



HEALTHY

Campfire Cooking Program

HealthiestWeightFL.com

Roasted Carrots

Serves 4

- 12 medium carrots
- 3 tbsp. olive oil
- salt & pepper to taste
- 2 tsp. dried oregano

1. Lay out a long strip of aluminum foil. Turning up the sides where the carrots will not fall off.
2. Slice the carrots diagonally in 1½-inch-thick slices.
3. Toss them in a bowl with the olive oil, salt and pepper.
4. Transfer to the aluminum foil and roast over the coals for 20 minutes until browned and tender.
5. Toss the carrots with oregano and serve as a snack or side dish.

Nutrition information per serving: 109 calories; 1 gram protein; 7 grams fat; 1 gram carbohydrate; 0 grams fiber.

30 minutes walking your pet = 211 calories/hr.
(155 lb. person)

Find places to walk your pet at
www.FloridaStateParks.org.



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Campfire Pork Chops

Serves 4

- 4 3 oz bone-in pork chops
- 2 large sweet potatoes, sliced cross-wise in ½-inch slices
- 2 Golden Delicious apples, cored & sliced
- ½ cup 100% apple juice, apple juice boxes
- salt & pepper to taste
- aluminum foil

1. Make a “pan” out of heavy duty foil that will be large enough to wrap around the ingredients and tightly seal.
2. Layer ingredients in this order: pork, apples and sweet potatoes.
3. Pour in entire contents of juice box and seal, making sure there are no openings.
4. Cook over indirect heat on very hot coals for 20–30 min, turning package every 8 minutes.
5. Carefully open and check meat and potatoes after 20 min. Add more apple juice if meat appears dry.

Nutrition information per serving: 373 calories; 24 grams protein; 13 grams fat; 33 grams carbohydrates; 5.5 grams fiber.

65 minutes kayaking = 352 calories/hr.
(155 lb. person)

Find places to kayak at
www.FloridaStateParks.org.



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