Calories 186, fat 1 g, carbs 48 g

Protein 3 g, sodium 2 mg

\*\*\*These recipes and more are found in Louise Davidson's *Picnic Cookbook: Quick and Easy Portable Recipes to Enjoy in the Great Outdoors*. To get your own copy, click on the cover below or click [here](#).

