



Campfire Shish-ka-bobs

Serves 4

- 1 lb. chicken breast, cubed
- 1 cup chopped red or green bell pepper
- 1 cup chopped onion
- 1 cup chopped pineapple
- wooden skewers
- aluminum foil

1. Alternate chicken, pepper, onion and pineapple on the wooden skewers.
2. Wrap in aluminum foil and cook over an open fire for 15 minutes, turn and cook another 15 minutes until done.
3. Enjoy!

Nutrition information per serving: 215 calories; 35 grams protein; 3.5 grams fat; 10 grams carbohydrates; 1.5 grams fiber.

**60 minutes tossing the Frisbee = 211
calories/hr.
(155 lb. person)**

**Find places to toss a Frisbee at
www.FloridaStateParks.org.**



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Eggplant & Hummus Pita

Serves 4

- 1 large eggplant, cut into 1/3-inch thick rounds
- 2 tbsp. olive oil
- 4 large whole-wheat pitas
- 1 cup prepared hummus
- 3 cups lettuce, chopped

1. Lay out a large strip of aluminum foil.
2. Brush eggplant slices on both sides with oil and arrange in a single layer on the aluminum foil strip. Cook on the fire for 15 minutes, turning the slices over halfway through so that they brown on both sides.
3. Split each pita in half, forming eight pieces. Spread hummus on each pita round.
4. Divide eggplant and place a few slices in each pita. Stuff the pitas with lettuce.

Nutrition information per serving: 370 calories; 7 grams protein; 13 grams fat; 26 grams carbohydrate; 8 grams fiber.

**80 minutes riding a bike = 281 calories/hr.
(155 lb. person)**

**Find places to ride a bike at
www.FloridaStateParks.org.**



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