



BY NATALIE DEFEE MENDIK

Delish Recipes for Your Next Barn Potluck

Eat, Drink, & Be Horsey!



Whether a clinic lunch break, show weekend tack room meal with friends, or boarding barn get-together, a few tried-and-true recipes make food and fun a snap. Whip it up quickly and enjoy in leisure!



ABOVE & RIGHT:
Free Sprit Farm and Cranberry Knoll Arabians bring together friends, food, and fun!

Photos courtesy Kimberly Selig

F Just what you need at a hot summer event: something cool and refreshing to hit the spot!

Jacq Hollandsworth shares her delicious and healthy chicken salad spread. Hollandsworth competes *RSA Talk of the Street*, owned by Jackie Raysik, in eventing, hunters, and dressage — the pair attended their first Arabian Sport Horse Nationals in 2015.

Cool Chicken Salad

10 oz. plain Greek yogurt

¼ tsp. each: lemon pepper, garlic powder, onion powder, Himalayan sea salt


1 apple, chopped

1 cucumber, chopped

2 chicken breasts, cooked and chopped

Combine thoroughly. Serve in wraps or on sandwiches. This recipe is great for just grabbing out of the cooler and digging in!




 Kick up the spices while you kick back with this simple, make-ahead crock-pot recipe that will satisfy everyone's hunger. **Christy Shires**, who shows *Riviaara Jewel* (Arabian/Oldenburger) in dressage, shares her go-to potluck dish.

Fiesta Chicken

- 1 package chicken breasts
- 1 jar of salsa
- 1 small bag frozen corn
- 1 small can sliced black olives, drained
- 1 can of black beans, drained
- 1 package taco seasoning
- 8 oz. cream cheese

First cover the bottom of the crock pot with half the jar of salsa. Then layer all other ingredients, except the cream cheese. Finish with the rest of the salsa on top. Cook on low for 8 hours. Remove chicken and shred. Return chicken to dish and add cream cheese. Cook another 30 minutes until cheese is melted. Salt and pepper to taste. Stir and serve!


 This dish checks all the boxes: hearty enough to fool your meat-eating friends, while still being vegetarian, vegan, and gluten-free, not to mention filling and oh-so-easy. Perfect for making the day before a clinic or other busy event, and just plugging in, ready to be served at meal time.

Slow-Cooker Chili

- 1 15 oz. can pinto beans, drained
- 1 15 oz. can black beans
- 2 15 oz. cans kidney beans
- 1 11 oz. can corn, drained
- 1 28 oz. can crushed tomatoes
- 1 15.oz. can chili-ready diced tomatoes
- 2 tbs. chili powder
- 1 tbs. paprika
- 1 tsp. salt
- Ground pepper

Cook on low for several hours. Add ¼ cup water if chili gets a bit dry while cooking. Salt and pepper to taste. Garnish with cheese and avocado if desired. Serve with cornbread and salad.



 Tart, sweet, and cold, home-made lemonade is the perfect summer refresher. This one tastes just like a hot day at the state fair!

Fairgrounds Lemonade

1½ cups freshly-squeezed lemon juice
1¾ cups white sugar
8 cups water

Bring water and sugar to a boil in a saucepan until sugar dissolves. Cool. Halve lemons, remove seeds, and squeeze, until you have about 1½ cups of lemon juice. Combine the two liquids and refrigerate. Serve over ice.


 Need a little something sweet to keep you going at a busy show? **Jacq Hollandsworth** also shares her guilt-free energy treats. She recommends local farmer's market honey for optimal taste.

No-Bake Chocolate Energy Bites

¾ cup honey
½ cup no-stir almond butter
1 tsp. vanilla extract
3 tbsp. unsweetened cocoa powder
Up to 4 tbsp. water, as needed
1 cup old-fashioned oats
¾ cup raw or toasted coconut
½ cup flaxseed meal
6 tbsp. sliced almonds

Combine honey, nut butter, vanilla extract, and cocoa powder. Add water as needed for a sticky consistency. Add oats, coconut, flaxseed meal, and almonds. Mix and roll into 1-inch balls. Refrigerate.



 It's not a party unless there's dip! This simple combination tastes just like summer. Don't plan on having any leftovers!

Everyone's Favorite Salsa

2½ cups fresh tomatoes, chopped
½ cup fresh cilantro, chopped
Juice from two limes
1 jalapeño pepper, seeds removed & finely diced
1 cup red onion, finely diced
1 clove crushed garlic
1 tsp. salt

Mix ingredients and allow to marinate in fridge. Serve with restaurant-style tortilla chips.



Don't forget your best pals — horse and human! Easy homemade horse treats make cute (and much appreciated!) presents for all your barn friends. This is a recipe anyone can make — just follow your instincts. **Sabastian's Magique**, an Arabian/Appaloosa who has helped two riders earn their United States Dressage Federation Bronze Medals, gives his hoof-stamp of approval. Don't let your friends leave dinner empty-handed!

Just-the-Basics Horse Treats

- 1 18 oz. canister old-fashioned oats
- 1 12 oz. jar molasses
- 1 cup water

In a large mixing bowl mix one container of uncooked oats with half a jar of molasses. Add water until sticky. Form into balls. Bake at 350° on nonstick baking paper for about 15 minutes. Cool. You can also add grated carrots to the mixture before cooking or press a peppermint candy into the center of the cookie before it cools.



FOOD PHOTOGRAPHY BY NATALIE DEFEE MENDIK



Young and old, fruit with cream is always a winner! Bring this pretty dessert to share with your crowd. Assemble in a large, clear glass bowl to show off the layers.

Red-White-&-Blue Trifle

- 1 3 oz. package vanilla pudding, prepared and chilled
- 1 half-pint whipping cream, whipped and chilled
- 1 12 oz. bag frozen blueberries
- 1 12 oz. bag frozen strawberries
- 1 10 oz. pound cake, diced
- ½ cup sweet white wine
- 1 package sliced almonds

In a mixing bowl, drizzle the white wine evenly over the diced pound cake. In the serving dish, first layer half the pound cake, then the blueberries, then half the pudding mixture. Continue layering with the rest of the pound cake, the strawberries, and the rest of the pudding. Cover the last pudding layer with the whipped cream. Sprinkle with almonds. As easy as pie (or trifle)! 🐾



With a little prep, these dishes are a breeze — making you the hero of a barn full of weekend warriors.

Natalie DeFee Mendik is an award-winning journalist specializing in equine media. Her personal horse passions include dressage and vaulting. Visit her online at www.MendikMedia.com.