



HEALTHY

Campfire Cooking Program

HealthiestWeightFL.com

Spinach, Tomatoes & Corn

Serves 4

- 2 10 oz.-bags fresh spinach
- 1 15.5 oz.-can diced tomatoes, unsalted
- 1 15.5 oz.-can canned corn, drained
- 3 cups water
- 1 tbsp. butter or margarine
- pepper to taste
- Dutch Oven
- briquettes

1. Heat Dutch Oven up by placing on top of 13 briquettes.
2. Place all ingredients in a Dutch Oven. Cover.
3. Heat thoroughly, about 10 minutes. Season with pepper and serve.

Nutrition information per serving: 162 calories; 7 grams protein; 4 grams fat; 29 grams carbohydrates; 7 grams fiber.

45 minutes canoeing = 211 calories/hr.
(155 lb. person)

Find places to canoe at
www.FloridaStateParks.org.



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Spicy Garlic Shrimp Packets

Serves 4

- 20 large shrimp
- 1 cup cooked quinoa
- 1 cup snap peas
- 1 cup bell pepper, chopped
- 2 garlic cloves, minced
- 2 tsp. red chili flakes
- salt & pepper to taste
- aluminum foil

1. Lay out 4 strips of aluminum foil.
2. Combine the minced garlic, chili flakes, salt and pepper to a bowl. Mix.
3. Add the shrimp to the bowl and toss to coat.
4. Place 1/4 cup cooked quinoa on each aluminum foil strip. Layer peppers and snap peas on top of quinoa.
5. Top vegetables with shrimp.
6. Fold aluminum foil into packet.
7. Cook on top of hot coals for 10 minutes or until shrimp are done.

Nutrition information per serving: 104 calories; 8 grams protein; 1 gram fat; 14 grams carbohydrates; 2 grams fiber.

35 minutes taking a walking tour = 176
calories/hr.
(155 lb. person)

Find places to go on a walking tour at
www.FloridaStateParks.org.



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