



All you need is a
basic camp kitchen
to make great meals
in the outdoors.



FEEDING THE ADVENTURE

An interview with road-tripper, trail runner and author
Morgan Sjogren

Finding the right balance between ease, convenience and nutrition when it comes to food is hard enough when you're a road-tripper ("Well, Taco Bell is right there, and we've been driving all day...")—but as a traveling athlete, it can be even more challenging.

Morgan "Mo" Sjogren lives out of her Jeep, traveling the country to find new and inspiring

places where she can feed her appetite for outdoor adventure—from canyoneering and hiking to her real passion: trail running. And while the landscape sustains her desire for wide-open spaces, there's also the need for actual food. Mo can go weeks at a time without returning to civilization, so she has a pretty established routine for grocery shopping, food storage and meal preparation.

ROVA caught up with Mo to find out more about her relationship with travel, nature and food.

How do you manage a transient lifestyle, extreme exercise program and nutrition all at once?

On really big driving days (think over 6–8 hours), I don't push myself to run or work out. I might take a light walk to stretch out once I arrive. On even longer trips (more than 10 hours), my only priority is to make sure that I don't



Left: Morgan creates fresh, tasty meals from the back of her Jeep.

Right: A two-burner propane stove sits on a shelf in the back of the Jeep.

Right inset: Morgan's book, *Outlandish*, captures the essence of her life on the road, with a focus on food.

access to all of my cooking utensils (also stored in the drawer). I have a handy flip-down table built into my tailgate that's made out of an old road sign. My water is stored in a simple seven-gallon blue jug, which isn't an efficient use of space—I want to change this up. I also have a cooler, which has changed my life after living without a working cooler for almost two years—my beers are finally cold!

Where do you generally shop for your food?

Anywhere I can access food! In remote locations, a gas station usually has to suffice before heading off the highway into the backroads. In small rural towns, it is typically at the one general store. When I am in a city, a trip to a specialty market (I stopped by Trader Joe's on a recent trip to Santa Fe) is one of the highlights of braving urban traffic before getting the hell out of there and back into the wild—where I belong—with my bounty!

How do you store fresh food while you're on the road?

My cooler changed my life. In the dark ages of living in my Jeep (even early last year), I'd buy fresh veggies and food, and consume them rapidly before they went bad. Then, I'd rely on dried foods until my supplies completely ran out. I have learned that potatoes, carrots and onions last longer than most produce. Cabbage and kale are the most reliable greens. Pickling is my favorite veggie storage alternative, and pickled vegetables are a primo ingredient when added to dishes like ramen, street tacos or burritos.

What are your go-to travel snacks?

If I actually tracked this, I am almost certain it would be Brown Sugar

lose precious sleep (for recovery and safe driving), so I plan my trip and stops around that. I prefer, when possible, to move in three- to five-hour increments so I have time to drive, play, and sleep!

I always travel with enough food, water and camping supplies so that I can camp out in comfort if I happen to break down, or just unexpectedly fall in love with a new place along the way!

How do you ensure that your nutrition on the road supports your athletic lifestyle?

Quite simply, by eating enough!

What's your cooking setup?

I have a simple two-burner propane stove that sits in a shelf built into the back of my Jeep (under my "bed"/sleeping space). I can pull out the drawer and cook standing up with easy



Pop-Tarts. I mostly only snack in emergencies (like when I'm driving and can't stop), or when I'm on a running/hiking mission. If I get hungry, I assume that my body needs actual fuel, so I usually just stop and make a burrito (with something like beans, cheese and avocado). I live by my stomach's schedule, not civilization's.

What kind of food or drinks do you see as a real treat?

After a long stint in the backcountry (as long as three weeks), I am usually craving veggies and red meat. So, I'll hunt down ways to get my dirty paws on a burger, sweet potato fries and brussels sprouts. Probably a cold beer or margarita, too. I am also a sucker for McDonald's ice-cream cones—69 cents and a big smile on my face!

How do you ensure that your meals are simple to make, nutritious and tasty?

I grew up as a vegetarian/vegan, so meals were always super colorful

(because they were based on produce). Today, even when I resort to dry goods, I use the same principle: I like my meals colorful, like art projects. I love a good steak, but what is the steak without a beautiful corn, pepper and nopales (cactus) salad? When the pickings get slim, I'll add dried seasonings to pasta, bust out canned veggies and add them to chili, dress dishes with sauces and remind myself to be grateful to have enough food to fuel my next adventure—it's not something I take for granted after having run out of both food and money at times in my life!

The other night, I cooked half a box of macaroni, and then added dried herbs, sun-dried tomatoes, olive oil, salt and pepper, and parmesan cheese for a quick pasta salad. Out of seemingly nothing, I had a tasty and nutritious meal.

Do you have any tips for fellow road-trippers?

Stay hydrated—all those bathroom stops will help you stretch your legs! Powdered Gatorade is way cheaper and



uses far less plastic than buying chilled bottles at gas stations. It's also much cheaper than fancy sports drinks, and has the right electrolyte balance that most sports nutritionists recommend. **R**

Morgan Sjögren is a writer, adventurer, and former elite track athlete turned avid trail runner.

Find more recipes and stories from the road in her new book, *Outlandish*—a sun-soaked starter manual to fueling your own epic. See over the page for a couple of her tried and true recipes.

Mo has created oodles of recipes that keep her taste buds and her body happy. Here are a couple of her go-to options for fresh, tasty road food.



CHILAQUILES

Makes 2–3 plates

This adaptation of the classic Mexican breakfast dish is every peak bagger's dream. A few eggs, salsa, and the remains of a bag of smashed tortilla chips are all you need to stoke your fire with a zesty morning meal. Of course, you can class it up with cheese and avocado, too.

Cooking tools:

Propane stove

Pan

Spatula

Ingredients:

2 Tbsp. fat

3 large handfuls tortilla chips

2 cups red or green salsa

4 eggs

Optional toppings:

Shredded cheese, avocado, cilantro

Heat the fat in the pan over a medium heat. If the chips aren't already smashed, break them up into bite-size pieces. Add chips to the pan and toss in the fat until golden.

Pour in the salsa and bring to a simmer.

Once the salsa begins to be absorbed into the chips, crack the eggs into the mixture. Using a spatula, scramble the eggs until they are fully cooked.

Remove the pan from the heat. Divide the mixture between two or three plates, sprinkle with cheese, sliced avocado, and cilantro if you have them, and devour immediately.

FRESH FRUIT WRAPS

Makes 2 wraps

With limited supplies and a stash of fruit ripening too quickly under the hot desert sun, I rolled up sliced strawberries and avocado in a tortilla for a quick breakfast before running around the canyon. With a few tweaks, this makes for a delicious and refreshing meal any time of the day.

Cooking tools:

Knife

Ingredients:

2 burrito-size tortillas

Handful strawberries, sliced

Handful arugula or spinach

1 avocado, sliced

Olive oil

Balsamic vinegar

Walnuts

Salt and pepper, to taste

Fill each tortilla with a handful of strawberries and greens.

Top with avocado.

Drizzle with a bit of olive oil and balsamic vinegar. Sprinkle with walnuts, and salt and pepper to taste.

Eat right away, while they're still fresh.

