



HEALTHY

Campfire Cooking Program

HealthiestWeightFL.com

Grilled Okra Salad

Serves 4

- 16 pods fresh okra
- ¼ cup white wine vinegar
- 1 red or orange tomato, cubed
- ½ red onion, diced
- salt to taste

1. Preheat an outdoor grill for medium-high heat, and lightly oil grate. Combine the vinegar, tomato, onion and salt in a bowl, set aside.
2. Cook the okra on the preheated grill until a few black areas have developed on its skin, about 5 minutes. Toss the okra with the tomato mixture and serve.

Nutrition information per serving: 36 calories; 1 gram protein; 0 grams fat; 7 grams carbohydrates; 2 grams fiber

15 minutes of bird watching = 176 calories/hr.
(155 lb. person)

Find places to go bird watching at
www.FloridaStateParks.org.



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Ground Beef Supper

Serves 4

- 1½ lbs. ground beef
- 4 medium potatoes, cut into wedges
- 1 cup of carrots, cut in chunks
- 2 medium onions, cut into wedges
- 1 tsp garlic powder
- 1 tsp onion powder
- salt & pepper to taste
- aluminum foil for packets

1. Lay out aluminum foil in long strips.
2. Make ground beef into 4 hamburger patties.
3. Add 1 hamburger patty onto the aluminum foil strip.
4. Add potatoes, carrots, and onions around the hamburger patties.
5. Sprinkle the garlic, onion, salt and pepper over the hamburger patties and vegetables.
6. Seal up the aluminum foil making a square or rectangle. Make sure there are no openings.
7. Once your packets are made, it is time to add them to the grill.
8. Place on higher rack of grill (you do not want to be directly on the heat).
9. Cook approximately 1-1½ hours, depending on size of packet.
10. Remove carefully, as packet will be hot.

Nutrition information per serving: 621 calories per serving; 27 grams fat; 45 grams carbohydrates; 4.8 grams fiber; 46 grams protein.

90 minutes swimming = 422 calories/hr.
(155 lb. person)

Find places to swim at
www.FloridaStateParks.org.



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