



Campfire Vegetable Medley

Serves 4

- 4 red potatoes
- 2 small, yellow summer squashes
- 8 mushrooms
- 1 cup sugar snap peas
- 1 medium carrot
- 1 medium onion
- 2 tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. paprika
- ¼ tsp. cayenne
- salt & pepper to taste

1. Oil a large piece of heavy-duty foil. Cut squash into small 1-inch spears.
2. Slice other vegetables thin and place all in center of foil.
3. Mash the garlic with the salt, sprinkle on vegetables.
4. Sprinkle remaining spices. Drizzle with olive oil or butter.
5. Seal foil packets tightly to prevent leaking.
6. Place over medium coals for 30–40 minutes, turning occasionally.

Nutrition information per serving: 231 calories; 4 grams protein; 7 grams fat; 34 grams carbohydrates; 4.5 grams fiber.

70 minutes lawn bowling = 211 calories/hr.
(155 lb. person)

Find places to lawn bowl at
www.FloridaStateParks.org



Herbed Salmon

Serves 4

- 4 4-oz salmon filets
- 8 slices of lemon
- 4 tbsp. Dijon mustard
- 2 tsp. dried dill
- 2 tsp. dried tarragon
- 4 tbsp. butter
- olive oil
- salt & pepper to taste

1. Season salmon filets with salt and pepper. Spread one tbsp. of Dijon mustard on the tops of each salmon filet.
2. Layer two lemon slices on fish, sprinkle with dried dill and tarragon on each salmon filet. Coat the tops of the filets with olive oil.
3. Wrap salmon filets individually in aluminum foil.
4. Put aluminum foil wrapped salmon directly in fire.
5. Cook for 6–8 minutes, or until fish is cooked.

Nutrition information per serving: 323 calories; 29 grams protein; 20 grams fat; 3 grams carbohydrates; 0 grams fiber.

95 minutes fishing = 211 calories/hr.
(155 lb. person)

Find places to fish at
www.FloridaStateParks.org

