



HEALTHY

Campfire Cooking Program

HealthiestWeightFL.com

Black Bean, Corn & Pepper Quesadilla

Serves 4

- 2 tsp. olive oil
 - 1 medium onion, diced
 - 2 medium green or red bell peppers, cut into strips
 - 1 15.5 oz.-can black beans, drained & rinsed
 - 1 cup salsa
 - 1 10 oz.-can whole kernel corn, drained
 - 8 10-inch, whole-wheat tortillas
 - 1½ cups shredded reduced-fat cheese
1. Lay out a piece of foil and center onion and bell peppers on the foil. Drizzle with oil. Fold up sides of the foil to make a packet. Place over fire and cook until vegetables are tender.
 2. Once vegetables are tender remove from fire carefully. Allow to cool.
 3. Stir beans and corn into onions and peppers, then stir in salsa. Cook until heated through, about 3 minutes.
 4. Lay out four pieces of foil and place a tortilla on top of each piece. Divide the cheese and bean mixture among the tortillas.
 5. Place another tortilla on top of bean mixture, then fold the aluminum foil into a packet.
 6. Cook the quesadillas on each side for 2–3 minutes, until the quesadillas are thoroughly cooked through.

Nutrition information per serving: 725 calories; 31 grams protein; 21 grams fat; 101 grams carbohydrates; 18 grams fiber.

80 minutes running = 563 calories/hr.
(155 lb. person)

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www.FloridaStateParks.org.



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Mexican Chicken & Bean Packets

Serves 4

- 1 15oz.-can of navy beans, drained and rinsed
 - 1 10oz.-can of diced tomatoes with green chilies, drained
 - 1 cup whole corn kernels
 - 1 tbsp. spicy salt (such as Tony Chachere's creole seasoning or Lawry's seasoning)
 - 4 4 oz.-boneless, skinless chicken breasts
 - ½ cup shredded, four cheese blend
 - 4 aluminum-foil squares, about 18" x 12"
1. Lay out aluminum foil.
 2. Combine all ingredients, except the cheese, in a large bowl.
 3. Place ¼ of the mixture on each foil square, then fold up the aluminum foil so that the mixture won't leak while turning the packet over the fire.
 4. Place on a BBQ grill or the grate over a campfire and cook for 20-25 minutes, turning the packets occasionally so that everything is cooked evenly.
 5. When the chicken has been cooked thoroughly, remove from the fire and cool slightly.
 6. Turn out the foil packets onto a plate, top with cheese.

Nutrition information per serving: 365 calories; 48 grams protein; 6.5 grams fat; 28.5 grams carbohydrates; 6 grams fiber

80 minutes playing with a child = 281
calories/hr.
(155 lb. person)

Find places to play with your child at
www.FloridaStateParks.org.



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