



DINNER

"Wilderness is unique, fragile and ever-changing. All of us have a right to visit and enjoy the wilderness resource. The trick is to use the land within reasonable limits and in an appropriate manner so that natural processes are not affected and adverse impacts are avoided. It is up to us to adopt a land ethic, take ownership for the resource and take responsibility for the future of wilderness."

- Terry Carlson,
Fort Collins, CO

Chicken and Dumplings

Terry Carlson, 4 seasons,
Comanche Peak Wilderness

1 c. flour
2 tsp. baking powder
1/4 c. powdered milk
2 tbsp. vegetable oil
1 sm. can of chicken
1 stalk of celery, chopped
1 carrot, chopped
1/2 onion, chopped
salt, thyme, oregano, basil, pepper,
parsley, sage to taste
4 1/2 c. water

Dumplings: Mix flour, baking powder, milk and salt together. Add 1/2 c. water and oil and mix until moistened.

Chicken Broth: Combine chicken, celery, carrot, onion and spices with 4 c. water. Bring to a boil. Reduce heat. Drop dumpling dough by spoonfuls into broth and simmer until dumplings are cooked. Makes 2 servings.

Variations: Add zucchini, chili powder, green chili or cabbage to chicken broth. Substitute ramen or veggie noodles for the dumplings.